

# Creativity & Inspiration

Upper-Intermediate (B2-C1)



## WARM-UP

**Part 1. Look at the words below. What comes to mind when you see these words?**

Creativity

Inspiration

**Part 2. Discuss the following questions.**

1. When do you feel most creative, if at all?
2. Do you usually see yourself as a “creative” person? Why or why not?
3. What tends to block your creativity – time, pressure, expectations, fear of being wrong?
4. Is creativity something you enjoy, or something you feel judged on?

**Part 3. Read the statements below and decide whether you agree, disagree, or partially agree. Explain your choice.**

1. Creative people are born, not made.
2. If you need a system, you’re not really creative.
3. Original ideas appear suddenly – you can’t force them.
4. Creativity mainly belongs to artists, designers, or musicians.
5. If you’re copying ideas, you’re not being creative.

## VIDEO ACTIVITY

**Part 1. You're going to watch a short video called "How to generate the most Creative Ideas (even if you are not creative)"**

**The speaker begins by saying:** "You don't need to be creative to come up with creative ideas. You just need one trick."

**Discuss:**

- What do you think he means by "one trick"?
- Do you expect this video to **simplify**, **challenge**, or **reframe** creativity?

**Part 2. Watch the video.**

**Part 3. Discuss the following questions.**

1. What is the speaker's main point?
2. Did anything surprise you?
3. Did the message feel encouraging, challenging, or neutral for you?

**Part 4. Watch the video again.**

**Part 5. Discuss the following questions.**

1. According to the speaker, where do creative ideas usually come from?
2. Why does he say creativity is not about talent or originality?
3. What mistake do people make when they only "consume" ideas but don't create anything?



**Part 6. The speaker describes a simple creative system. Put the steps in the order he presents them.**

1. Writing ideas down
2. Absorbing ideas
3. Finding unexpected connections

**Now discuss:**

- Which step do you already do naturally?
- Which step do you often skip?
- Why do you think writing ideas down matters, even if they seem useless at the time?

## **VIDEO FOLLOW-UP**

**Part 1. The speaker gives examples of creativity from technology, literature, and design.**

**Discuss:**

- Why do these examples challenge the idea of “genius creativity”?
- Where do people recombine old ideas in everyday life?  
(work, routines, hobbies, teaching, relationships)
- Have you ever improved or adapted something rather than inventing something completely new?

**Part 2. Try it: a low-pressure idea experiment.**

**Choose one familiar thing:**

- a meeting
- a podcast
- a workout routine
- a hobby
- a lesson or presentation

**Now combine it with something unexpected:**

- outdoors
- silence
- constraints (time, money, tools)
- a different audience
- a different place

**Discuss:**

- What changes when you combine these?
- Would this idea work? Why or why not?
- How does this exercise change your view of creativity?

### Part 3. Complete the sentences with your own ideas.

1. I usually **come up with** ideas when ...
2. I prefer to **play around with** ideas before ...
3. I often **zero in on** one idea too quickly when ...
4. I like to **bounce ideas off** ... because ...
5. I find it hardest to **flesh out** ideas when ...

### REFLECTION

#### Discuss the following questions.

1. How has your view of creativity changed during this lesson?
2. Which idea from the video stayed with you most?
3. What feels more achievable about creativity now than before?

