

# Fostering Teen Creativity

This playbook describes a process for encouraging teenagers to engage in creative activities and hobbies. The aim is to provide a healthy balance to academic demands and reduce excessive screen time.

## Step 1: **Assessment**

Evaluate the teenager's current interests, hobbies, and schedule to understand where there might be opportunities for new activities.

## Step 2: **Exploration**

Together with the teen, explore potential interests and hobbies they might enjoy. This can involve discussing various options, researching, and attending workshops or trial sessions.

## Step 3: **Planning**

Devise a plan for incorporating the new hobbies into the teenager's routine in a way that complements their school schedule and responsibilities.

## Step 4: **Resource Provision**

Facilitate access to the necessary resources, which could include materials, transportation to activities, or enrollment fees for classes and clubs.

## Step 5: **Encouragement**

Provide ongoing encouragement and support. Celebrate efforts and progress rather than focusing only on outcomes or achievements.

## Step 6: **Review**

Regularly review and adjust the plan as needed based on the teen's evolving interests and any changes in their academic and personal schedules.

# **General Notes**

## **Time Management**

Teens may need assistance balancing hobbies with academic obligations. Encourage effective time management to ensure they do not become overwhelmed.

## **Avoid Pressure**

Ensure hobbies remain a source of enjoyment and personal development rather than becoming another area of pressure. Avoid imposing your own enthusiasm for specific activities.

## **Social Opportunities**

When possible, integrate social opportunities with the pursuit of hobbies, which can enhance the enjoyment and provide peer support.