



Name: _____

Class: ____ Date: _____

Harness Your Daydreams!

An activity of “Future Fashions”

To kick off the new year, *What's Up* has four stories about wonderful ways in which people are using their ideas to do a world of good. You will find these stories in the January 2020 issue of *What's Up*:

- “**New uses for old clothes**” (page 14)
- “**New ways to make what you wear**” (page 15)
- “**Engineering student creates bricks from plastic waste**” (page 9)
- “**Old vehicles charm new admirers**” (page 18–19).

Browse through the four stories to get into the mood for this activity. The projects in these stories would have all started as ideas. And, these ideas may have popped up at unexpected times. Did you know that **daydreaming** is one of the best times when great ideas are born?

Daydreaming can get kids into trouble if it interferes with paying attention in class or staying focused on your homework. But, if it is in your free time, daydreaming is a powerful way for your mind to imagine all sorts of possibilities. In that respect, it is a very healthy activity. Daydreaming can even help you to decide what you would like to do in life. And so, don't toss out those wonderful daydreams — harness the good ideas that they give birth to.

1. Equip yourself with whatever you prefer to use for drawing — charcoal pencils, pens, crayons — and a daydreaming journal. For the journal, a small, spiral-bound sketch book may be convenient to carry around with you. Pick one that has a cover and paper quality that you like.
2. Sketch a scene or two of your daydreams about projects you would love to do. Try to capture happy endings. Your sketches are for your eyes only (unless you choose to share them with others). That means you don't have to worry about the quality of the art. Relax and enjoy the process of deciding how to depict your wishful thinking pictorially.
3. Visualise the steps you would have to take to make your dreams come true. Jot down the steps. You do not have to use complete sentences — key points next to your sketches will do. But, make sure you can understand what you have written when you read it a few days later. Continue with this planning process for each of your daydreams until you are ready to go into action mode.
4. When you sense that the time is right, pick one daydream project and carry it out in real life.

There is no deadline or target for how many daydreams you should have or even which you should capture in your journal. That is what makes this activity special. Enjoy the process and you might be surprised at how many of your daydreams become reality one day. A reminder: staring at the stairs won't get you to the top; at some point, you have to start walking up them.