

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

18 SEP 2020

**START**  
inspiring minds

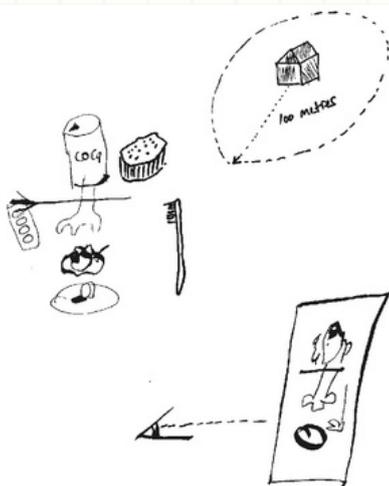
## NEWSLETTER

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

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## KEEPING US CONNECTED

Welcome to the new 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...

### 100 Metres

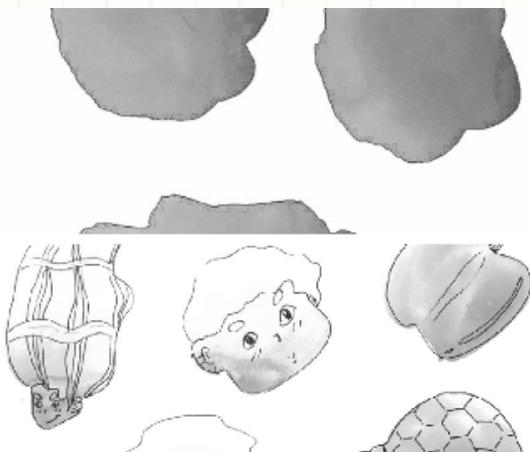
Go for a walk no more than 100 metres away from your home (The length of a public swimming pool) and wear gloves if you can, or have hand sanitiser handy. Take a bag to put things in. Collect 10 random objects. The objects you collect can be any size, natural or manmade, but make sure your aren't taking anything from around someone's home that they might want. Bring your objects home and create a collage of a face or a standing figure (a full-length person). Make a drawing of your collage using any medium such as pencils, crayons or paints. Move the objects into a new configuration and make another drawing. Make 10 × drawings. See how many different faces can be made from the same objects in different positions.

## TUESDAY: CONNECT...

### Connect with your Imagination

Using paint or ink, create a few blobby shapes across some paper; the more obscure the better! (Ideally these will just look like random blobs!) Then, after these have dried, observe the blobs you have just painted. What do you see? Using a black pen, draw this detail or outlines onto the paint or ink blobs. Perhaps you see an animal, a person, a monster or even a plant.

This activity allows you to transform an originally shapeless blob into an unexpected illustration of your own. You could take it a step further if you have ink and a straw and blow some of the ink around to create crazy shapes!



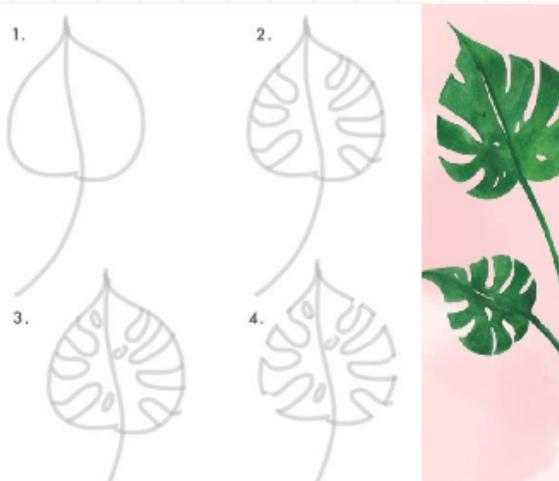


## WEDNESDAY: TAKE NOTICE...

### Chase the Sunlight Through your Home and Day

When you wake up at home, which room is sunny? Which room is the last room to be sunny at night? Open your curtains and follow the sun as it moves around your house and use it to inspire some creativity. For example:

- Make lists of each thing the sun touches and use these to create a poem.
- Take a photo of things that look beautiful when the sun touches them, or of their shadow.
- Draw each sunny scene as the sun moves through the day.
- Trace the shape of shadows on your wall
- Take a photo of the sun in your house.



## THURSDAY: KEEP LEARNING...

### Learn how to Draw a Cheeseplant Leaf Easily

1. Draw an upside down heart shape with a central axis and stem first.
2. Draw 'cut out' patterns as shown in the image to the left.
3. Draw holes further in complimenting the 'cut out' pattern next.
4. Finally erase the pencil marks on the outer edge where the patterns start.

Colour in with pen or paint and give your piece a background if you wish.



## FRIDAY: GIVE...

### Learn to Save a Life Now

What better gift could you give than saving a life? Suicide is a preventable death and you can complete some excellent, free training in around 30 minutes which will give you the skills and confidence to talk to someone you may be concerned about, whether they are someone you know well or a stranger. click the link below to get started:

<https://www.shiningalightonsuicide.org.uk/suicide-prevention-training/>

# 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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