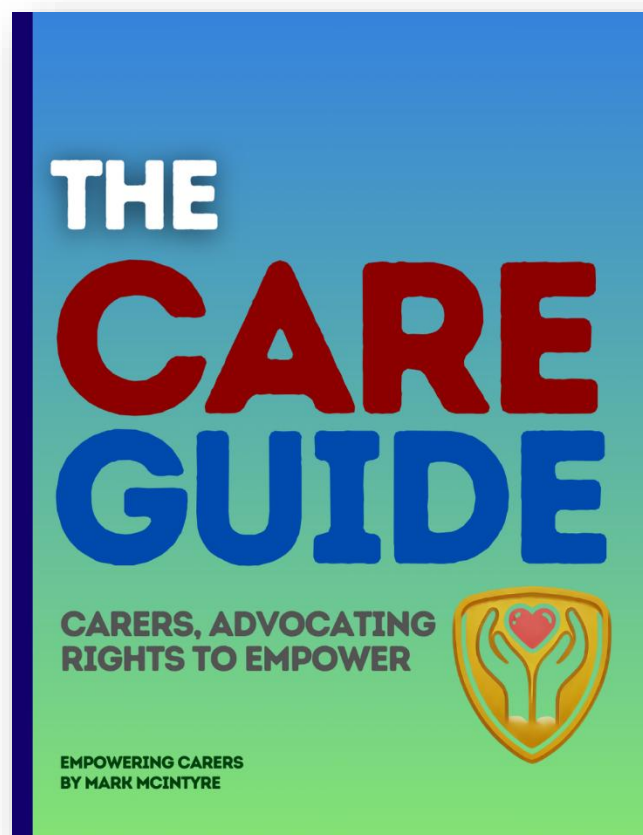


STORY 10

The Right to Creative Expression

Reflection and Teaching Aid

Section B of The Care Guide – Advocacy Stories



Training Resource Sheet

Story 10: Flick the Elf: The Right to Creative Expression

(From Section B – Advocacy Stories)

Story Summary

Flick the Elf loves painting, music, and storytelling. But in his care setting, creative activities are treated as childish or unimportant. He is discouraged from expressing himself and told to focus on “real life skills.” Over time, Flick begins to hide his creativity, feeling ashamed of what makes him unique. With encouragement, he rediscovers the confidence to be himself. This story shows how creative expression is a human right - essential for identity, communication, and wellbeing.

Training Focus Areas

- 1. Creativity as a Core Right**
 - Why does creative expression matter in care settings?
 - How do we support identity and individuality through creative outlets?
 - 2. Recognising Subtle Suppression**
 - Are service users being discouraged from interests that aren't seen as “useful”?
 - How can staff unintentionally shame or minimise personal expression?
 - 3. The Value of Play, Art, and Imagination**
 - How do music, art, drama, or storytelling benefit mental health and communication?
 - What does creative empowerment look like for people with complex needs?
 - 4. Championing the Whole Person**
 - How do we balance practical care with emotional and spiritual nourishment?
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Discussion Questions

- Have you ever felt embarrassed about a personal passion or creative hobby?
 - How do we recognise and support the unique interests of service users?
 - What does it look like to protect someone's right to self-expression?
 - Are there areas in your service where creativity could be better encouraged?
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Practical Actions

- **Role Play:** Support a service user who wants to try a new creative activity, despite others thinking it's "not practical."
 - **Reflective Task:** Write down a personal or creative interest of your own - and one way it helps you feel like yourself.
 - **Weekly Challenge:** Encourage or organise one creative moment for someone this week - even if it's small.
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Key Learning Outcome

Creative expression is not a luxury - it is a right. It fosters confidence, connection, and joy. Every care setting should protect and promote it.

How to Use This Resource

Use during team reflections on person-centred care, enrichment, or activity planning. Flick's story is a reminder that real care supports the whole person - body, mind, and soul.

Date:

Time:

Place:

Name of presenter:

Names of staff in attendance:

Name of service users taking the lesson:

Feedback: