

1A3

Starting a thinking diary for your arts practice

How can a thinking diary help you with your creative work?

Start a thinking diary to support your expressive arts work.

Use it to collect your ideas, drawings, notes, photos, and experiments.

Write about what you do, how you feel, and what you learn as you try out new tools, materials or techniques.

Over time, look back at your entries to see how your thinking and creative skills have developed.







What you'll do

This challenge helps you explore how keeping a diary can support your creative growth. You will:







1. choose a format for your thinking diary (eg notebook, sketchbook, blog, app)
2. add entries regularly with drawings, notes, photos or ideas
3. describe what you did, how you felt, and what you learned

Look back at your diary and explain how it has helped you with your creative work.



✓ Skills I used:	
 Learning	<input type="checkbox"/>
 Decision-making	<input type="checkbox"/>
 Communicating	<input type="checkbox"/>
 Team working	<input type="checkbox"/>
 Thinking	<input type="checkbox"/>
 Self-awareness	<input type="checkbox"/>

How I might show the skills

Skills	Examples
 Learning	Keeps a regular record of creative work. Notes ideas, techniques and reflections. Applies diary use to track progress over time.
 Decision-making	Chooses a diary format. Selects what to include in each entry. Judges how best to record ideas or emotions.
 Communicating	Writes clearly about creative experiences. Uses images or media to express ideas. Presents entries in a chosen format.
 Team working	(Optional) Shares ideas or diary entries. Offers support or comments. Listens to others' reflections.
 Thinking	Reflects on learning and creative choices. Explains changes in technique or ideas. Explores con
 Self-awareness	Describes thoughts and feelings during creative work. Reflects on challenges and successes. Shows understanding of how creativity supports wellbeing.

2B7

Exploring audio and video recording and production

How can you use audio and video technology to record or present images, sound and music in different ways?

Choose one way to explore music production or sound technology. You could:

- use a multi-track recorder and mixing desk to record music using real instruments
- give a demonstration on how to digitally animate a character
- deliver a practical presentation about DJing and electronic music
- plan, film and record a music video using software or equipment
- plan, mix and record a personal music demo using software or equipment

You will need to prepare your content or performance, carry out the activity, and reflect on what you've learned from the process.




What you'll do

This challenge helps you explore music and sound creatively using technology. You will:

1. choose one focus (music recording, DJing, animation, video, or creating a personal demo)
2. plan what you will record, present or demonstrate
3. use instruments, voices, software or sound effects as needed
4. record or present your final mix, demo, video or demonstration







Reflect on what you did and what skills you developed.




How I might show the skills

Skills	Examples
 Learning	Explores how audio or video technology is used in creative work. Practises using tools, software or equipment. Applies learned techniques to create a final piece.
 Decision-making	Chooses a creative focus (e.g. music, animation, DJ-ing). Selects tools and materials needed. Justifies creative or technical choices made during the process.
 Communicating	Presents ideas clearly through a recording, video, mix or demo. Describes the process in simple terms. Explains choices or techniques used.



✓ Skills I used:

	Learning	<input type="checkbox"/>
	Decision-making	<input type="checkbox"/>
	Communicating	<input type="checkbox"/>
	Team working	<input type="checkbox"/>
	Thinking	<input type="checkbox"/>
	Self-awareness	<input type="checkbox"/>

 Team working	(Optional) Works with others to record, mix or present. Shares roles or equipment. Supports group performance or production tasks.
 Thinking	Plans the steps needed to create the final piece. Reflects on what worked well or not. Links ideas or techniques to the final outcome.
 Self-awareness	Reflects on personal skills developed through the process. Describes what was challenging or enjoyable. Shows confidence in presenting or sharing their work.

Sample

3A4

Learning a new creative skill over time

How can you build a new creative skill through regular practice and reflection?

Choose a new creative skill you want to learn. This could be anything from a musical instrument to animation, painting, dance, knitting or circus skills. Practise regularly and keep a record of what you did, what you found difficult, and what helped you improve.

Ask for feedback from someone more experienced.

Think about how you've improved and what you'd do differently next time.









What you'll do







This challenge helps you learn a new creative skill through regular practice and self-reflection. You will:

1. choose a creative skill you haven't learned before
2. set goals for what you want to be able to do
3. practise regularly and log your activities, ideas and challenges
4. ask for feedback from a tutor, friend or peer

Reflect on your progress and how your skill has developed over time.

✓ Skills I used:	
	Learning <input type="checkbox"/>
	Decision-making <input type="checkbox"/>
	Communicating <input type="checkbox"/>
	Team working <input type="checkbox"/>
	Thinking <input type="checkbox"/>
	Self-awareness <input type="checkbox"/>

How I might show the skills

Skills	Examples
 Learning	Practises a creative skill over time. Records progress and changes. Applies new techniques in their work.
 Decision-making	Chooses a skill to focus on. Selects learning methods or tools. Gives reasons for adjusting their approach.
 Communicating	Shares progress with others. Explains what they're working on. Responds to verbal or written feedback.
 Team working	(Optional) Practises or shares ideas with others. Supports peers with encouragement. Takes part in paired or group tasks.
 Thinking	Reflects on what helped or didn't work. Identifies patterns in their improvement. Links practice to outcomes.
 Self-awareness	Describes their learning style. Reflects on confidence, effort and motivation. Shows pride in personal progress.

4B5

Starting and running an arts appreciation group

How can you enjoy and explore the arts by sharing experiences in a group with others?

Start a small group that meets regularly to enjoy and talk about the arts. You can choose a focus for your group, such as horror films, dance music, science fiction books. You could also keep it more general, such as painting, poetry or photography.

Plan your meetings and decide what to watch, read, or experience together.

Keep a simple record of your group's meetings, including:

- what you explored or experienced
- what people thought or said
- your own reflections after each meeting






What you'll do

This challenge helps you enjoy the arts with others and build confidence in sharing ideas. You will:

1. start a small arts appreciation group with a focus or theme of your choice
2. plan and hold at least three group meetings either in person or online
3. choose creative works to explore and share with the group (eg film, artwork, music)
4. keep a record of what you experienced and what people thought







Reflect on your own learning and how your appreciation has grown.

How I might show the skills

Skills	Examples
 Learning	Explores a range of creative works. Records what was shared or experienced. Applies ideas from the group to personal reflection.
 Decision-making	Chooses a group focus. Selects materials or works to share. Explains reasons behind group choices
 Communicating	Leads or takes part in group discussions. Shares views clearly. Presents records or notes from meetings.
 Team working	Organises and runs meetings with others. Encourages group input. Combines ideas from different people.
 Thinking	Reflects on what was seen, heard or read. Considers different opinions. Links creative content to personal views.



✓ Skills I used:

	Learning	<input type="checkbox"/>
	Decision-making	<input type="checkbox"/>
	Communicating	<input type="checkbox"/>
	Team working	<input type="checkbox"/>
	Thinking	<input type="checkbox"/>
	Self-awareness	<input type="checkbox"/>



Self-awareness

Describes personal responses to creative works. Shows awareness of how opinions differ. Reflects on what they've learned over time.

Sample

5B2

Volunteering for an arts project or organisation

What can you learn by volunteering for an arts project or organisation?

Take part in at least 10 hours of volunteering for an arts organisation or project. This could be helping at a gallery, arts festival, creative workshop or community arts event.







While volunteering, make notes about what you do and the skills you use. Afterwards, update your CV to show what you've learned and achieved.

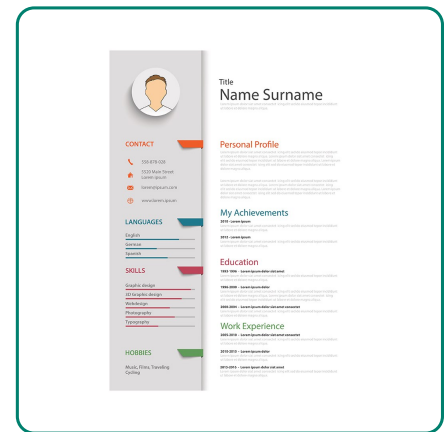
What you'll do

This challenge helps you gain experience by volunteering in the arts. You will:







1. find a volunteering opportunity with an arts group, organisation or event
2. take part in at least 10 hours of volunteer work
3. keep short notes on what you did, what skills you used or developed, and what you enjoyed or found challenging
4. add this experience to your CV and include the role, dates, and skills gained
5. reflect on how volunteering might help you in future work or training

How I might show the skills

Skills	Examples
 Learning	Records volunteering tasks and activities. Identifies new skills gained. Applies learning to improve their CV.
 Decision-making	Chooses where to volunteer. Selects relevant details to include on their CV. Justifies how the experience helped them.
 Communicating	Describes their volunteering role clearly. Presents skills and experience on a CV. Explains their contribution.
 Team working	Works with others during volunteering. Follows instructions. Supports colleagues or event attendees.
 Thinking	Reflects on tasks and skills used. Explores how the experience connects to future plans. Links activities to personal strengths.
 Self-awareness	Describes personal growth through volunteering. Reflects on confidence, challenges, or interests. Shows understanding of transferable skills.



✓ Skills I used:

	Learning	<input type="checkbox"/>
	Decision-making	<input type="checkbox"/>
	Communicating	<input type="checkbox"/>
	Team working	<input type="checkbox"/>
	Thinking	<input type="checkbox"/>
	Self-awareness	<input type="checkbox"/>