

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

8TH JAN  
2021

START  
inspiring minds

## NEWSLETTER

Start Inspiring Minds [www.startinspiringminds.org.uk](http://www.startinspiringminds.org.uk)

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## KEEPING US CONNECTED

Welcome to the new year and new edition of Start's Five ways to Wellbeing newsletter. Sharing daily inspiring activities to keep your mind and body healthy during lockdown.



## MONDAY: BE ACTIVE...

### Try Foraging

Whilst taking your daily exercise outdoors, you may notice berries, leaves and other wild things and wonder what they are or if you could do anything with them! If you've never tried foraging, the late winter months still offer wild treasure. Head to the [woodlandtrust.org.uk](http://woodlandtrust.org.uk) for info on what to look for when outside. Forage carefully to ensure there is enough left for birds and species to consume now and to ensure plants and fungi can regenerate and reproduce, and don't eat anything until you've checked to ensure it's definitely safe and have washed it well!



## TUESDAY: CONNECT...

### Connect with Music and those in and outside the Home

Get groovy with musical doodles! Experiment with music and illustration by drawing different rhythms, instruments and sounds. Try drawing your favourite song. How does the music effect your drawing? What shapes does the music remind you of? You could use dots to illustrate the beat. Then send a photo of your artwork to someone you don't live with. Can they guess the song? Ask them to send their own artwork back! Why not ask someone in your household to look at your drawing and try to play the song you've illustrated? If they don't have an instrument they could tap put the beat with their hands or hum it!



## WEDNESDAY: TAKE NOTICE...

### Be your own Cheerleader and Notice your Successes

In this time of uncertainty, many are struggling with low self-esteem and questioning their abilities. If you have a tendency to feel negatively towards yourself, it can be easy to forget your achievements (yes, you do have some!) and only notice things you aren't happy with. Spend 10 minutes listing all the things you've managed to do that demonstrate how capable you are. List successes, difficult things you've got through and things you're proud of. Keep it on your desk, in your bag, pocket or by your bed so you can look at it for a boost.



## THURSDAY: KEEP LEARNING...

### Learn how to make your own Paper Clay

Shred some newspaper, place in a bowl and cover with hot water. Leave overnight. Mash it up with your hands and when it is like porridge, it's ready! Squeeze out the water over a sink, a handful at a time, until it is damp but not waterlogged. Add a cup of flour and 2 teaspoons of salt and mix with your hands until it begins to hold together. If you have any PVA glue, add around a tablespoon. Now you can start modelling. Once completely dry, it can be decorated with acrylic paint. Watch this 'how to make clay' video at Red Ted Art <https://www.redtedart.com/how-to-make-paper-clay-8-steps-with-pictures/> and check out <https://www.ultimatepapermache.com> for sculpting inspiration, tutorials and and more DIY clay recipes.

## FRIDAY: GIVE...

### Give yourself some Goals that are actually Achievable this January!

We've all set goals and made resolutions in January that are so difficult to stick to that we have given up trying by February. Do yourself a favour this year and plan some goals that are achievable and will make you feel good. Here are some ideas to get you started:

- Eat one vegetarian or vegan meal per day
- Take a 20 minute walk outside every day
- Do 10 minutes of cleaning before bedtime every evening
- Listen to an inspiring podcast twice per week
- Do something creative three times per week

ideas and inspiration welcome!

We would like you to get involved!

If you have any self care tips or creative ideas to share that may help others during this time please email [sarah@startinspiringminds.org.uk](mailto:sarah@startinspiringminds.org.uk) and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



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