

START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

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START
inspiring minds

NEWSLETTER

Start Inspiring Minds www.startinspiringminds.org.uk

sarah@startinspiringminds.org.uk

KEEPING US CONNECTED

Welcome to the 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...

Friluftsliv!

Are you looking for a way to reconnect with nature during lockdown 2.0? The Nordic concept of 'friluftsliv' could help you to do just that. The term, which translates roughly to 'open-air living,' is widely popular across Nordic countries where, despite freezing temperatures and few hours of sunlight throughout the winter months, getting outside and embracing the outdoors is part of life all year around. Although traditional friluftsliv is all about being outdoors as often and for as long as possible, sitting outside during your lunch break or making a walk part of your daily routine is a great place to start. Try to build 20 minutes of being outside into your daily routine and perhaps aim for an hour at the weekend.

1) Cut a piece of paper into a square.

2) Fold the square in half.

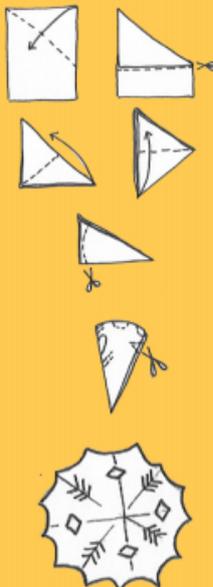
3) Fold it in half a second time.

4) Fold it in half for a third time and cut the wide edge into a curved shape.

5) Start cutting different shapes into the paper similar to making a paper snowflake. When you have finished, open up your piece of paper to see your design.

5) Write a rhyme, riddle or message on the letter.

6) Draw dots for as many letters there are in your name to create a clue for the receiver so that they can guess who the letter is from.



TUESDAY: CONNECT...

Send a Snowdrop Letter

A snowdrop letter, or gækkebrev, is a Danish tradition. The letters are made from paper with patterns cut into it, similar to paper snowflakes. The letters have short poems or riddles written on them. In place of the sender's name, one dot is written for each letter in your name. The recipient then has to guess who the sender is. See instructions to the left.

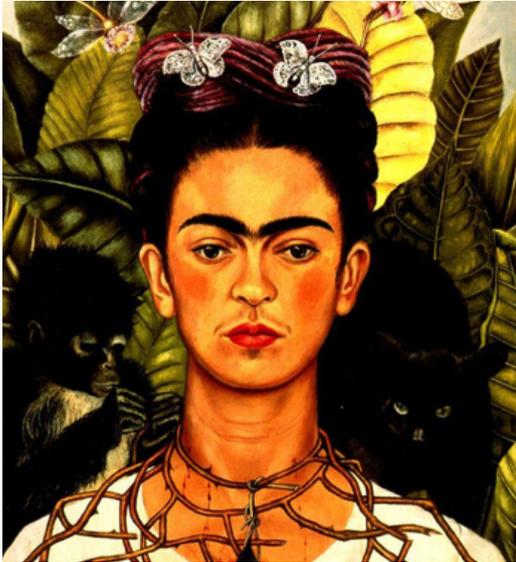
As most people in this country probably haven't heard of a snowdrop letter, it might also be a good idea to write 'gækkebrev' on your letter or on a separate note inside the envelope so that the person receiving your letter can google what it is!



WEDNESDAY: TAKE NOTICE...

Clear the Clutter

Spending more time at home can feel overwhelming if you are surrounded by stuff. Take a tip from Marie Kondo and ask yourself today what things 'spark joy'. Belongings that bring positive feelings should be kept and of those that don't, ask yourself if they are useful, or if they could be holding you back. Some charities are still accepting donations during lockdown, and many even offer a collection service for unwanted items.



THURSDAY: KEEP LEARNING...

Learn about the Art of Frida Kahlo

Frida Kahlo was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artifacts of Mexico. Inspired by the country's popular culture, she employed a naïve folk art style to explore questions of identity, postcolonialism, gender, class, and race in Mexican society. Her paintings often had strong autobiographical elements and mixed realism with fantasy. In addition to belonging to the post-revolutionary Mexicayotl movement, which sought to define a Mexican identity, Kahlo has been described as a surrealist or magical realist and said "I never paint dreams or nightmares, I paint my own reality." Try painting or drawing something from your reality; an event from your past, an object you use every day, a family member, friend or pet you love.



FRIDAY: GIVE...

Give Back

If you are struggling to feel positive at the moment, it can be useful to focus more on others. Or, to put it more bluntly, make an effort to be kinder to the people around us. Research suggests if you make people do nice things for others, like donate money, that tends to boost their wellbeing and have a positive effect on society as well.

So continue to reach out to neighbours and vulnerable people in your community. Support small businesses. Stay indoors and follow social distancing guidelines, always. And, if you can afford to make a donation of your own, then you could consider Age UK. "Demand for our vital services is increasing rapidly," reads a statement from Age UK, which provides companionship and support to vulnerable and lonely elderly people. "Please help us be there for older people who desperately need us during this crisis."

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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