Creative Constraints Lab

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A group has only paper and two colors.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Make something using a few agreed materials and discuss the effect of the constraint.

3. What did the limit invite or restrict?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.