

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** spend a day without any electronics or a day in complete silence?
- **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 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?

Connection:

- **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?

Communication:

- **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?

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?

(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** 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** 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** 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 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** 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?