

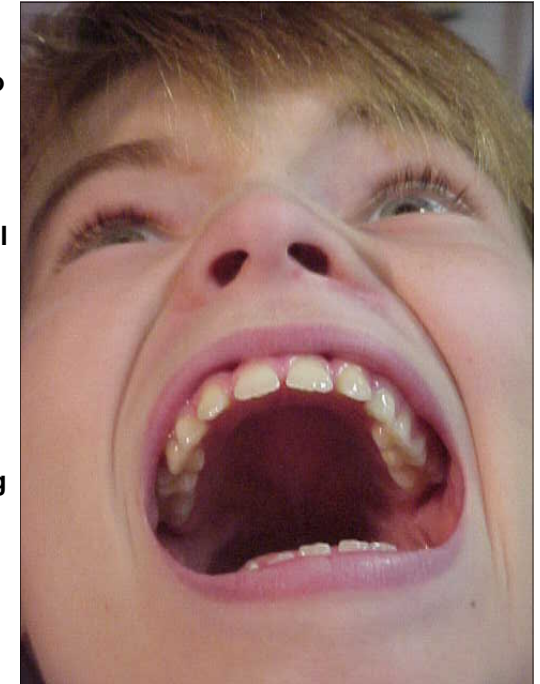
HOW TO UNLEASH YOUR CREATIVE WILD!



If you don't know how to unleash your creative spirit, your "wild," then I've got the solution for you!

1. Go outside or somewhere where you won't get into trouble for being wild.
2. Work up your excitement into your lungs and get read to blow. Shhh!!
3. Jump up and down; let it all out. Aaaaaaaah!
4. You CAN inhale the wild, did you know?!! Exhale the wild.
5. Jump, slide, crawl, roll; do whatever movements that will take you to all kinds of heights.
6. Be free and let it all rip. You're a wild person!
7. Listen carefully. BOOM! (Express yourself in onomatopoeia.)
8. See yourself from different perspectives. Ssssssssss, I'm a snake!
9. Fall flat to the ground when you have no more energy. Look around while you're there. What's going on? Join in!
10. Go inside and have a snack. The wild is the wind. Whoosh!
11. Congratulations! You are now a member of the Wild Group. BAM!

- Marina



Got wild? If not, read on, then do it!

1. Make a funny face.
2. Pretend you're an octopus, and start dancing.
3. Twirl until you're dizzy; yell "lalalalala" while twirling.
4. Move like a caveman. Blurt out "ooh-ooh" Repeat.
5. Run around in circles—inside, then outside.
6. Scream, take a break, scream again.
7. Defend New York from King Kong.
8. Go to Tokyo and fight Godzilla in your giant robot.
9. Drive in the Batmobile. Fast.
10. Do several back flips.
11. Read a scary story and laugh about it.
12. Emit random sounds—zing, boom, hep, beep, boomsizzle, laloo. Make up your own.
13. Take a bath OR shower...with orange juice!
14. Fight cancer...zombie cancer!
15. Scream again, but with a high-pitched voice.
16. Make a snowman, put a magical hat on him, name him Cool Dude.
17. Call the President and ask him if he wants to play Super Mario Brothers.
18. Sleep. You'll need the rest.

- Thomas



Have you let yourself go wild lately? How about active! This world is only full of surprises when YOU contribute creative, wild ideas! First of all, you have to release your wild. Here are 13 steps. Do 'em. Make me proud!

1. Stand ready to use your imaginative mind.
2. Picture an expressive body movement in your head.
3. Create some BOOM BAM onomatopoeia.
4. Get away from your regular life for a minute. Get into the pretend mode.
5. ...GO, FLY, JUMP, LURK, whatever!! :-)
6. Make emotional gestures; flap your arms with excitement; crunch your fingers nervously; twirl your body in anticipation.
7. Let your body SPLAT, SQUISH, go FISHY!
8. It's time to release your craze! WAAAOOOO! WHEEEEEEEEEEEEEEE!! (take a deep breath)
9. Become a human sculpture. Move it, freeze it. Move it around, freeze it. Move it on, freeze it!
10. Let it ALLLLLLLLLLLLLLLLLL out! Yuh, yuh, yuh, yuh, yuh, yuhhhhhhhhhhh...DAH DAH!
11. Squat, roll, sneak!
12. Explode your whole body. Now, gather it all up. Check it out! Lookin' fine!!
13. Be Yourself...but, NOT YOURSELF! Now you are WILD! Good job!

- Omar

UNLEASH YOUR CREATIVE WILD!



Are you ready??!! Let's go!

1. Stand up and block out all sounds.
2. Stand on one foot and walk on your dreams.
3. Kneel and imagine your childhood; scream out the past.
4. Lie down and make snow angels in the grass.
5. *MAKE the world up-side down. Stand on your head and pretend the world is up-side down.*
6. Close your eyes and spin.
7. Do a back flip while spinning; sing like you're a rock star.
8. Spread out your wings; FLY all around the town.
9. Ride the hurricanes and poke the eye of the storm.
10. Jump into a volcano and swim in the lava like Michael Phelps.
11. Throw pies at your friends.
12. Run away and kiss your crush's cheek.
13. Step on ALL the sidewalk cracks.
14. End up...in your imagination!

- Paul D.

Do you have some creative wild inside you that you can't figure out how to release?? Well, find out how, right here, right now!

Step 1—Warm up by pretending you lost something and then frantically search for it until you find it.

Feel the panic, then the relief.

Step 2—You are a ballerina in a grocery store.

Dance like you know what to do!

Step 3—React to everything you touch as if you've been tickled.

Step 4—Make yourself as ROUND as possible...your body, mouth, eyes, fingers, etc. have to be as circular as you can shape them. Now try to move!

Step 5—Make loud sounds to show happiness, anger, excitement, serious pain. Put your body through the emotions. Scream when you're done.

Step 6—Good Job!! Now that you are emoted-out, try speaking to someone without using your voice. Do they understand you? If not, try again, but let your whole body express what you are saying.

Step 7—As a cool-down activity, sit down and make facial expressions for the following: crazy, mad, impatient, sensitive, overjoyed, lost, frantic, when the light bulb goes on.

Congrats! You have just let out your creative wild! Feels awesome, doesn't it? - Lily



Do you often feel hyper, but just can't figure out how to release that Creative wild? Well, here's your answer.

First of all, jump up, shake your head, and scream your challenge to the sky. Run until you can run no more; leap, jump and gnash your teeth. Run on all fours...crab walk. Aieeeeeeeeeo! Hiss, growl, groan, short, howl...it's your choice.

Wag your rear like a dog wags his tail. Rip things with your teeth (optional). Leap at anyone who comes near you. Smile, laugh loud and long. Spin around as fast as you can before falling over. Laugh all the way around.

Roll on the ground, jump up, run again. When your legs get tired, beat up an imaginary opponent until you get tired of that, too. Then find the tallest tree and climb until you can climb no more.

Quickly get down (jump or climb—your choice) and start ripping up your backyard crab grass. Make a big stack of the Crab grass. Kick it over. Squish any bugs you find. Let out a big sigh. Ahhhhhhhhhhhhhhhhhhhhhhhhhhhhhh.

Hey, you did it!!!! Take a bow. - Paul A.



HAHAHAHAHAHA...Go Wild!!

When you want to let out your wild, you let out your inner self. You do crazy things that you wouldn't do at "normal" times, like jumping, rolling, running, laughing, screaming at the top of your lungs.

RAZZLE DAZZLE!!

1. First off, you have to have an imagination. Believe in yourself, and, more importantly, be yourself.
2. Just go and act like no one is watching, Make funny sounds like **BAZZOUM**.
3. Not only talk and make sounds when you let out your wild, move around! Dance, jump, swing from side to side, swivel, roll...you get the idea!
4. Imagine you are somewhere else.
Example—**BUBBLE-GUM LAND!**
Chew a ton of gum.
Blow a humongous bubble.
If you hate gum, maybe you'd rather be in **ICE CREAM-TOPIA!**

You can be whomever you want to be when you are wild. And it will definitely be worth it for the rest of us to enjoy you squawking like a duck, or howling like a wolf!!

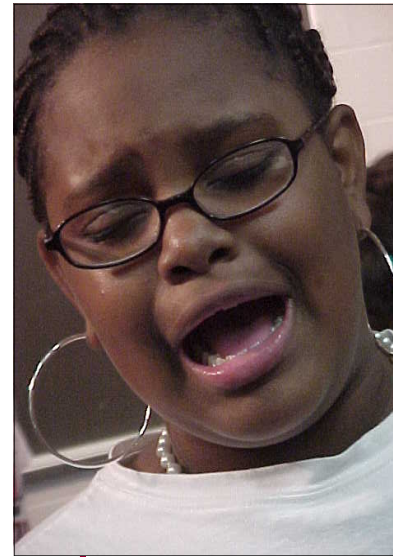
P.S. Don't worry about what **WE** think! Just enjoy your creative wild!
- Briana

I have something to tell you
You really ought to know...
You **CAN** release the "wild,"
You can let it **ALL** show!
Just turn your energy on full blast
And don't be scared to do it all fast.
Hey look! See your eyes!
They're bulging wide!



It's a sign for them to be your guide. Shake those walls and raise that floor, Now scream until you can't no more. It's very simple, Just go with the flow. Imagine that your engine will **BLOW!!!** Make gurgles, chuggas, and choo choos rhyme, It's never too late to spin on a dime.
Twirl 'round in circles

and crinkle your nose;
Make rooster calls, cha cha on your toes!
It's fun to be wild, it's wild to be free.
I know what you want...I already can see,
So wait no more—just be like **ME!** - Zoe



When you are having a great day and everything is going just the way you like it, wait until 8 p.m.

When that bolt of energy hits you, start letting loose. Jump on top of things. Let out a big aaaawwwooo! Run, bounce, sing, laugh, flip, have a

ball. Let that inner wild take control!

You think you're done? Wrong. Expect the unexpected when dealing with your wild. Let your mind jump off a building, get swooped up by a plane, and twirl 360's down into a pillow factory. Okay, it's time to let out that last, humongous aaaaaaaaaahhhhhhhheeeeee!!!

Fall asleep right then and there.
Oh, yeah, sleep with a **CRAZY** smile!
- James

To let out your wild, you have to sit still for a few seconds with your eyes closed. When you open your eyes, start jumping dancing, whatever you feel. It also helps if you get yourself wet and throw things around. How you get wet and what you throw, is up to you. Start singing a song, or babbling about anything and everything you can think of. The main part of it, though, is to use up most of your energy with random movements. Be sure to add sounds that fit with your movements.
Well, that's about it! Have a wild one!
- Chris



PATHS TO CREATIVE WILDNESS

