



ENJOY YOUR

MEDDLER CARDS

CREATED BY APPEL FARM



A fun deck of inspiring prompts to expand

creativity

social emotional learning

artistic freedom

...and fun!

Designed by Executive Leader of Education, Kristina Hill, and the Appel Farm team, this flexible card deck offers a creative outlet for kiddos, adults, or the whole family! They can be adapted to any materials or creative practices. So, let's dive in and have some creative fun!

**P.S. Love these prompts and want to share them with other parents, educators, or communities?
Send them this link to get their own copy of the Meddler Cards!**



Appel Farm
Arts & Music Center



ABOUT APPEL FARM

Appel Farm follows a Social and Emotional Learning framework with Arts Education, to improve self-awareness, social awareness, relationship skills, self-management, and responsible decision making. This engaging deck of Meddler Cards taps into this intersection, creating fun for all!

All of our programs follow this powerful framework, creating engaging arts spaces in South Jersey for every kiddo and adult. We prioritize meeting everyone where they're at, meaning our programs are neurodivergent-friendly!

Appel Farm has also piloted inclusivity initiatives for transgender and gender nonconforming youth at camp and in classes, disability accessibility, and programs to lower or erase financial barriers to the arts.



Here are some of our top programs for you to check out!

APPEL FARM ARTS CAMP

Camp offers a deep dive into the empowering process-based learning we've built over seven decades of operation! Every kiddo has the freedom to pick major and minor classes for the summer; plus an abundance of fun time, evening activities, optional workshops!

[Learn more here.](#)

ARTS LABS at Appel Farm

Arts Labs are creative classes for kids and adults! From graphic novels to dance to Mosaic & Sip, they're avenues to expressing the joy of creativity within us all.

[Learn more here.](#)

ARTS LABS in the Community

Arts Labs in the Community offer an ever-changing roster of creative opportunities for everyone, and these community programs are free!

[Learn more here.](#)

ARTS-INTEGRATED LEARNING and Residencies

Perfect for educators and community leaders! From Residencies in School to Professional Learning Residencies, discover how our Social-Emotional Learning methods create a ripple effect of creativity and joy in the lives of teachers and children.

[Learn more here.](#)

HOW TO USE MEDDLER CARDS



These Meddler Cards are a fun, expansive activity that anyone can pick up and do—at home, in the classroom, at the park, or anywhere!

How to Use These Cards:

1. Print the next three pages of this PDF.

(Don't have a printer? The cards are numbered, so you can randomize a number with a website like random.org)



2. Cut out the cards and choose one to start.

3. Follow the prompt, in whatever way feels the most engaging and fun!

Let the cards spark your creativity, and think outside the box.

A few suggestions from Appel Farm:

- Any creative activity works—from painting to sculpture to performance—so encourage your child (or your own inner child!) to express it however feels best!
- For some of the prompts, you may want to pull out an old art piece and change it up, using the card as inspiration!
- There's always permission to create and express in “rough draft” mode (we're not going for perfection!)
- Growth (including out-of-the-box creativity) is uncomfortable and messy. Discomfort or frustration is normal. Embrace it!
- Participate at your level (and encourage kiddos to participate at their own, whatever that engagement may look like!). The point is to grow and have fun, not to reach an arbitrary finish line.



1

What are the materials asking you to become?

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2

What if you flipped it upside down?

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3

Make the worst creation you can!

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4

Can you bring it to life?

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5

Can you add another layer?

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6

What if your creation could talk?

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7

**What if your
creation was
magical?**

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8

**Ask another
artist to add
to your
creation!**

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9

**Use a
material
you've never
used before.**

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10

**Create a
childhood
dream.**

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11

**Make an
uninteresting
material
interesting
to you.**

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12

**Create what's
getting in
the way of
being your
creative self.**

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13

**Create with
your non-
dominant
hand.**

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14

**Create
something
fast and fun.**

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15

**Create a
problem
you have
right now.**

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16

**Create
something
mythical or
impossible.**

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17

**Make the
smallest
creation
you can.**

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18

**Let your
favorite song
inspire your
creating.**

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HOW TO SUPPORT APPEL FARM

Appel Farm Arts & Music Center is a registered nonprofit piloting inclusive and accessible arts education. We're constantly expanding our community offerings, from music festivals to Arts Labs to Camp Scholarships.

Without donors, we couldn't reach those in our community who have no other opportunities to access the arts.

So, if you're passionate about what we do and want to support, **donate here!**

We're also always looking for volunteers (and have great opportunities for teens too!). Here's where you can sign up to volunteer.

