

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

10 JUNE
2020

START
inspiring minds

NEWSLETTER

Start Inspiring Minds www.startinspiringminds.org.uk

sarah@startinspiringminds.org.uk

KEEPING US CONNECTED

Welcome to the eleventh 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...

Lawn Matching Game

This game is designed to be played outside at the park, in your garden or driveway. Use old cardboard boxes to make 24 12 x 12 inch squares of card and decorate them in pairs so there are two of each symbol or picture.

Then spread them all out randomly on the ground. Don't place them too close together so that there will be lots of jumping about when selecting tiles! To play, players need to take it in turns to turn over 2 tiles and try to match the pictures. If they match a pair they keep the tiles and the winner is the one with the most tiles at the end!

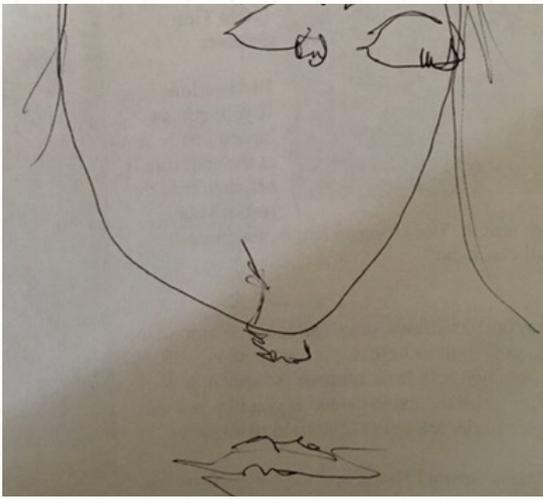


TUESDAY: CONNECT...

Heads, bodies and legs drawing game

This activity involves using your imagination and creativity, as well as connecting with others at home. It is best played with 3 people but you can also play with 2. Gather together your pens or pencils (or whatever else you are using to draw) and some sheets of A4 paper.

Before you start drawing, to keep the element of surprise, if you can shield your work so that the other people playing can't see what you are drawing then do. Each person then begins by drawing the head and neck of a person, monster, alien or animal. Then fold the paper so that the head is covered but the outlines of the neck remain visible. Pass the sheet on to the next person clockwise. Shield your work from the other people playing if you can, then starting from the outlines of the neck, draw the torso, arms and hands, folding the sheet again so that only the outline of the hips remains visible. The sheet is then passed on again clockwise for the legs and feet to be drawn. Then pass the paper on to be unfolded.



WEDNESDAY: TAKE NOTICE...

Closed-eyes Self Portrait

Grab a pen/pencil and some paper. Close your eyes and spend 20 seconds to a minute drawing a self-portrait. Do not open your eyes until you are sure you have finished. If you accidentally open your eyes before you finish you must start again on a new sheet of paper. When you have finished your self-portrait, open your eyes and have a look (and probably a laugh) at what you have drawn. It's likely the features will be all over the place, and not necessarily actually on the face but outside it. This is all fine! Does the portrait look like you in any way? Even though it's all over the place, you may still find it has some sort of likeness to you. Do a few more or come back to this exercise in the future.



THURSDAY: KEEP LEARNING...

Learn to Make a Worry Doll

Worry dolls are little wooden dolls you make, tell your worries to before bed and then pop them under your pillow. They then do the worrying for you during the night so you don't have to! You need: wooden 'dolly style' pegs, wool or embroidery thread and pipe cleaners. Wrap a pipecleaner around for arms, then wrap your peg with wool or thread for clothes then use a pen or paint to give your doll a face. Worry dolls are a Guatemalan tradition used to help ease children's minds before bed.



FRIDAY: GIVE...

Make a Scented hanging Pomander

This is great to give to someone in your home. You need: 2 fabric pieces, some wadding, ribbon, 2 buttons (they don't have to match), thread and needle and lavender. Cut 2 fabric hearts the same size. Place the right sides together and stitch around the outside edges leaving a small seam. Be sure to leave an opening at the bottom to turn the shape right-side out. Turn it the right way out and sew on your ribbon hanging loop at the top, then sew on your buttons to cover where you've attached the loop. Use the wadding to stuff the edges of the heart. Leave the middle empty and then stuff it with dried lavender. Add more stuffing until it is full then stitch the opening closed.

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 and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



@startinsalfordart



#startinspiringminds