

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

5 JUNE 2020

START
inspiring minds

NEWSLETTER

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KEEPING US CONNECTED

Welcome to the tenth 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...

Washi Walls

Washi tape is a versatile and cheap form of Japanese paper tape that comes in all sorts of colours and patterns. You can stick pieces of washi tape on your walls as either temporary or permanent decoration to jazz them up and it can also hide or detract from any stains or marks you may have on the wall. For this project, we used 4 different types of washi tape and cut strips in varying lengths and stuck them to the wall in a random way, to look like confetti or sprinkles. You could also try doing geometric shapes or stripes! Keep standing back as often as you can as you stick, to check how everything looks from different angles. If you don't like a piece just peel it off and stick it in another spot or discard!



TUESDAY: CONNECT...

Make Calming Sensory Lavender Playdough

It's easy to make beautifully scented and calming playdough at home which is great for sensory play and creativity with children. Grab 1 cup of flour, 1 cup of water, 2 teaspoons cream of tartar, 1/3 cup salt, 1 tablespoon vegetable oil, food colouring, lavender essential oil and a pan. Mix together all the ingredients, except the food colouring, in a saucepan. Cook over low/medium heat, stirring. Once it begins to thicken, add the food colouring. Continue stirring until the mixture is much thicker and begins to gather around the spoon. Remove the dough onto greaseproof paper or a plate to cool completely. Watch very young children whilst they play just in case they try to eat it!



WEDNESDAY: TAKE NOTICE...

Kintsugi

Kintsugi is the Japanese art of putting broken pottery pieces back together with gold – built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art. You will need, a broken pot, gold paint or a gold permanent marker, quick setting epoxy glue, if the pot is just chipped and not totally broken a hammer and a tea towel.

Watch our YouTube tutorial here:

https://youtu.be/_nKQTd3V2ig



THURSDAY: KEEP LEARNING...

Have a go at Stop Motion Animation

you can make your own stop-motion animation using household objects and free software! Watch our video tutorial here:

<https://youtu.be/yOrLz3Ka5Co>



FRIDAY: GIVE...

Make a Coconut Oil Sugar Scrub

This scrub is quick and easy to make and requires only 2 ingredients! It makes a lovely gift for yourself or someone else. To make this scrub, you will need 1 cup sugar and 1/2 cup coconut oil. If your coconut oil is solid, pop it in the microwave (loosely covered) for 20 seconds or so. This will soften it up and make it easier to mix into the sugar. Keep a very close eye on it in the microwave. Then simply mix the sugar and coconut oil together well, and your scrub is ready to use. Store the scrub in a small jar. It should last well in a bathroom for at least a month.

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.



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