

More thinking about student wellbeing and creativity

“Creativity is bound up in our ability to find new ways around old problems.” – Martin Seligman.

Here are some more resources on this theme – continued from February 2018.

How music helps us be more creative

In today’s world, creative thinking is needed more than ever. Not only do many businesses seek creative minds to fill their ranks, but the kinds of complex social problems we face could also use a good dose of creativity.

[A new study suggests that listening to happy music promotes more divergent thinking](#) – a key element of creativity (Greater Good Magazine).

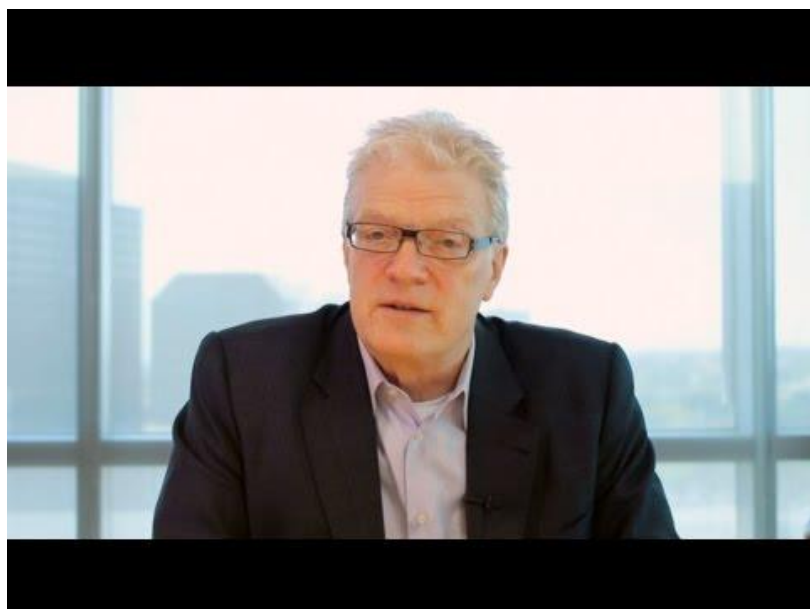
Ten habits of highly creative people

What exactly is creativity? So many of us assume that creativity is something we had as a child but we lost, or something allocated to rarefied individuals that we can only admire from afar. But science has shown that – in many ways – we are all wired to create.

[Scott Barry Kaufman and Carolyn Gregoire explore how to develop creativity as a habit and a style of engaging with the world](#) (Greater Good Magazine).

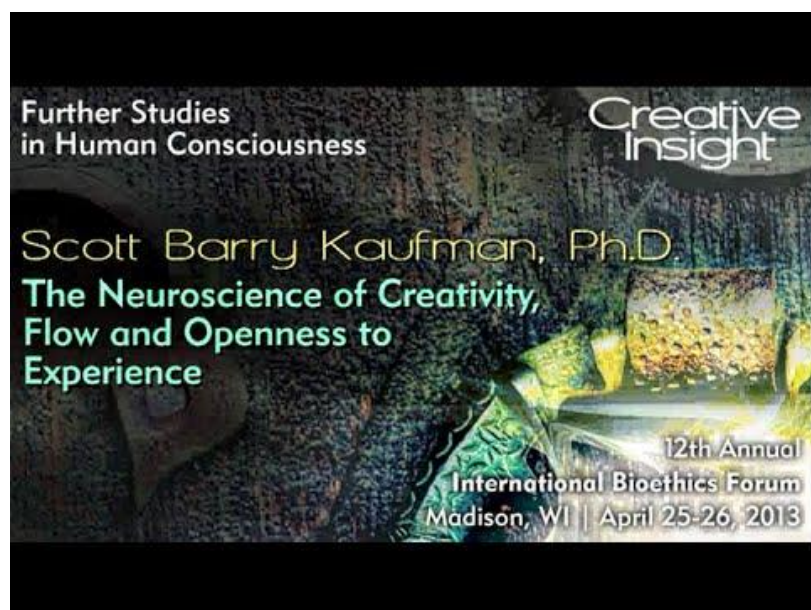
Can creativity be taught?

Watch this short 2014 talk by Sir Ken Robinson Ph.D. – an internationally recognized leader in the development of creativity, innovation and human resources in education and in business.



The Neuroscience of Creativity, Flow, and Openness to Experience

Watch this 2013 presentation by Dr Scott Barry Kaufman Ph.D. – an American psychologist, author, and popular science writer known for his research and writing on intelligence and creativity.



From Ancient to more contemporary thinking

“Do not train a child to learn by force or harshness; but direct them to it by what amuses their minds, so that you may be better able to discover with accuracy the peculiar bent of the genius of each.” – Plato (427 – 347BC)

“Let children read whatever they want and then talk about it with them. If parents and kids can talk together, we won’t have as much censorship because we won’t have as much fear.” – Judy Blume (1938 -)

Read Thinking on wellbeing and creativity in 2018 (February 2018) – for essential readings on wellbeing and creativity.

Contact Richard Wisnesky at Community and Public Health for more details on this information sheet (richard.wisnesky@cdhb.health.nz or 03 364 1777).

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