



# Stay Creative

How to be innovative at home

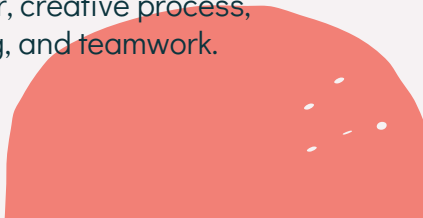


# Contents of This Template

Here's what you'll find in this Slidesgo template:

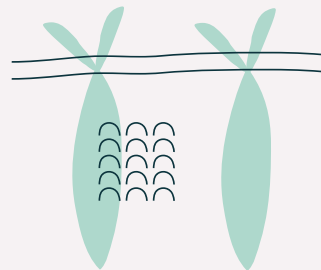
1. A slide structure based on a multi-purpose presentation template, which you can easily adapt to your needs. For more info on how to edit the template, please visit Slidesgo School or read our FAQs.
2. An assortment of illustrations that are suitable for use in the presentation can be found in the alternative resources slide.
3. A thanks slide, which you must keep so that proper credits for our design are given.
4. A resources slide, where you'll find links to all the elements used in the template.
5. Instructions for use.
6. Final slides with:
  7. The fonts and colors used in the template.
  8. More infographic resources, whose size and color can be edited.
  9. Sets of customizable icons of the following themes: general, business, avatar, creative process, education, help & support, medical, nature, performing arts, SEO & marketing, and teamwork.

You can delete this slide when you're done editing the presentation.



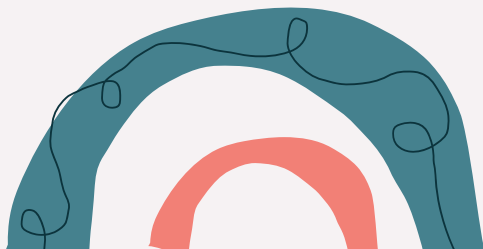
## Activities

Here you could describe the topic of this section



## Creativity

Here you could describe the topic of this section



## Inspiration

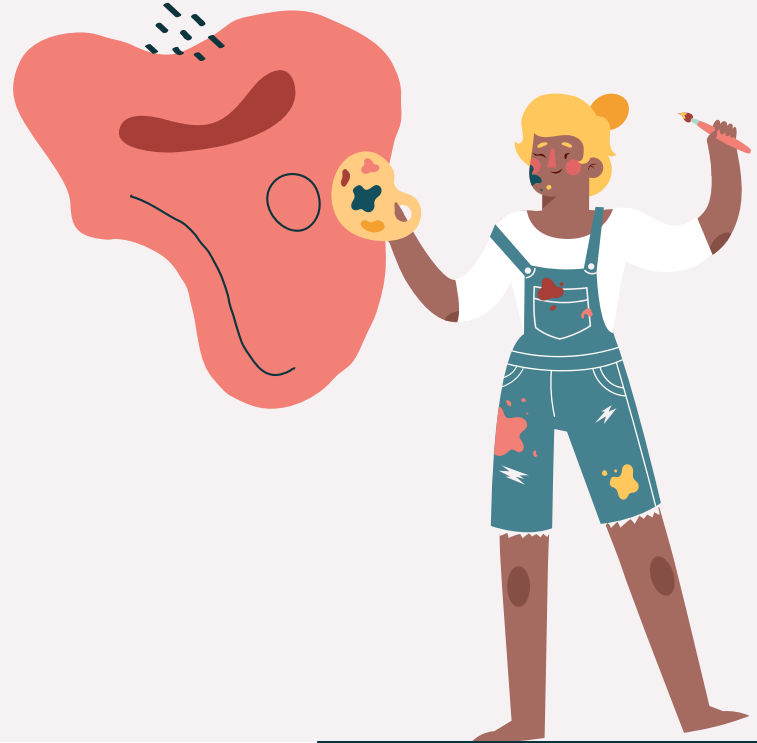
Here you could describe the topic of this section

## Conclusions

Here you could describe the topic of this section

# Whoa!

Creativity is one of the most important and essential skills of us, humans. It allows us to create, to invent new things, objects or elements, using what already exists in our world as a starting point

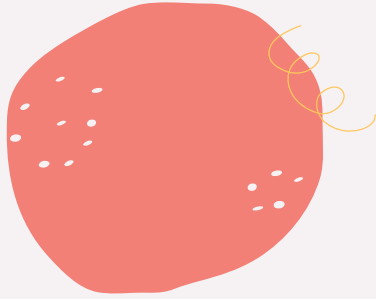




“I can’t understand why people are frightened of  
new ideas. I’m frightened of the old ones”



—John Cage



# Benefits of Creativity

- Builds self-esteem
- Fortifies your self-awareness
- Develops your communication skills
- Makes socialization easier
- Fosters integrity

Creativity is the point where imagination and reality meet, the door to both our emotions and our knowledge



# Objectives of the Presentation



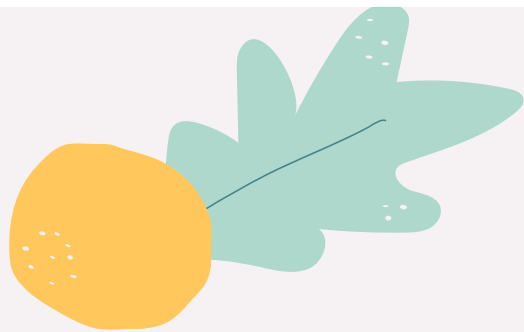
**Trying New Things**  
Something you haven't seen or  
tried before could inspire you!



**Healthy Body**  
Keep your body fit so it works  
well in conjunction with your  
mind!



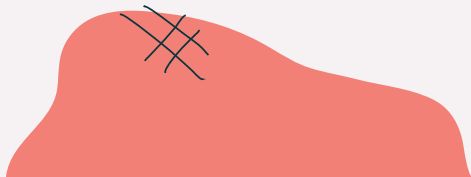
**Active Mind**  
This is where your ideas  
originate, so let's activate it!



01.

# Daily Activities

Try these at least once a day!





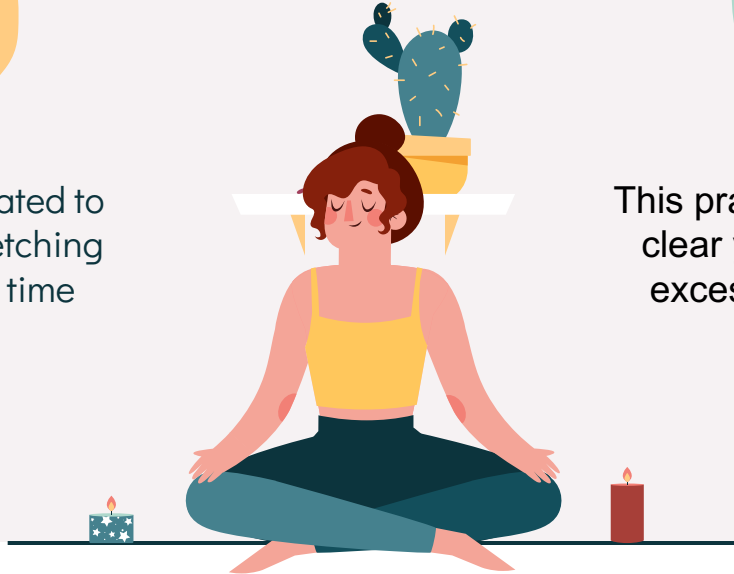
# Mens Sana In Corpore Sano

## Stretching

Prevent some issues related to inactivity with some stretching exercises from time to time

## Mindfulness

This practice helps you relax and clear your mind, reducing any excess in your cortisol levels



# Four Simple Exercises to Do Every Day



## Squats


Three series of 15 squats each to exercise your legs and gluteal muscles

## Strides

Three series of 15 strides each to balance your legs' strength and muscles

## Push-ups

Three series of 15 push-ups to exercise your shoulders, triceps and chest



## Isometric Ab Exercises

3 series—try to keep your torso straight and your legs separated



02.

# Foster Your Creativity!

These are some activities and craftwork to try out!

# Homemade Cupcakes

- 2 cups of flour (280 grams)
- 2 cups of sugar (400 grams)
- 100 grams of butter
- 3 eggs
- 2 tablespoons of baking powder
- 1 cup of milk (240 milliliters)
- Vanilla or lemon extract
- Egg white
- Lemon juice
- Color additives





# How to Make the Cupcakes

## Step 1

Sift the flour to remove the lumps and add the ingredients from the list

## Step 2

When the batter is thick and homogeneous, fill up half of each mold with it

## Step 3

Bake them for 20 minutes at a temperature of around 180 degrees Celsius

## Step 4


Whisk the egg whites until they are stiff. Add the rest except the color additives

## Step 5

Once frosting is done, split it evenly and then add a little bit of color additive to each


## Step 6

Let everything cool down and finally decorate them with a pastry bag



Look at the results!  
Isn't this sweet?





If you like reading,  
you could try  
writing your own  
story!



# Make Your Own Recycled Paper



Step 01



Collect all the paper you  
won't be needing anymore

With a bit of patience, cut it  
in smaller pieces



Step 02

Step 03



Soak the pieces in a bowl  
of water overnight





# Make Your Own Recycled Paper

Step 04

Now, use a blender or a food processor

Blend the mix until it has some texture

Step 05

Step 06

You can add dry leaves or even flowers to this mix

# Make Your Own Recycled Paper

Step 07

Use a rolling pin to remove  
the excess of water

Then use a dry sponge on  
the sheet

Step 08

Step 09

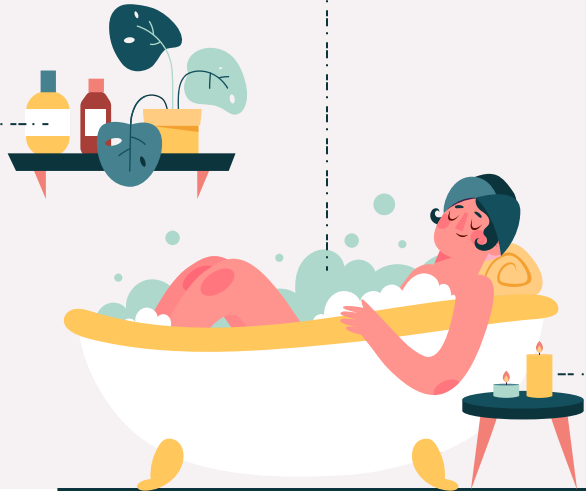
Leave it on top of a  
newspaper & wait for a day

# Make Your Own Spa

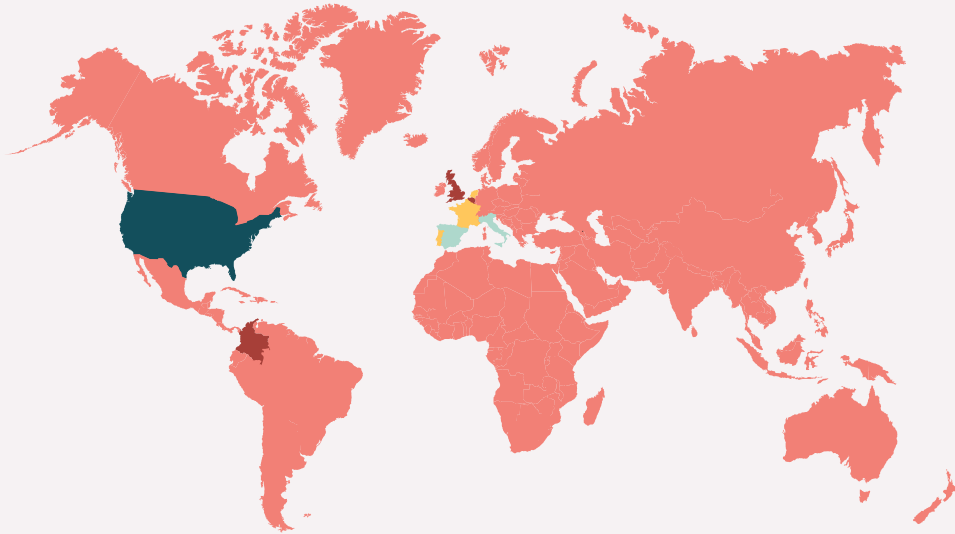
Run hot water for some minutes before getting in

Essential oils can help set the mood instantly

Light some candles and dim the lights if you want!

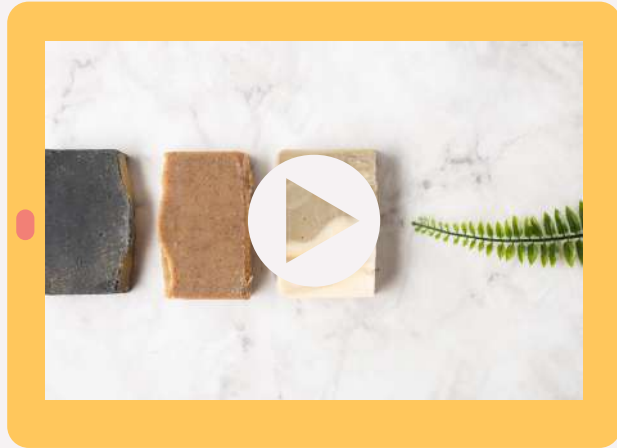


# The World Is Yours!



Draw the world map on a cork board and color it your way or print a map and attach it with tacks. Use different colors to mark the countries you've already visited or attach some pictures!

# How to Make Natural Soap








## Ingredients:

- Liquid aloe vera or 4-5 aloe vera leaves
- A glass or ceramic bowl
- ½ kg of caustic soda
- 3 liters of olive oil
- 3 liters of water
- Essential oil
- Mold

# Use a To-Do List



You can list here all the activities you would like to try	
You can list here all the activities you would like to try	
You can list here all the activities you would like to try	
You can list here all the activities you would like to try	
You can list here all the activities you would like to try	

# Other Creative Activities



- Make your own wall art
- Make homemade ice cream
- Start writing a journal
- Learn a new language
- Come up with a new card game
- Make a collage with pictures
- Knit a scarf or a hat
- Take part in art challenges
- Write your own song
- Record yourself trying these things



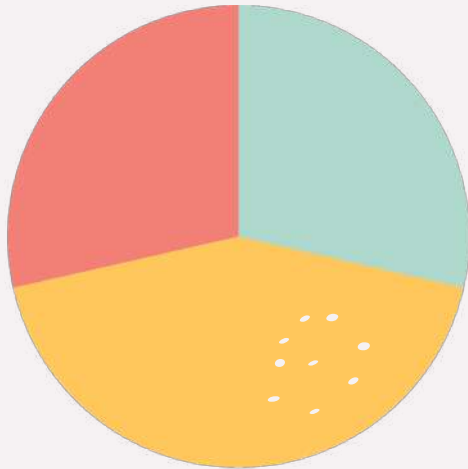


# 03 Where to Find Inspiration

It's like the little nudge you need to set things in motion



To Modify This Graph, Click on It, Follow the Link, Change the Data and Paste the New Graph Here



4 hours



Time spent looking for references

3 hours



Time spent being creative and working

3 hours



Break time, because everyone needs it, right?

# Which Sources Inspire the Most?



Books are most of the time one of the safest choices

25%

50%

25%

Movies are a good source of fantasy and actual facts

In this era of globalization, internet is a very powerful resource



Stay at Home, Stay Creative!





# 1,500+

Possible different objects found at home that can get you inspired!



# 150,000+

People whose creativity is alive and kicking at home!



# 10,000+

Published books about creativity, art and crafts

# Mobile Web

You can change the image on the screen with your own work. Just delete this one, add yours and send it to the back



# Desktop Software



You can change the image on the screen with your own work. Just delete this one, add yours and send it to the back

# Your Supportive Team



## Your Family

Perhaps something they saw or heard could be the key!



## Your Pet

It's always by your side and it doesn't need words to tell you!





# Thanks!



Do you have any questions?

youremail@freepik.com  
+91 620 421 838  
yourcompany.com



CREDITS: This presentation template was created by [Slidesgo](#),  
including icons by [Flaticon](#), and infographics & images by [Freepik](#)

Please keep this slide for attribution



# Alternative Resources





# Resources

## Vectors

- [Set of young people reading](#)
- [Pack of people enjoying their hobbies](#)
- [Collection of people making pottery](#)
- [Collection of people enjoying their free time](#)
- [Hand drawn abstract organic shapes background](#)

## Photos

- [Front view of cute little baby girl or boy cupcakes](#)
- [Different soaps for skincare next to green leaf](#)

# Instructions for use

In order to use this template, you must credit [Slidesgo](#) by keeping the [Thanks](#) slide.

## **You are allowed to:**

- Modify this template.
- Use it for both personal and commercial projects.

## **You are not allowed to:**

- Sublicense, sell or rent any of Slidesgo Content (or a modified version of Slidesgo Content).
- Distribute Slidesgo Content unless it has been expressly authorized by Slidesgo.
- Include Slidesgo Content in an online or offline database or file.
- Offer Slidesgo templates (or modified versions of Slidesgo templates) for download.
- Acquire the copyright of Slidesgo Content.

For more information about editing slides, please read our FAQs or visit Slidesgo School:

<https://slidesgo.com/faqs> and <https://slidesgo.com/slidesgo-school>

# Fonts & colors used

This presentation has been made using the following fonts:

## **Bellota**

(<https://fonts.google.com/specimen/Bellota?query=bellot>)

## **Didact Gothic**

(<https://fonts.google.com/specimen/Didact+Gothic?query=didac>)

#0c343d

#134f5c

#45818e

#aed8cc

#a73f38

#f28076

#f3a031

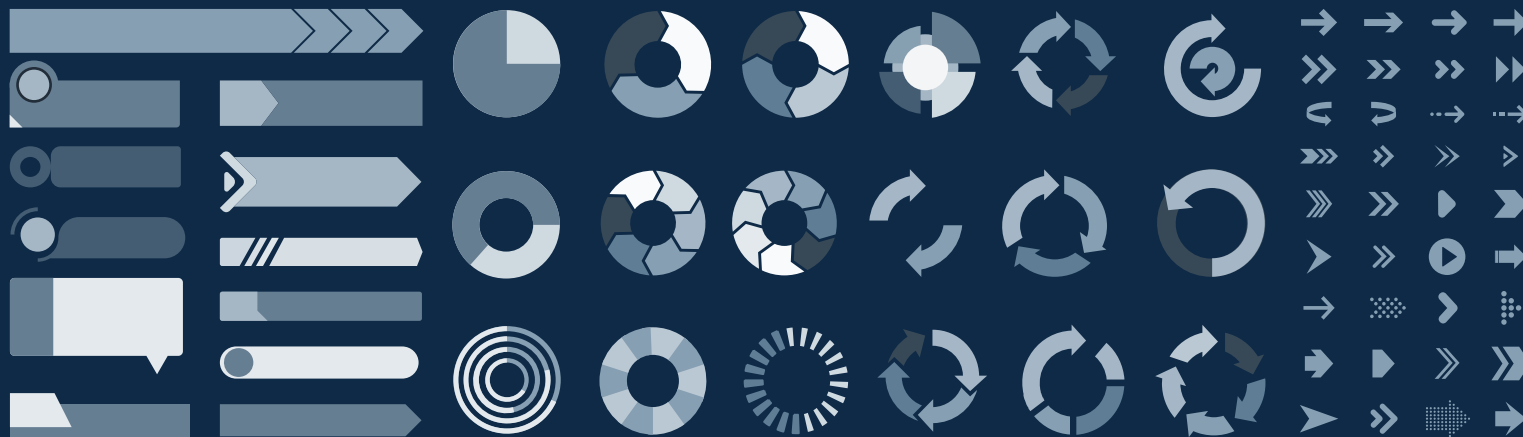
#ffc75c

#ffcc82

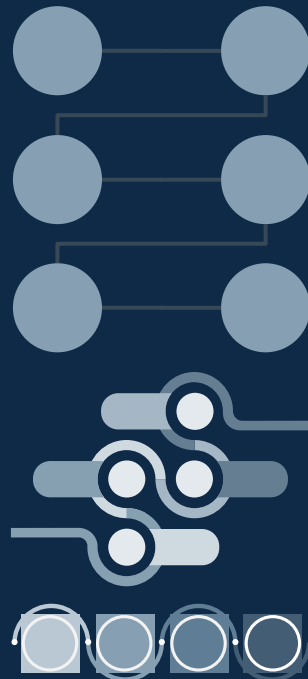
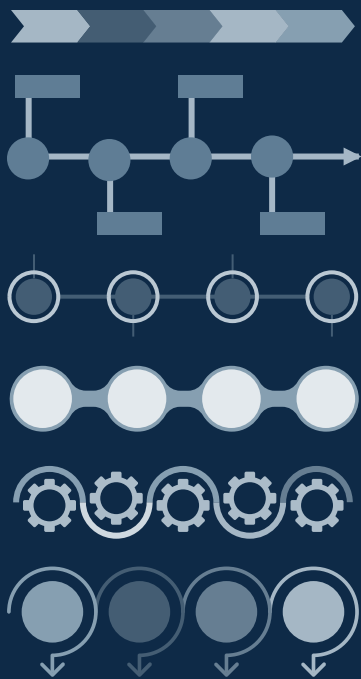
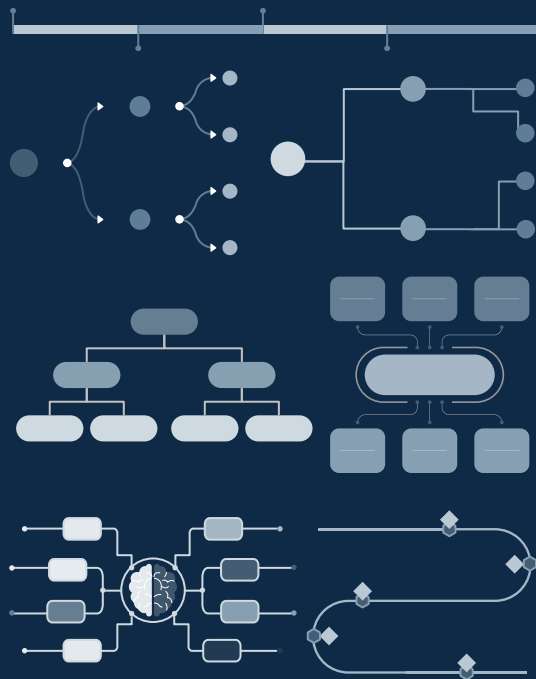
# Use our editable graphic resources...

You can easily **resize** these resources without losing quality. To **change the color**, just ungroup the resource and click on the object you want to change. Then, click on the paint bucket and select the color you want.

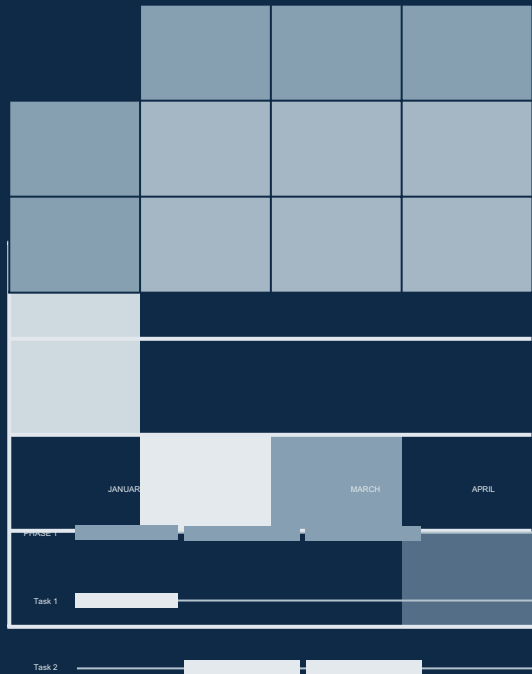
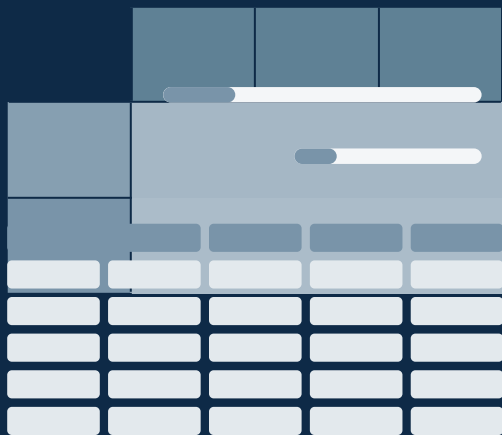
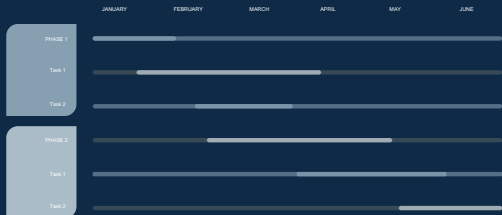
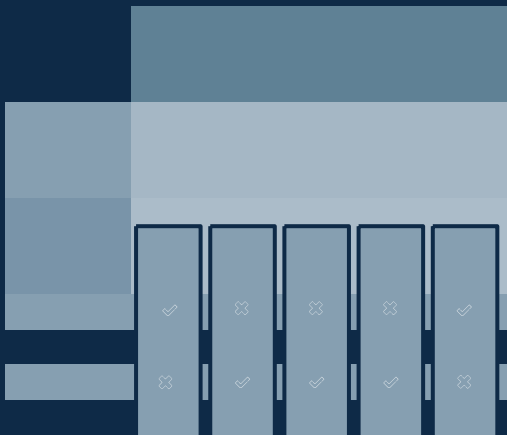
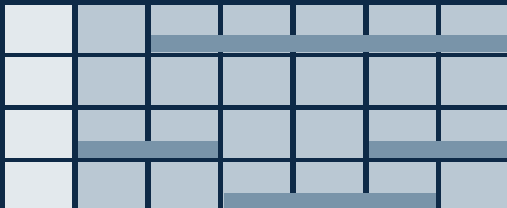
Group the resource again when you're done.

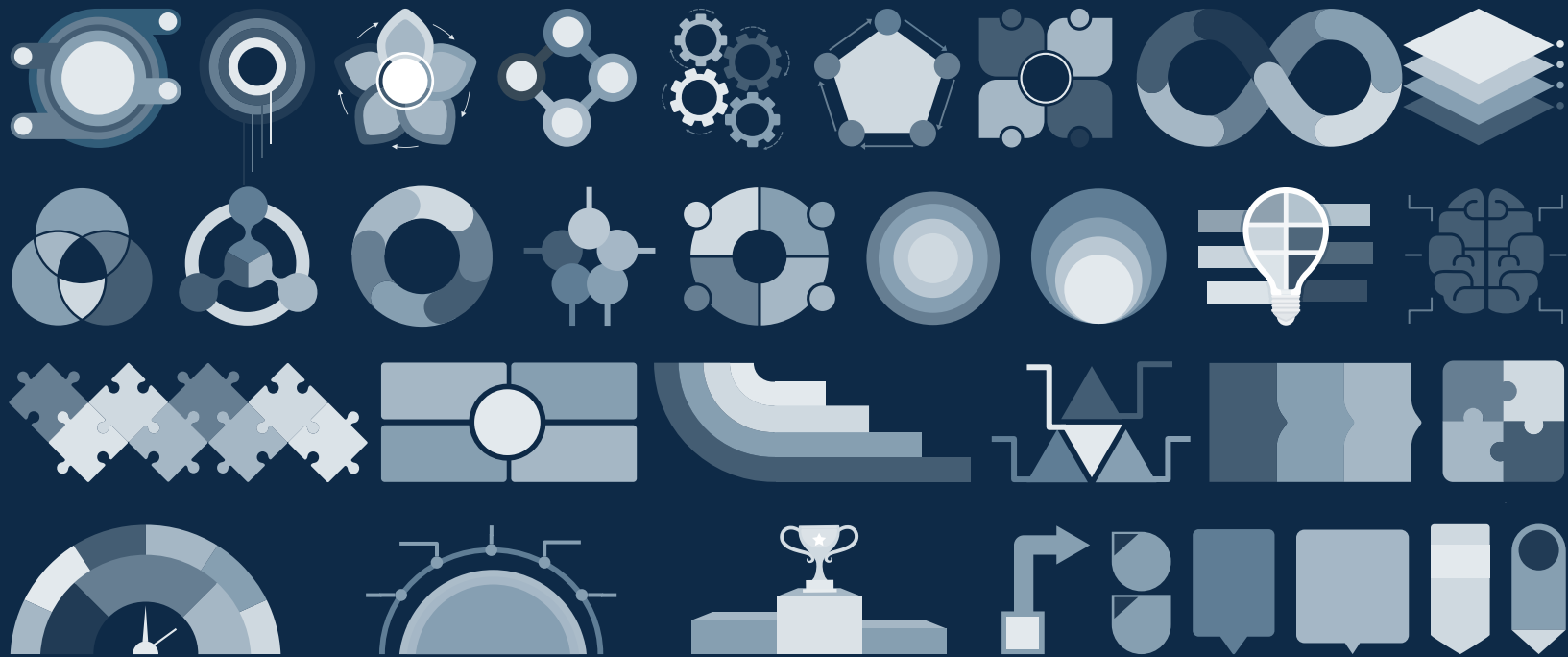


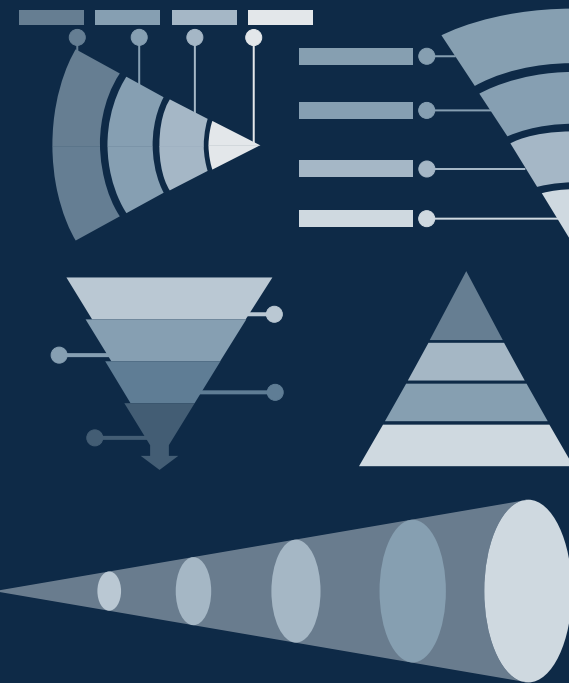
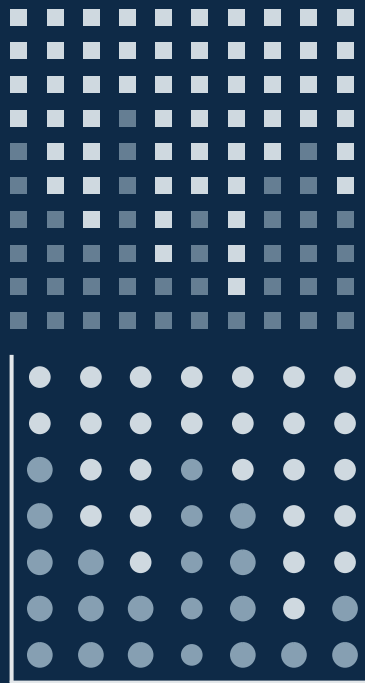












## ...and our sets of editable icons

You can resize these icons without losing quality.

You can change the stroke and fill color; just select the icon and click on the paint bucket/pen.

In Google Slides, you can also use [Flaticon's extension](#), allowing you to customize and add even more icons.



## Educational Icons



## Medical Icons



## Business Icons



## Teamwork Icons



## Help & Support Icons



## Avatar Icons



# Creative Process Icons



# Performing Arts Icons





# Nature Icons



# SEO & Marketing Icons



