

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

29 MAY  
2020

**START**  
inspiring minds

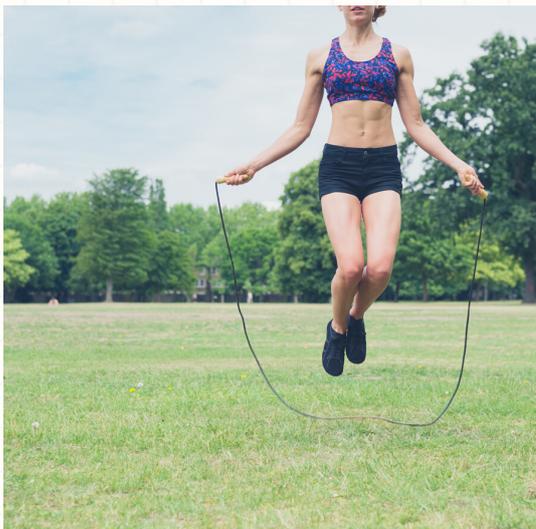
## NEWSLETTER

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

[sarah@startinspiringminds.org.uk](mailto:sarah@startinspiringminds.org.uk)

## KEEPING US CONNECTED

Welcome to the ninth 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 Skipping

It might conjure up memories of playground rhymes, or even mental images of Rocky Balboa but skipping is simple and gets the heart rate up in no time. Research shows that skipping is more efficient for weight loss than jogging, cycling or even swimming and an hour of it burns off up to 720 calories. If you don't have a skipping rope you can make your own out of some rope, cord or string. To choose the right length, fold the rope in two, take the handles and straighten your arms at your chest level. The lower part of the rope should touch the ground. If the rope is too short or too long, exercising won't be comfortable for you. You should also ensure you have enough space around you (skipping indoors probably isn't a good idea!) and don't skip on a very full stomach.



## TUESDAY: CONNECT...

### Handmade Card

Many people are feeling lonely and isolated at the moment but you can cheer them up and yourself in the process by making them a handmade card and sending it to them whether they are near or far away. Design and decorate your card however you like - you could use paper, card, material - you could draw, cut, stick, paint or photograph. For ours, we cut some flower shapes out of some 'string pull art' we created in another activity. Make your card bright and cheerful, then write a positive message, poem or quote inside, and give it away. You could post it through a neighbours door, send it to the staff at your local hospital, leave it outside for someone to find, or share it with friends online on social media, it's up to you!



## WEDNESDAY: TAKE NOTICE...

### Folk-Art Style Pet Portrait

Spending more time with pets during lockdown? Show them some appreciation by creating a colourful portrait of them. If you are feeling brave, you could do a life drawing of them, but remember that your sitter will move around, so maybe work from a photo if you have one. Sketch or trace an outline of your furry friend. Ideally, you want to get a likeness of them but don't worry too much about this. Then think about ways you can divide up sections with pattern and colour. Do this lightly in pencil, then go over these in thicker black lines, or just begin to fill in spaces with blocks of colour. Try to avoid having the same colours next to each other and add decorative patterns to some spaces. Give your pet portrait a bright background and add a pattern to that too if you wish.



## THURSDAY: KEEP LEARNING...

### How We Live: Now and Then

Salford Digital is a new resource that has been putting Salford's photo archive online so that anyone can access it. It's a fascinating way to see how we used to live and what life was like in our places and spaces. Go to <http://www.salford.photos/> In the search bar on the top left hand side, type the name of your local area eg Irlam. Lots of historic photos of your area will appear. Have a look through. Can you recognise the places? Print some images and make a collage of your local area, or draw some of the places as they used to look. You could also add in pictures of your area as it looks now.



## FRIDAY: GIVE...

### Box of Calm

At times of stress and anxiety it can be useful to keep a 'box of calm' which contains items that will help you to feel better. Give yourself something you can quickly turn to when you are experiencing negative thoughts and feelings by grabbing a box or basket and filling it with feel-good things such as:  
a book, bubblewrap for popping, a snack/sweets that you love, a scented candle, some essential oil (lavender is a great one), a soft blanket or small cushion, earbuds or earplugs, photos, an eye mask.

# 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.



@startinsalfordart



#startinspiringminds