



**PROJECT  
CORNERSTONE**  
A YMCA of Silicon Valley Initiative

# CREATIVE ACTIVITIES

**March Asset of the Month**

**“Children need the freedom and time to play. Play is not a luxury. Play is a necessity.” –Kay Redfield Jamison**

## **Definition**

Young people spend three or more hours per week in lessons or practice in music, theater, or other arts.

## **The Importance of Creative Activities**

For many youth, creative activities can tap their true passions, motivate and inspire them to achieve and create, and keep them on a positive path. Creative activities are one of the most common categories where youth find their sparks. Even if creative activities are not a young person's life passion, they still provide benefits like fostering creative problem solving, critical thinking, and discipline, and provide opportunities to connect with role models and caring adults.

## **What You Can Do**

- Take a child to an art museum or a concert.
- Support music and art programs for kids.
- Help your children identify their creative sparks! Expose them to a variety of creative activities, and find follow-up lessons when they find something they're interested in.

To learn more about Project Cornerstone, visit us at  
**[www.projectcornerstone.org](http://www.projectcornerstone.org)**