

RIM MSLMANI

Sheridan College

Creative Thinking: Theory & Practice Virtual

Creativity Assignment :A- B

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Part A

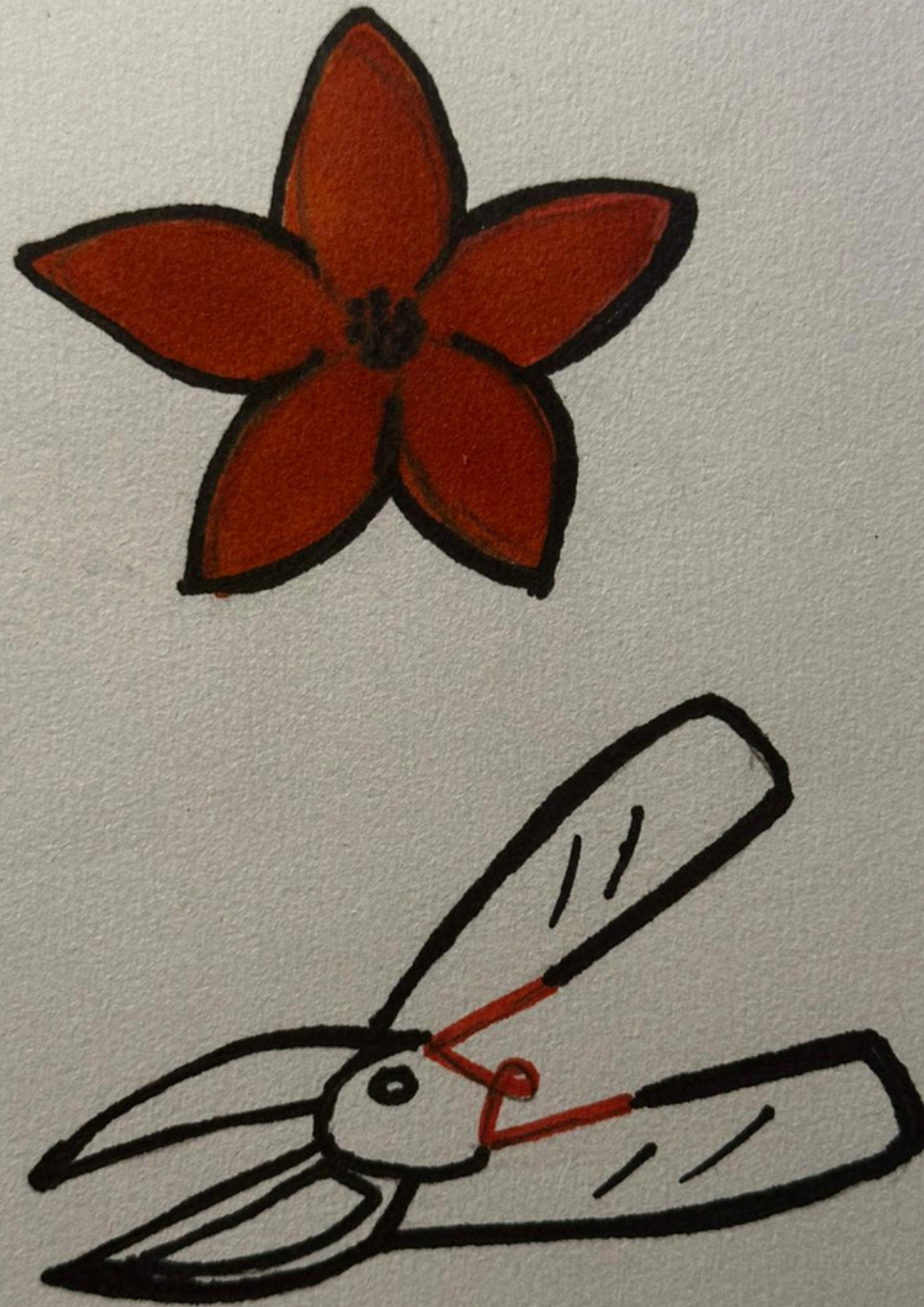
Mrs. Linda's Garden

Mrs. Linda is an old lady. She used to work as a full-time teacher. After her children grew up and left to start their own families, and after her retirement, Mrs. Linda felt a little lonely living alone in her big house.

Her only relief was taking care of her garden, which—thanks to her love and care—was always full of beautiful flowers and roses of many kinds. Mrs. Linda also had a strong spirit and a kind heart.

That's why, every morning, as part of her daily routine, she would take her garden shears and carefully cut different roses and flowers. She arranged them in a small bucket and placed it at the side of her front yard for her neighbors—or anyone passing by—to take, as a simple sign of kindness and generosity.

And so, Mrs. Linda's garden was not only a source of joy for her but also a gift of beauty and love to her community.



Part B

My Gallreies Garden Visit



Summer is the season when nature gives us its best gifts. My friend took this photo of me during our morning walk at The Galleries Garden on the lakeshore of Oakville. The garden is a real gem because it has many kinds of roses and flowers that bloom beautifully in summer. Every time I visit, I feel happy and relaxed. Being surrounded by flowers and having the open view of Lake Ontario makes me breathe more freely and helps me reduce stress. It also reminds me how beautiful life is and how important it is to appreciate every moment we have.

The New Science of the Creative Brain Article - Questions & Answers

A -

Spending time in nature has a powerful effects on our brain as it enhances higher-order thinking, restores attention, and boosts creativity.(Gregoire, 2016, para 2). In a 2012 study, for example, Strayer found that backpackers were 50 percent more creative after they had spent four days out on the trail. They were given several tests of creative thinking, they were presented with a set of words (for example: blue, cake, cottage) and asked to figure out the unifying word (cheese). Upon their return, the hikers performed twice as well on the tests. “People were actually solving the problems more creatively after they had unplugged in nature,” Strayer says. (Gregoire, 2016, para 2).

B -

The imagination network in the brain is very important for creativity. It uses memories, past experiences, and emotions to generate new and unique ideas, which is why everyone’s creativity is different. However, this

network is often blocked by the constant demands of daily life emails, notifications, and repetitive tasks leaving little space for the brain to think freely (Gregoire, 2016, para 2). Spending time in nature gives this part of the brain a break, allowing it to reconnect with memories and experiences, and generate new insights. For example, in 2012, a study by Strayer showed that backpackers performed better on creativity tests because their prefrontal cortex was given a chance to rest. During this break, people often experience moments of creativity and inspiration . That explain why listening to leaves's sound or relaxing near the lake or watching the birds can trigger new ideas that wouldn't appear when the brain is busy with the daily routine tasks. (Gregoire, 2016, para 3)

C -

Clever ideas usually appear when the brain is relaxed and not focused on daily busy tasks. The article shows that showering, washing the dishes, and walking in the woods are activities that can activate the imagination network (Gregoire, 2016, para 4). At those times, the brain connects past memories and experiences, which helps new inspiration appear (Gregoire, 2016, para 3).

D-

The imagination network is always present in our brain, but it becomes active when we give it the right conditions. One of the best ways is to let the brain rest from daily pressure and move into a state of “soft fascination.” This happens when we are gently focused on things like watching waves, listening to leaves rustle, or walking in nature, which relaxes the mind and makes space for new ideas (Gregoire, 2016, para 5). When the prefrontal cortex rests in this way, the imagination network wakes up and helps us connect with our memories and experiences to generate new insights (Gregoire, 2016, para 5)

E-

In Gregoire’s article, awe is defined as a powerful feeling of wonder and smallness when facing something greater than ourselves. This emotion helps creativity because it opens the mind to new perspectives and breaks us away from routine ways of thinking (Gregoire, 2016, para. 4). A 2012 study from Tel Aviv University in the article showed that children who looked at images of vast things, like the Milky Way, performed better on creativity tests than those who looked at nearby objects last, because awe encouraged more expansive thinking

(Gregoire, 2016, para. 4). One simple way to feel awe is by spending time in nature, such as looking at the beauty of oceans or mountains, which can inspire new ideas (Gregoire, 2016, para. 4).

Reference

Gregoire, C. (2016, March 18). The new science of the creative brain on nature.
Outside. [The New Science of the Creative Brain on Nature](#)