

Liz's 1 minute Creative Challenge **Dragon**



Dragon - Part 1

Spend 1 minute imagining the best ever **dragon** your special friend and supporter.

Your dragon is strong, and will help you with any problems you encounter.

Draw or note down the characteristics of your unique dragon...

Email us a picture or a description liz@insideoutmusician.com

Your dragon can help you do anything that is difficult for you...

Your dragon can help you:

- *make a phone call,*
- *do a job you don't enjoy,*
- *tackle a task you have been putting off*
- *start a tricky conversation*
- *try something new*

... your dragon will help you do it ...and make you feel a little bit braver.

Dragon - Part 2

Now spend one minute imagining that you are flying on the back of your dragon. You go on an adventure together.

You may encounter some problems along the way but your dragon will guide you through safely and it will end well. Your dragon may want to take you somewhere new or show you something special...

You can describe your dragon adventure in any way you choose: video, animation, poem, artwork, dance, food, music, ...or some other way....

Send us your response, introduce us to your own special dragon and we will include them on our Resources page for everyone to enjoy!

1 minute My Dragon responses...

'Thanks for last night, it was very refreshing to do something completely different and to find a friendly-looking dragon sitting on my desk this morning.'

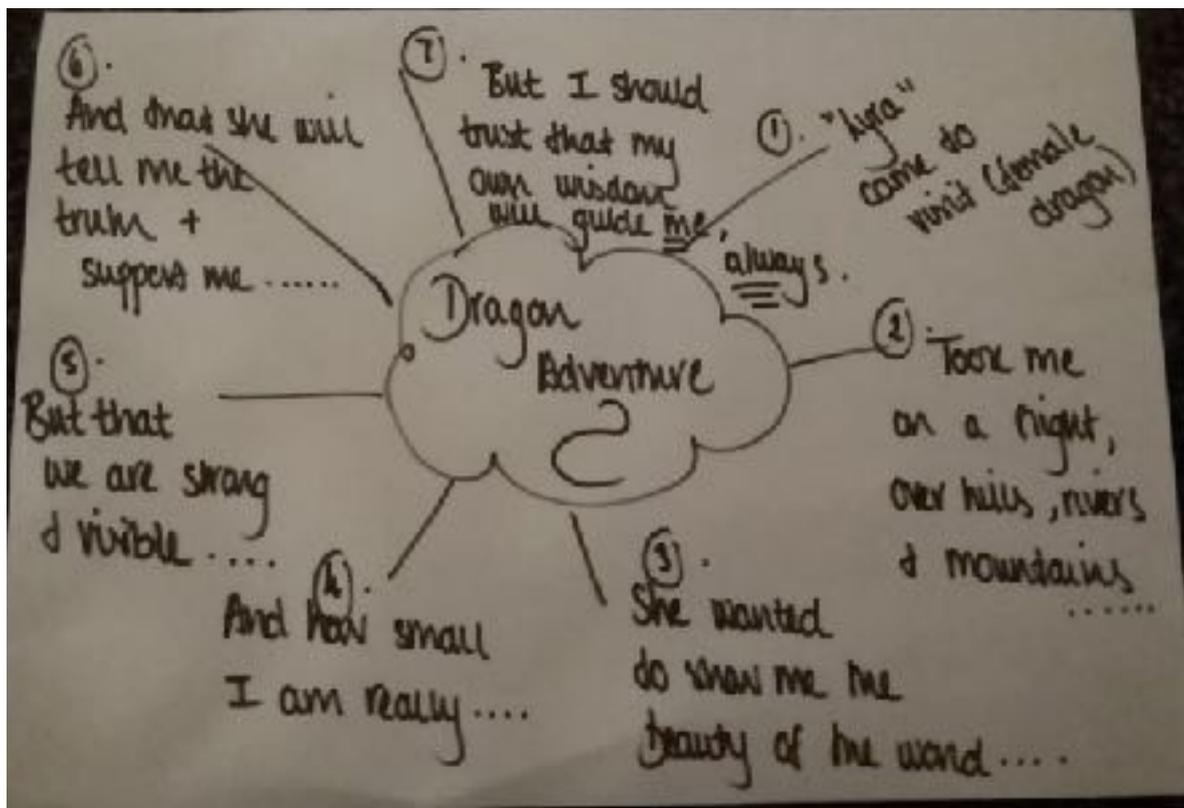
(Ruth)



Send your dragon to liz@insideoutmusician.com

1 minute My Dragon responses...

'I got an image of my dragon as being the whole of life in the form of the ocean, and I saw myself as a tiny spec floating in it. I saw myself struggle against the waves and nearly drown and then at other moments relax and lean into the flow of wherever the water was going and that, I realised, was me coping with life....no, not just coping....being at one with the flow of it!' (Sophie)



Dragon Adventure

1. Lyra came to visit (female dragon)
2. Took me on a flight, over hills, rivers and mountains...
3. She wanted to show me the beauty of the world....
4. And how small I am really....
5. But that we are strong and visible....
6. And that she will tell me the truth and support me....
7. But I should trust my own wisdom will guide **me always**. (Louise)

Here's Michaels' response: no dragon but a poem! *We All Have The Same Story!* You can read it here: <https://medium.com/typewriting/we-all-have-the-same-story-cf20b77e4070>

Send your dragon to liz@insideoutmusician.com