

Reconnecting with Carefree Creativity

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When was the last time that you created something with your hands, without a tool, and it turned out ugly, yet you were still so proud of it? For most, not since elementary school would be my best guess. Once you pass a certain age, creativity starts to be restricted. You're told not to make a mess and are instructed to follow specific steps to get to a desirable outcome. The carefree creativity of our younger years turns into perfectionism at its finest. Activities such as playing with shaving cream on a table, playing with mud, forming cities out of snow and finger painting shouldn't just be for kids. Adults need a bit of whimsy in their lives too. An outlet where they can forget the stressors of the world and make random stuff that doesn't matter just because they can.

Thankfully, my academic experience has always allowed me to be creative, but over the years I have become a bit of a perfectionist. I've recognized within my final year at college that I've been leaning back into those childish activities that give me a sense of freedom. I'm in a ceramics class, which is basically playing with mud. Last semester, I purposely finger painted on some of my assignments for my painting class. I'm falling back into what I did throughout my childhood—making a colorful, imperfect mess of a creation—and am loving every second of it.

I recognize that not everyone has the opportunity to take an art class or even enjoys art, but I still view this as an important outlet to make time for throughout your day or week. Most people have a pencil/pen and paper. Start scribbling. Try going fast and slow. Then, take your hand and smudge everything. Another option is to go outside and mess around with snow forms. The whole point is to make something without caring about the outcome. Focus on how the process of it feels and the smile that unwillingly creeps across your face as you're doing it. Let that feeling stick with you after the fact. Laugh at the terribly hideous thing you just created and release all of the expectations and pressures that are put on you. Reconnect with that carefree creativity because there is so much joy and even more ideas that can come out of it.

Photo: Bernard Hermant –

<https://unsplash.com/photos/person-hands-with-green-paint-bbuTpY447gA>