

# Author and illustrator Matt Stanton gives tips on drawing monsters and curing boredom

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**Best-selling children’s author and illustrator Matt Stanton has declared the first day of every working week Monster Monday. Here he explains why drawing monsters is a cure for boredom.**

‘I’m bored!’ says everyone’s kid right now.

Parents are looking for solutions — and lots of them.

Mostly we entertain ourselves with “inputs\*”. We consume TV, video games, books and music. We respond to something external.

The problem is those external things run out (or the batteries die!). We consume them until we’re bored of them, too. We use them up.

That’s why the best cure for boredom is creativity.

Creativity is not an “input”, it’s an “output\*”. And you don’t use it up. Instead, it self-generates\* like momentum\*. The more you use it, the more of it there is.

So, in times of isolation\*, kids should be encouraged to make something. They can draw it, write it, sing it, build it, perform it, design it, play it, dance it ... whatever works for them.

On my YouTube channel we create monsters every Monday. The good thing about drawing monsters is that you can’t get it wrong (no one knows what a monster is supposed to look like!)

That's one of the things that is so fun about creativity. Unlike school, you can't get it wrong!

<https://www.kidsnews.com.au/arts/author-and-illustrator-matt-stanton-gives-tips-on-drawing-monsters-and-curing-boredom/news-story/a3fc1a425a71aee2e47bcbb8e1b4a7d1>