



# Pedagogical Creativity

## Teaching Sex Ed Online

Pedagogical creativity begins with you:

1. **Start your day with art** (draw, paint, doodle, watercolor, it doesn't have to be pretty.)
2. **Let's be physical** (jumping jacks, weights, walks, dance parties, whatever you enjoy doing... or can stand to do)
3. **Don't let your phone games or email inbox dissuade you from boredom, which is actually your friend** (I am not kidding, this is research based)
4. **If you can't think of what to do, think of ten things to do instead** (this is a version of intentionally creating a \$h!#y first draft - but you're creating nine of them instead of just one)
5. **Play games** (not as a way out of boredom, but as an intentional activity that you integrate into your daily life)

These things **are not** wastes of time! They give you access to your creativity. They will do the same for your students - don't hesitate to integrate each of these elements into your lesson plans!