Creatable Me: Would You Rather...

Introduction:

Dive into the imaginative world of "**Creatable Me**" with our "Would You Rather..." activity sheet! Inspired by **The 5 C's - Consciousness, Creativity, Connection, Communication,** and **Character** - each question is crafted to spark **curiosity**, encourage **self-reflection**, and foster **deeper connections**, each question invites you to explore scenarios that blend the realms of reality and fantasy. As you navigate these choices, consider not just the immediate appeal of each option, but the deeper values and desires they reflect.

Ready for a journey of discovery, laughter, and introspection? Let's begin!

Consciousness:

- **Would you rather** meditate for 10 minutes every morning or write in a gratitude journal every night?
- **Would you rather** have a meditation session led by a squirrel or do yoga poses while being cheered on by a group of enthusiastic pigeons?
- **Would you rather** spend a day without any electronics or a day in complete silence?
- **Would you rather** spend 10 minutes practicing deep breathing exercises or take a 15-minute walk outside, focusing solely on the sounds of nature?
- **Would you rather** have a deep philosophical conversation with a talking cat or meditate in a room filled with playful puppies?
- **Would you rather** practice a new yoga pose or try a guided visualization meditation focused on a peaceful place?

Creativity:

- **Would you rather** paint a mural on a wall in your room or write and perform a play for your family?
- **Would you rather** paint a portrait using only your feet or sculpt a masterpiece using only mashed potatoes?
- **Would you rather** draw or paint a self-portrait using only three colors or build a unique sculpture using only items from your kitchen?
- **Would you rather** design clothes for invisible people or invent a machine that turns any object into rubber chickens?
- **Would you rather** invent a new recipe using only five ingredients from your pantry or redesign your room using only items you already have?
- **Would you rather** have the ability to create anything you imagine instantly or be able to enter and experience any story you read?

Connection:

- **Would you rather** have a deep conversation with one friend for hours or a fun party with lots of friends for a short time?
- **Would you rather** have a dance-off with your grandma or grandpa or host a tea party for all your stuffed animals?
- **Would you rather** travel back in time to meet your ancestors or forward in time to meet your descendants?
- **Would you rather** organize a surprise picnic for your family in your backyard or create a "memory jar" where every family member writes down their favorite memory and shares it?
- **Would you rather** have a picnic on a floating carpet with cartoon characters or play hide and seek in a world where everything is made of jelly?
- **Would you rather** create a handwritten letter to a distant relative or friend or make a DIY gift for a sibling or parent?

Communication:

- **Would you rather** only be able to communicate through song or through dance for a day?
- **Would you rather** have to quack like a duck after every sentence or start every conversation with a dramatic opera note?
- **Would you rather** have to say everything on your mind for a day or not speak at all for a day?
- **Would you rather** write a poem about your day and share it with your family or play a game of "two truths and a lie" with your friends?
- **Would you rather** speak only in rhymes for a day or have to sing your responses to every question?
- **Would you rather** start a diary or journal to express your daily thoughts or create a fun newsletter about happenings in your home and share it with your family?

Character:

- **Would you rather** always stand up for what's right, even if you're standing alone, or go along with the crowd to avoid conflict?
- **Would you rather** be a superhero whose only power is turning any food into spaghetti or a detective who's trying to solve the mystery of the disappearing socks?
- **Would you rather** spend a day volunteering at a local shelter or raise money for a cause you care about?
- **Would you rather** volunteer for a local community project for a day or spend an afternoon helping a neighbor with chores or tasks?
- **Would you rather** be crowned the king or queen of a land where the currency is laughter or be the official taste-tester in a world of chocolate broccoli and strawberry-flavored pickles?
- **Would you rather** spend a day without any complaints, focusing only on the positive, or challenge yourself to learn about a global issue and discuss ways you can make a difference?

(Consciousness + Creativity):

- **Would you rather** have a dream every night where you can design your own world or have a day each week where you can shape reality with your thoughts?
- **Would you rather** daydream about a world where clouds are made of cotton candy and rain is soda, or draw your version of a unicorn that does yoga?
- **Would you rather** sketch a scene from your favorite dream or spend 15 minutes daydreaming outdoors and then write a short story about it?

(Connection + Character):

- **Would you rather** mentor a younger child on a skill you're good at or learn something new from an elder in your community?
- **Would you rather** host a family talent show where everyone has to showcase their "worst" talent or start a club where members share their funniest good deeds?
- **Would you rather** teach a younger sibling or friend a skill you're proud of or spend an afternoon listening to an elder's stories and then share what you learned with someone your age?

(Communication + Consciousness):

- **Would you rather** host a weekly discussion group about mindfulness and well-being or start a daily vlog sharing your personal journey to self-awareness?
- **Would you rather** have a deep conversation with a parrot that only responds with movie quotes or meditate in a room where a mime acts out all your thoughts?
- **Would you rather** write a heartfelt letter to someone you've never properly thanked or meditate for 10 minutes and then share your experience with a friend?

(Creativity + Connection):

- **Would you rather** collaborate with friends to create a community art project or start a club where everyone shares and celebrates their unique talents?
- **Would you rather** create a secret language with your friends that's entirely made up of dance moves or invent a game where players score points by making each other laugh?
- **Would you rather** create a secret handshake with every person you meet or invent a new, fun game with every group of friends?

(Character + Communication):

- **Would you rather** publicly stand up against a popular but harmful trend or start a campaign promoting positive behaviors in your school/community?
- **Would you rather** be a superhero whose power is to make anyone tell the truth but only in song or broadcast a daily news show about the kindest acts in your neighborhood, but you have to narrate it like an excited sports commentator?
- **Would you rather** make a short video or skit about a value you deeply believe in and share it with your friends or start a compliment chain in your group where everyone says something positive about another person?

(Consciousness + Connection):

- **Would you rather** spend a day in nature connecting deeply with every living thing you encounter or have a heart-to-heart conversation with every person in your neighborhood?
- **Would you rather** have a picnic in a park where squirrels come to share their life philosophies or attend a meditation retreat led by a group of humorous owls?
- **Would you rather** spend an hour in nature, taking photos or notes of interesting things you observe, and then share them with a friend or host a mini meditation session with your family?

(Creativity + Communication):

- **Would you rather** design a new way to communicate without words or invent a game that teaches players about different cultures and languages?
- **Would you rather** write a play where the main characters are household appliances with big personalities or direct a movie where the actors can only communicate using interpretive dance?
- **Would you rather** invent a new dance move and teach it to three friends or write a short, fun play and perform it with your family?

(Character + Consciousness):

- **Would you rather** have the power to instantly heal emotional pain with a touch or the ability to see the true character of anyone you meet?
- **Would you rather** spend a day as a knight on a quest for the "Golden Pillow of Ultimate Relaxation" or as a wizard who casts spells to spread joy but they always come out as funny pranks?
- **Would you rather** spend a day doing random acts of kindness and then journal about it or take a silent walk, focusing on your surroundings, and then discuss your feelings with a friend?

(Connection + Communication):

- **Would you rather** organize a neighborhood storytelling night where everyone shares tales from their past or create a local newsletter celebrating the unsung heroes in your community?
- **Would you rather** organize a family debate night where the topics are silly (e.g., "Are unicorns better hairstylists than dragons?") or host a storytelling evening where everyone shares the funniest memory they have of another family member?
- **Would you rather** organize a themed dress-up video call with friends or family or start a fun debate on a light-hearted topic with your family during dinner?

(Creativity + Character):

- **Would you rather** have the ability to craft any object you need from thin air, but only for helping others, or write songs that inspire anyone who hears them to be their best self?
- **Would you rather** design a town where all buildings are bouncy castles or be the mayor of a city where the most respected individuals are those with the goofiest hats?
- **Would you rather** craft a DIY board game that promotes good values and play it with your family or write a catchy song about being your best self and perform it for your friends?