

Creative Prompt Cards

Most of the images in this pack are taken from Suffolk Artlink's wide range of creative community wellbeing programmes.

Credits: Project staff, professional photographers Doug Atfield and Warren Page (PagePix).



Use the QR code to go directly to our website and read more about our work.

Guidance Notes for the Activities



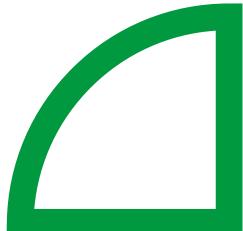
For more of our creative prompts, including short 'how to' videos, please scan the QR code.

The Extra Time Footballing Stories are sorted into six themes, each of which has three printed prompt cards.

These prompts invite you to think about your own experience and share your thoughts, stories and memories.

This is a sharing experience. Some of the prompts may interest you more than others – that's fine. Move through them at a pace that is right for you.

Even if you've never tried sketching or drawing, give it a go! You could even try sketching someone else's ideas; stick figures and doodles are fine.



Tips for active listening

Carefully watch the person speaking.
Look for moments of spark in the eyes
and their expression, the face will light up.

Ask more questions about
these points, for example;

Who gave you the...?

How did you manage to....?

Why was that so special to you?

Materials

You may need plain paper,
writing pens and colouring
pens; paints or water colours
are optional.

Kick Off

First matches, first day at school,
first kiss—everything starts somewhere.





What was the street like
where you grew up? Describe it.
Perhaps you didn't grow up on a street,
describe where you did grow up.





Did you have a favourite
toy or game as a child?
Who did you play with?



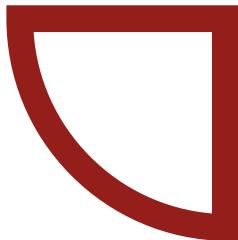
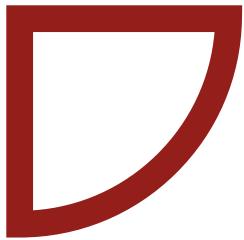
Imagine your first pair of 'important' shoes - they might have been shoes to walk to school in, a pair of football boots or ballet shoes.



Teaming Up

Whether it's as part of a football crowd, a work's outing or a family gathering, spending time with others is really important.





Family meals, from toast in the morning to tea in the afternoon, brings the family together. Did you gather round the table for a Sunday roast, picnic in the park or grill kippers on a Friday night?





What can you do
better together than
on your own?





What sort of groups, clubs or organisations have you belonged to?

What made them enjoyable?

Did your group have a logo, motto or group song?

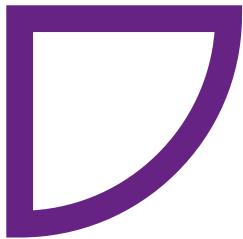
Do you belong to any particular groups now?



Match Day

It's not just sights that excite—often it's the sounds and smells that evoke personal experience and achievements.





Sometimes we focus on the big stuff in life, but life is made up of small pleasures. Think of all the small pleasures in life that bring you joy. Make a list of your small pleasures. You could try sketching them.



Try writing your own sensory poem:

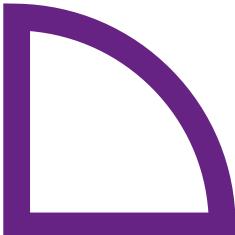
Home is the smell of

Home is the sight of.....

Home is the sound of.....

Home is the taste of.....

Home is the feeling of.....







Recalling a big event in your life, can you describe that day? What was the weather like? What shoes were you wearing? What feelings did you have in your body? Who were you with? Can you remember the smell of that day?



JUST

19

MARRIED

19

Star Players

Celebrity footballers, famous actors
or the person in the corner shop
who is generous and kind;
there are many ways to be special.

SUFFOLK
Junior won
by Halesworth
1905-6
Aspoor

Made in broad bord

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Imagine yourself with
someone special: what are
you doing together?

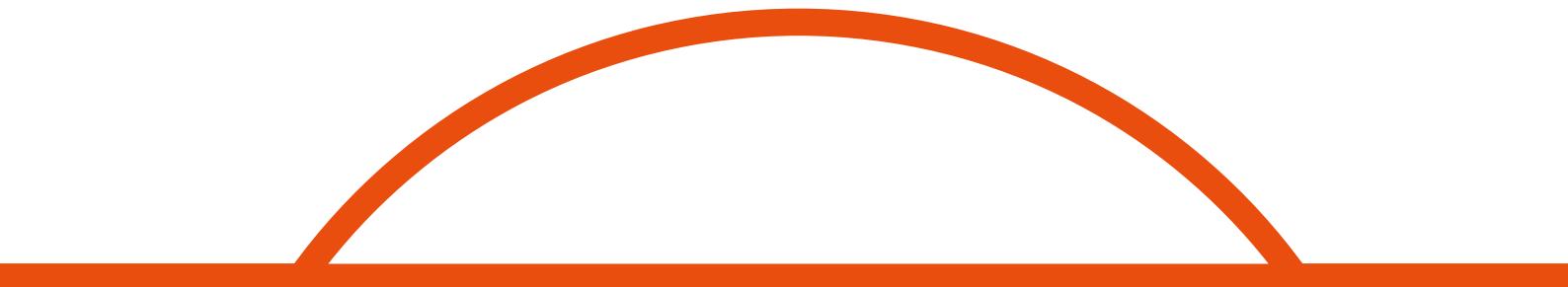


Let's talk about someone
special who is important
to you now.

What's their name?

What makes them special?





If your special person were a colour,
what colour would they be? If they were
a shape, what shape would they be?
Can you describe them as a flower,
an animal or a tree? Are they a
gentle breeze or a howling gale?
A mountain range or a green valley?



Goals

Some people have to work hard to achieve their goals, whilst others prefer to let life carry them along.
What about you?



Describe a journey you have taken many times, maybe to work or to school. Where did it start and how long did it take?

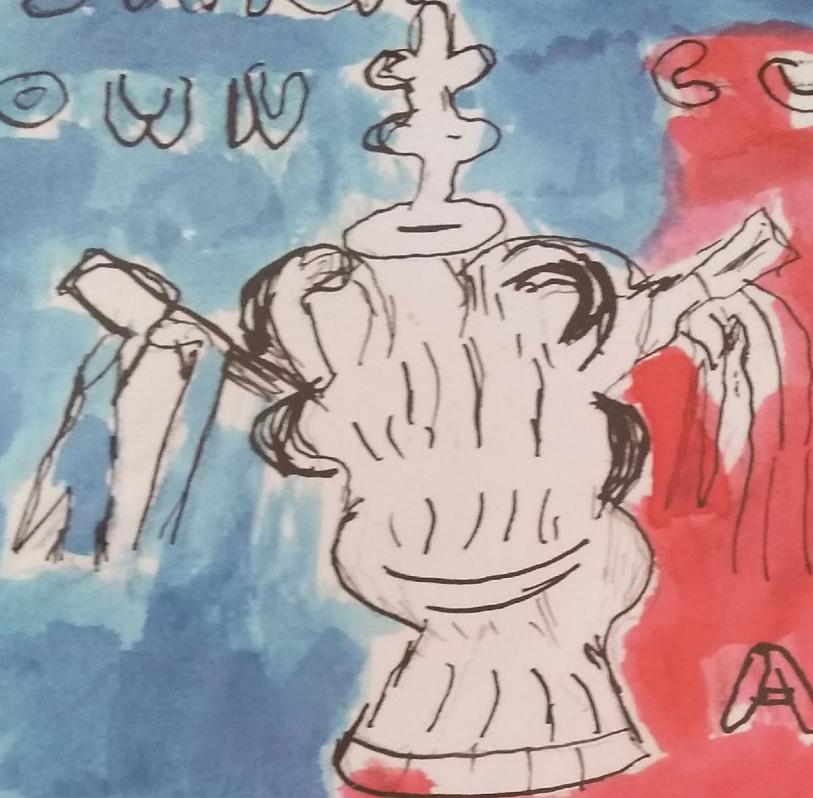
WE USED TO GO
TO THE SEASIDE ON
THE COACH,
WHERE DO YOU GO?

MY NAME IS
AUDREY
I LIKE PINK MOUSSE
ICE CREAM

Hi Alceasha,
I went on a
coach, everyone else
did we sing,
what songs do you sing?

Imagine you can do
anything, from dancing
the tango to riding a
Grand National winner.
What would you do?

DIPS WOICH
TOWN



CUP

FINAL

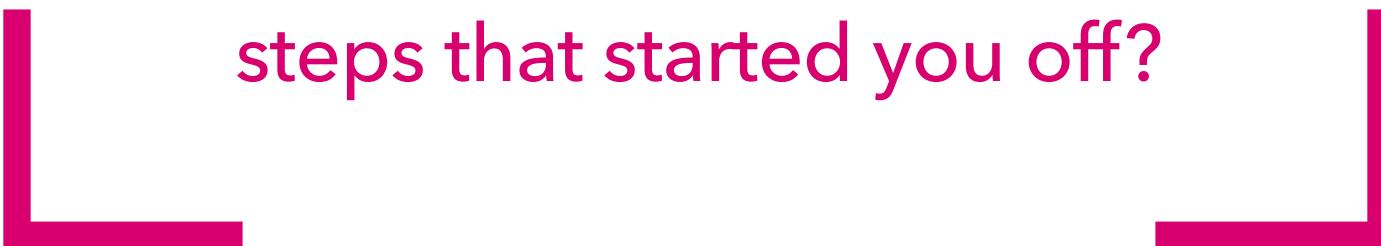
1978

ARSENAL

DIPS WOICH TOWN



Think of something you're proud of achieving; it might be a job, a home, a garden or something you make. What were the first steps that started you off?





Prize Possessions

It might be a sporting trophy or a handmade birthday card; things don't have to be expensive to be precious.



What's precious to you?
It could be the smell of
freshly cut grass, a certain
view from the window or
a keepsake.



Stan adds the blue of his uniform, the roar of the aircraft,
and the weight of the rifle on his shoulder,
as he patrols the perimeter fence.

...row Line, Kensington Gardens, Lowestoft.

Look at the image on this card.
What does it conjure up for you?
You might like to jot down any words
or phrases that come to mind.





Think of something precious that you'd like to pass on - it could be your smile, or a big laugh, or some valuable advice that means a lot to you.

smell
Bacon
the
Under the
when you b
with your b
eth.

things
because
the smell that makes
happy is when my mom
comes home from mornals.

A picture of me now.
so I know what I looked
like in the past.

A picture of all of
my family of numbers so
I remember the
acergis
(with my
in it)

What makes me
smile is
me and
play

Make me
A smile
of my
life

A thing

Picture of mum and
dad's wedding day of
all of us standing
together.

The sound of me
and my brother
playing in the sea
during summer.

I like the
sound of
egg and
it is

I like the
sound of
egg and
it is

My favorite book that
makes me good
they still

My favorite thing is
Hoverboard but I got for
birthday

Pictures because
they are

I smile dog when
playing

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