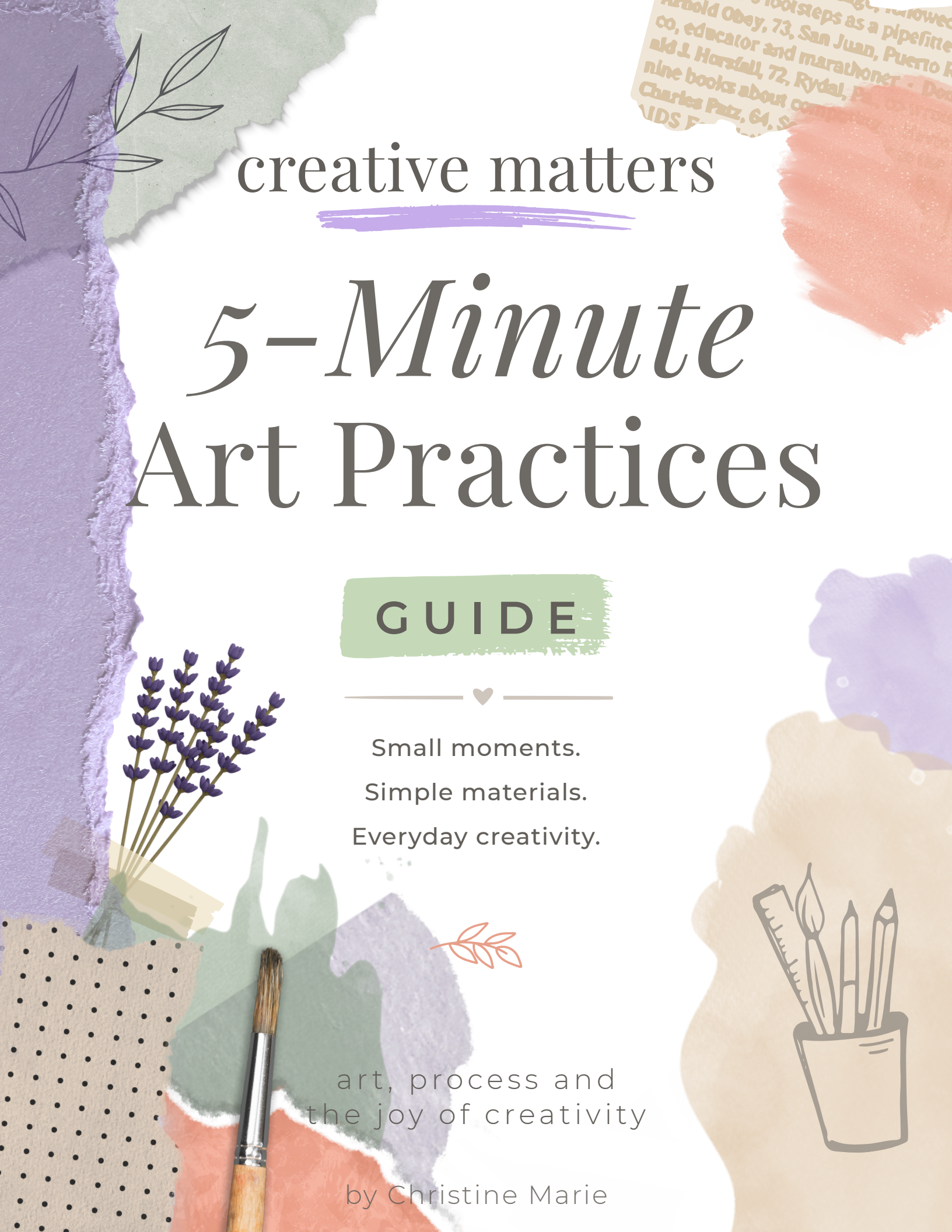




creative matters

5-Minute Art Practices

GUIDE



Small moments.
Simple materials.
Everyday creativity.



art, process and
the joy of creativity

by Christine Marie

Welcome

Creativity doesn't require hours of free time, expensive supplies, or perfect results.

Sometimes all it takes is five minutes.

This guide is an invitation to slow down, notice what's around you, and enjoy the simple act of making. Each activity is designed to fit into everyday life and can be done with whatever materials you have on hand.

There is no right way to complete these exercises. Some may become finished pieces, while others are simply moments of exploration—and both are valuable.

My hope is that these small practices help you reconnect with your curiosity, quiet your inner critic, and rediscover the joy of making something with your own hands.

Welcome. I'm so glad you're here.

Christine Marie



What You'll Need

You probably already have everything you need.

One of the best things about these five-minute practices is that they don't require expensive supplies or a dedicated studio. Start with whatever you already have.

There's no need to buy anything new.

Basic Supplies

- Plain paper or a sketchbook
- pen or pencil
- Colored pencils or markers (optional)



Painting Supplies

- Watercolors or acrylics
- A paintbrush
- Cup of water
- Paper towel or cloth



For Collage

- Old magazines
- Junk mail or packaging
- Scrap paper
- Scissors
- Glue stick



Everyday Inspiration

Look around for inspiration.

- Leaves & Flowers
- Feathers
- Stones
- Interesting textures
- Everyday objects



Remember...

You don't need every item on this list.

You don't need to be "good at art."

You don't need hours of free time.

Just choose one activity, gather a few simple supplies, and enjoy five minutes of making.

Before You Begin

Before you begin, remember this:

You don't need to make something beautiful.

You don't need to finish.

You don't need to compare your work to anyone else's.

These five-minute practices are about curiosity, not perfection. Give yourself permission to explore, experiment, and enjoy the process.

There Are No Mistakes

Every mark teaches you something.

If you don't like the result, simply turn the page and begin again.

Progress Over Perfection

These activities aren't about creating masterpieces. They're about building a creative habit—one small step at a time.

Follow Your Curiosity

Change the colors. Use different materials.

Take the activity in a new direction.

There is no right way to create.

Remember...

Creativity grows through practice, not pressure.

Five minutes is enough.

Observe

Four simple ways to slow down and really see.

Sometimes the simplest subjects reveal the most. These activities are about slowing down, noticing details, and drawing what you see—not what you think you see.

Blind Contour Drawing

Time: 5 minutes

Choose an everyday object like a mug, your hand, a leaf, or your keys. Without looking at your paper, slowly draw the object in one continuous line while keeping your eyes on what you're observing.

Remember: The goal isn't accuracy—it's learning to really see.

Continuous Line Drawing

Time: 5 minutes

Draw an object without lifting your pencil from the paper. Let your line wander. Mistakes are welcome.

Draw Your Favorite Mug

Time: 5 minutes

Place a mug, teacup, or water bottle in front of you. Notice its curves, shadows, and handle. Don't worry about perfect proportions. Just enjoy observing.

Nature Sketch

Time: 5 minutes

Pick up a leaf, flower, feather, pinecone, or small branch. Spend five quiet minutes noticing its shapes, textures, and small details as you draw.



Creative Matters Tip

Look longer than you draw. The more carefully you observe, the more you'll notice.

Play with Line

Four simple ways to loosen up and let your pencil wander.

Lines don't have to be straight, perfect, or planned. These activities invite you to experiment, discover new marks, and enjoy the movement of your hand across the page.

Fill a Shape

Time: 5 minutes

Draw a simple shape—a circle, square, leaf, or heart. Fill it with lines, dots, loops, zigzags, or any marks you enjoy making.

Repeat a Pattern

Time: 5 minutes

Choose one simple shape, line, or mark and repeat it across the page. Watch how a pattern slowly begins to emerge.

Non-Dominant Hand Drawing

Time: 5 minutes

Switch hands and draw an everyday object. Let go of control and enjoy the unexpected results.

Continuous Scribble

Time: 5 minutes

Without lifting your pencil, fill a page with one wandering line. Slow down, overlap your lines, and notice where interesting shapes appear.



Creative Matters Tip

Let your hand lead the way. Sometimes the most interesting lines are the ones you never planned to make.

Explore Color

Four simple ways to notice, mix, and enjoy color.

Color can change the mood of a piece in an instant. These activities encourage you to experiment without worrying about choosing the "right" colors.

Limited Palette

Time: 5 minutes

Create a tiny abstract using just **three colors**. Notice how many different combinations you can make.

Monochrome Challenge

Time: 5 minutes

Create a small piece using different shades and tints of a single color. Add white or black to see how the color changes.

Color Swatches

Time: 5 minutes

Fill a page with small squares, circles, or rectangles. Experiment with different color combinations and see which ones surprise you.

Paint to Music

Time: 5 minutes

Play a favorite song and respond with color, brushstrokes, or simple shapes. Let the music influence your choices.



☆ Creative Matters Tip

There are no wrong color choices.

The colors you enjoy today are the right ones for today.

Collage & Texture

Four simple ways to create with paper, texture, and found materials.

Collage invites you to slow down, experiment, and discover unexpected combinations. Arrange, layer, and see what happens.

There are no rules—just arrange, layer, and see what happens.

Tiny Paper Collage

Time: 5 minutes

Tear or cut a few pieces of paper from magazines, junk mail, painted papers, or packaging. Arrange them until something feels interesting, then glue them down.

Texture Rubbing

Time: 5 minutes

Place a piece of paper over a textured surface such as a leaf, coin, wood grain, brick, or fabric. Rub gently with the side of a pencil or crayon to reveal the hidden texture underneath.

Packaging Art

Time: 5 minutes

Look for interesting colors, patterns, or lettering on everyday packaging. Cut or tear pieces to create a small abstract collage.

Layer It Up

Time: 5 minutes

Begin with one piece of paper and slowly add layers of different colors, shapes, and textures. Stop when the composition feels balanced.



Creative Matters Tip

Interesting combinations are often more exciting than perfect compositions.

Let yourself play before you decide what works.

Mix It Up

Four simple ways to combine everything you've explored.

You've explored observation, line, color, and collage. Now combine them in whatever way feels most enjoyable to you.

Layer & Draw

Time: 5 minutes

Create a small collage first. Draw over it with pen, pencil, or colored pencil, letting the shapes underneath inspire your lines.

Start Anywhere

Time: 5 minutes

Begin with a scribble, a splash of color, or a torn piece of paper. Keep responding to what appears until your five minutes are up.

Three Random Things

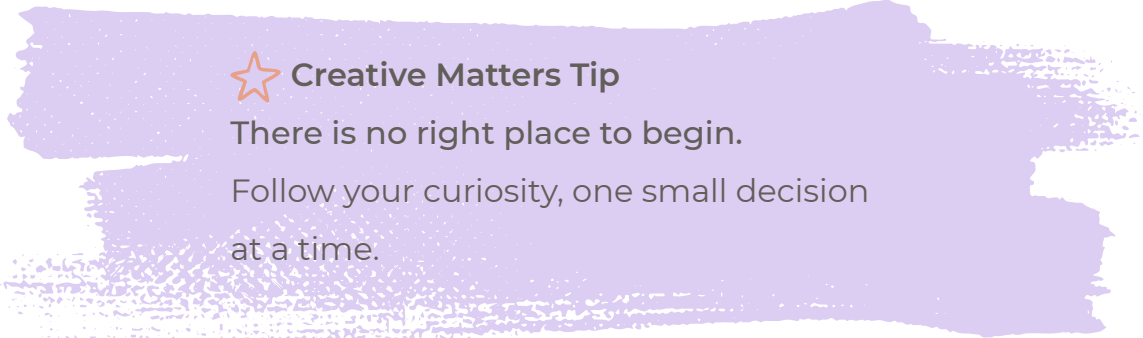
Time: 5 minutes

Choose any three art materials—perhaps a marker, magazine paper, and watercolor. Use all three together in one tiny piece.

Create a Tiny Collection

Time: 5 minutes

Make four small pieces instead of one. Try a different combination of materials for each and notice how each one turns out differently.



★ Creative Matters Tip

There is no right place to begin.

Follow your curiosity, one small decision at a time.

Keep Creating

Five minutes is enough.

You don't have to wait until you have more time, more supplies, or more confidence.

Creativity grows one small practice at a time.

Thank you for spending a few minutes with Creative Matters.

I hope these simple practices encourage you to keep noticing, exploring, and making.

The world needs more people who create—not because they're perfect, but because they begin.

Start with five minutes today.

I'd love to see what you create. Share your work and tag
[@creativematters.art](https://www.instagram.com/creativematters.art).

Creative Matters.

Christine Marie

