

Creative Prompt Pack

Hygge

(HOO-guh)

This month's creative prompt is Hygge, a Danish and Norwegian word that describes a mood of cosiness, comfortable conviviality, and well-being. It is the practice of finding deep contentment, warmth, and connection in simple, everyday pleasures—such as enjoying a cup of tea by the fire or sharing a relaxed evening with loved ones.



*Make, see, shape or play -
here are a few ideas to get you on your way*

Creative Ways to Respond



Take a photograph



Paint a feeling



Sketch a moment



Make something by hand



Cook or bake an interpretation



Create a Pattern



Design a card, logo, or label



Stitch, shape, or collage it



Write a poem



Begin a story



Fill a journal page



Follow an idea wherever it goes



Make. See. Shape. Play.





A free Hygge-themed colouring page or art template for you



A free Hygge-themed colouring page or art template for you

Need extra inspiration? Try this
MOOD BOARD



What says **Hygge** to you?



Dark grey-brown

#6c371a

Grey Orange

#a18164



NOTES:



Bonus photos to use anyway you like. Journal prompts? Painting ideas? Print and cut out for a scrapbook?