

Creativity in CAS

What can you do for creativity? Browse through this list of examples and add a new example to each category. Write down what you might do, or talk about it with a friend. You might discover just what you are looking for!

Theatre
1. Write a script for a play.
2. Participate in a community-based theatre group.
3. Design or participate in awareness-raising performances for NGOs.
4. Form a performance group.
5. Run a children's theatre group in the local community.
6. Organize an improvisation theatre troupe.
7. Learn how to perform magic and put on a magic show.
8.
Music
1. Join a choir or participate in a musical.
2. Play a musical instrument in a band or orchestra.
3. Learn to play a musical instrument or take vocal lessons.
4. Form a music group.
5. Perform for clients in aged care homes.
6. Conduct a choir or a band.
7. Host a musical event at school.
8.
Visual art
1. Produce personal artworks.
2. Paint a mural for the walls of a local primary school or childcare centre.
3. Design posters for school advertising particular events.
4. Curate the school art gallery.
5. Organize or participate in craft activities.
6. Do photo shoots for NGOs or for senior citizens.
7. Produce the school yearbook (digital or hard copy).
8. Enter a local art or photography competition.
9. Teach art for early childhood or primary school.
10.
Dance
1. Join a ballet or jazz class.
2. Choreograph a school production.
3. Run a school-based dance class.
4. Perform as a dancer in a school production.
5. Participate in annual school performers' showcase.
6. Teach a junior dance class.
7. Organize a dance flash mob.

8.
Design technology
1. Participate in design projects to improve the local community.
2. Oversee a project for school.
3. Participate in council competitions.
4. Design and create furniture.
5. Assist an NGO with designing a website or provide content for its website.
6. Help a local hospital or clinic with a redesign.
7.
Film
1. Create an awareness-raising video for an NGO.
2. Create promotional footage related to a specific cause.
3. Make a documentary or a film.
4. Join the school publicity/media group.
5. Create a video archive for a local historical society.
6. Plan a film series for a senior centre.
7. Organize a film event for a cause to raise awareness and funds.
8.
Fashion
1. Organize a recycled clothing or clothes swap group to benefit a charity.
2. Participate in a group that designs clothes from sustainable materials.
3. Organize a school-based fashion show.
4. Run a knitting group and create items of clothing for a cause.
5. Learn how to be a salesperson at a clothing charity.
6. Start a sewing collaborative to make outfits for children in need.
7. Design reusable shopping bags with fashion flair.
8.
Graphic design
1. Design and produce children's toys.
2. Design information booklets or pamphlets for a specific NGO.
3. Design storyboards for a specific purpose.
4. Create logos and designs for T-shirts with environmental messages.
5. Assist an NGO with designing a website or provide content for its website.
6. Redesign an organization's brochures, business cards and logo.
7.
Creative writing
1. Attend a course in journalism/poetry writing.
2. Edit a school newspaper or bulletin or do the same for a senior centre.
3. Create children's books for schools in need of these resources.
4. Organize a creative writing workshop.
5. Write a novella or a novel.

6. Start a poetry project that places poetry anonymously around school or the community.
7.
Cooking
1. Cook for a locally based international festival.
2. Organize a World Teachers Day breakfast at school.
3. Create a recipe book.
4. Run cooking classes.
5. Make a "how to cook" video series.
6. Document the results of cooking a new, challenging recipe once a week.
7.
Business
1. Produce items for a school fair.
2. Support a group that raises money for small business loans for undeveloped countries.
3. Run workshops for NGOs to give them ideas for creative awareness-raising or more efficient business practices.
4. Run business-type events to train students in running a business.
5. Help a local start-up develop a business plan.
6.
Information technology
1. Teach basic ICT skills.
2. Join the technology support group at school.
3. Design digital books.
4. Design and maintain a website for an NGO.
5.
Mathematics
1. Join a mathematics group and participate in school competitions.
2. Run a problem-solving group at school.
3. Tutor "at risk" students in mathematics.
4. Design mathematical/logic puzzles for junior students.
5.
Sport
1. Coach a junior sports team.
2. Design a training schedule for a sports team.
3. Design individual training programmes for specific junior players on a team.
4. Incorporate skills from other sports into training, for example, rugby circuits into netball training.
5.
Environmental systems and societies
1. Design a recycling project for the school.
2. Investigate the use of energy in the school and provide a proposal for more efficient energy usage.
3. Create a school-based enviro-garden.
4. Participate in designing a community garden.
5. Oversee a school landscaping project.



6. Investigate ways to limit water consumption at school.

7.

Teaching strategy: Activity in CAS

Two resources follow that contain suggestions for the CAS strand of activity. **“Activity in CAS”** provides an array of ideas and options. The list can be used to provide ideas for students designing their individual CAS programmes. Many of these may also be applicable for the other two strands of CAS and could be incorporated into a CAS project. Please note that the list is not complete and students will find many activity experiences not listed below. Before sharing this list with students, it is recommended to allow time for students to consider their interests, skills, talents and areas for growth. Letting students generate their own possibilities first assists them in developing self-awareness and confidence. A list can always be provided to extend their ideas further, such as the resources in this TSM under **“Teaching strategy: Creating a personal profile”**.

Also, teachers can use the document **“Student examples of activity in CAS”** as discussion starters.

Activity in CAS

You may already have an idea for activity. Looking for more ideas? Find a category, and circle the suggestions that stand out to you. Be on the lookout for an activity that you could improve by setting and working towards a goal. Look for something you never thought about, but that seems exciting and possible. Most of all, find an activity you would enjoy and find inspiring, challenging and personally worthwhile.

After reviewing these lists, read the "Student examples of activity in CAS" that follow.

General sports
Football (soccer)
Basketball
Athletics
Gymnastics
Swimming
Tennis
Volleyball
Badminton
Table tennis
Darts
Bowling
Curling
Hockey
Skiing
Martial arts
Weightlifting
Boxing
Diving
Cycling
Race-walking
Tumbling
Acrobatics
Wrestling
Jai-alai
Handball
Netball
Racquetball

General sports
Squash
Polo, water polo
Frisbee, ultimate Frisbee
Kick boxing
Fencing

Dance
Ballet
Jazz
Modern
Street dance
Ballroom
Salsa, Latin
Dance-a-thon participation
Twirling
Cheerleading

Gardening and nature
Farming
Rock climbing, mountaineering
Planting trees
Digging, irrigation and drainage
Hiking, trekking
Survival training

Animals
Equestrian competitions, horse and stable care and maintenance, riding and jumping lessons
Farm animal handling, care and shows, competitions
Fishing sports
Dog shows, competitions, training and care
Animal husbandry
Birding

Extreme sports
Skydiving
Rappelling
Bungee jumping
Base jumping
Para-gliding

Personal fitness
Running
Weight training, body building
Cardio workout
Spinning
Punching bag workout
Jumping rope
Trampoline
Yoga

Music
Marching band
Drumming
Parade

Skating
Ice skating
Roller-skating, roller-derby, rollerblading
Skateboarding
Long boarding

Motor sports
Dirt biking, motocross
Pit-stop crew
Auto mechanics
Motorcycle touring
Rally driving, navigating



Aviation
Piloting, flying
Gliding
Ballooning

Water sports/Boating
Waterskiing
Parasailing, kite-sailing
Sailing
Wakeboarding
Surfing
Kayaking, canoeing
Rowing
Scuba and snorkelling
Free-diving
Rafting
White water rafting

Student examples of activity in CAS

Rock climbing

Jacob had been rock climbing a number of times at an indoor rock-climbing centre. He decided that he wanted to experience rock climbing in the outdoors and improve his rock-climbing skills, so he included rock climbing as a part of his CAS programme. He set himself the goal of being able to complete a grade 17 climb within six months of climbing. He joined a rock-climbing club and ended up climbing over a number of weekends throughout his DP. In addition to written and recorded verbal reflections, he also showed evidence of participation and achievement in the learning outcomes in photographs, video and a certificate of achievement from his climbing club.

Gardening

Ethan preferred not to play team or individual sports and decided to choose vegetable gardening for his activity. It entailed time each week clearing, tilling, planting, weeding and so on. Ethan enjoyed working with his hands and found his physical fitness increased through his time spent in the vegetable garden.

Walking for fitness

Pearl did not really like sports or physical activity. After discussing her options for activity with her CAS adviser, she decided that she would conduct a "Walking for fitness" programme as a part of her CAS. She consulted her physical education teacher to develop a programme and then walked three times a week, with distances increasing over the three-month programme. Pearl was surprised with how much she enjoyed the programme and the benefits it gave her, so much so that after the three-month programme had finished, she trained for and completed a 5 kilometre fun run (which also became part of her CAS portfolio). The photo of her crossing the finish line was her favourite part of her CAS portfolio.

Basketball

Louise was a keen basketball player. When she included basketball in her planning for CAS, her CAS coordinator advised her to challenge herself by doing something new related to her involvement in the school basketball team. With the support of her team coach, she conducted a skill-training programme that focused on her dribbling and shooting from outside the key, two areas that needed development in her game. During the season her game improved, giving her greater motivation to train more. Louise became a regular member of the starting five players. Her writings that made up a portion of her reflections showed that she was very proud of her advancement.

Gymnastics

Anita had been participating in gymnastics since primary school. She regularly competed in state and national competitions. When designing her CAS programme, Anita wanted to continue to use her gymnastics for activity. Her CAS coordinator agreed but asked Anita to find new goals in relation to gymnastics. Anita decided to learn new choreographed routines for the balance beam, something she had not previously attempted.

Yoga

Timothy wanted to find an experience that would help him become more fit. After looking at various exercises, he chose yoga. He committed to a yoga class once a week and practised it at home every two days. Timothy became an enthusiastic supporter of yoga and found it both relaxed him and increased his physical strength and stamina. He evolved this enjoyment of yoga to be part of his CAS project and created a programme to teach yoga classes for the local community.

With animals

- Conducting a behaviour study of zoo animals or shelter animals
- Monitoring numbers of stray animals, combining findings with interviews and surveys to determine opinions of advocates, opponents and the general public, and offering recommendations to improve local policies
- Assisting with tracking and monitoring of butterfly migratory paths

Teaching strategy: Idea starters for service and service learning

This teaching strategy provides lists of idea starters for service based on the four kinds of action. Each includes examples of ways to interact with people, the environment and animals. The "Teaching strategy: Understanding four kinds of action for meaningful service" provides a more in-depth tool for applying the five CAS stages to service while exploring each of these kinds of service.

There are four different types of action:

- **Direct service:** students interact with people, the environment or animals.
- **Indirect service:** students do not see the recipients; however, they have verified their actions will benefit the community or environment.
- **Advocacy:** students speak on behalf of a cause or concern to promote action on an issue of public interest.
- **Research:** students collect information through varied sources, analyse data and report on a topic of importance to influence policy or practice.

Students review the following ideas in a small group. Have them put a mark by the ideas that tap into their interests, skills and talents and add an additional mark if this service idea would provide opportunity for personal growth. They can then use the document "More ideas for service and service learning" to brainstorm more ideas. Students may want to use the newspaper for reference. The articles feature issues of local importance, which can provide additional ideas, partnerships and possibilities.

Ideas for direct service

With people

- Coach children in sports
- Deliver meals to people living with a medical condition
- Lead resume-writing workshops for people who are unemployed
- Organize or assist at a blood drive
- Play music with elders to have an exchange of skills and learn about each other's music preferences and talents, and then perform as an ensemble for others
- Distribute plants at a farmer's market to promote home-grown container gardens
- Serve food at a soup kitchen

With the environment

- Restore a stream
- Prepare the soil and beds for an elementary school garden and plant with the children
- Grow seedlings for distribution
- Install raised-bed gardens for a senior centre
- Establish a recycling programme at city hall
- Make a storm-water garden

With animals

- Help at an animal shelter with data entry and dog walking
- Assist with a pet adoption outreach programme at community events
- Lead a workshop on pet care
- Set up a turtle sanctuary in partnership with a community organization

Ideas for indirect service

With people

- Assemble a photo exhibit about poverty for a gallery
- Prepare meals in a soup kitchen
- Take part in a walkathon to raise money for different humanitarian causes

- Prepare activity kits for children for an emergency shelter
- Write brochures for organizations
- Build an organization's website or provide content for an organization's website
- Assist with the creation of a museum exhibit
- Make exercise videos to give to homeless shelters
- Create a newsletter for a retirement community
- Record audio books for people who are visually impaired

With the environment

- Prepare signage for a local wetland
- Grow seedlings for distribution
- Initiate a school compost to reduce food waste in landfills
- Create a website with information about flora and fauna for a local park

With animals

- Make zoo toys for animals
- Collect needed supplies for a wildlife rescue centre
- Bake dog biscuits for an animal shelter
- Make colouring books with protection tips on local endangered animals for elementary schools and tourists

Ideas for advocacy service

With people

- Lead a town hall meeting on solar energy
- Organize a letter-writing campaign for a cause
- Host a speaker and film series to raise awareness for the community
- Create comic strips or comic books to teach about emergency safety and readiness
- Plan a conference to raise awareness about education equity

With the environment

- Provide reusable water bottles to replace single-use water bottles
- Create public service announcements on energy reduction in homes

- Organize a flash mob to teach about recycling
- Promote a “just use less” campaign to reduce quantities of what is put in trash and recycling bins

With animals

- Make beach signs to protect local waterways from rubbish
- Advocate for animals at risk at an organized public event
- Create posters, videos and public service announcements to promote animal adoption for a shelter

Ideas for research service

With people

- Assist with a city-wide needs assessment by running focus groups
- Conduct hands-on research about how interaction improves quality of life for residents at an elder care facility
- Prepare a public service outreach process to identify local veterans willing to be interviewed, and then conduct the interviews for an historical society
- Learn about the history of people buried in a cemetery from the 1800s to support a local museum
- Observe play habits of children in an orphanage or refugee centre to identify what skills are developed or need support

With the environment

- Use photography to collect images that inform about the first flush from a storm drain by your school
- Interview administrators at local landfills to learn about community habits that support collections of trash to recycle and food waste for composting
- Analyse items collected in a community or beach clean-up to develop a campaign (advocacy service) that prevents the items from being littered again

With animals

- Conduct a behaviour study of zoo animals or shelter animals
- Monitor numbers of stray animals, combine findings with interviews and surveys to determine opinions of advocates, opponents and the general public, and offer recommendations to improve local policies
- Assist with tracking and monitoring of butterfly migratory paths.