

Weekly Creative Prompt — Week 1

A gentle, grounding prompt to ease into December with calm and creativity.

Prompt — “A Moment of Quiet”

Find one quiet moment in your day — even 30 seconds is enough. Pause. Listen. What do you notice?

Now, capture that moment in a creative way:

- Write 4–6 lines describing the feeling of that quiet moment
- Sketch a small symbol that represents the stillness
- Record one word or phrase describing what you needed most today

Reflection

Use these questions to go a little deeper:

- Where did you find this moment of calm?
- What surprised you when you slowed down?
- What does your mind return to when everything gets quiet?

Optional Sharing

If you'd like, you can share your response online.

Tag: **#TheKeluProject**