



CREATIVE CARE KIT

KEEP WELL WITH CREATIVITY



CREATIVE CARE KITS

is a collaborative project by Greater Manchester Combined Authority and the following cultural and voluntary sector organisations from across Greater Manchester, who have come together to respond to the Covid-19 crisis;

42nd Street
Arc
Born and Bred Dance Theatre
Brighter Sound
Cartwheel Arts
Castlefield Gallery
Centre for Chinese Contemporary Art
Contact
Creative Industries Trafford
Gallery Oldham
GM Arts
GM iTHRIVE Arts and Mental Health
Innovation Programme
M6 Theatre Company
Manchester City of Literature
Manchester Craft and Design Centre
Manchester Hip Hop Archive
Manchester Libraries
Octagon Theatre
Our Stories Matter
Salford Culture and Place Partnership
The Lowry
The Proud Trust
The Turnpike
Unity Radio
Waterside
Z Arts

Creative Care Kits has been made possible with the generous support of:



Welcome to your Creative Care Kit

You have received this Creative Care Kit as a gift to help you with the difficult times we are all facing. We are a group of arts, voluntary and health organisations that have come together to find a way of supporting young people across Greater Manchester, particularly those who find it hard to access activities online.

During the pandemic, getting creative can support our own health, help keep us well and help us recover too. This box is a collection of cultural and creative resources to keep you entertained, engaged and connected as we practice social distancing measures.

What Should I Expect?

One thing with these activities and arts in general, is that you can't really get it wrong. It doesn't matter if what you do doesn't turn how you expected - the important thing is the journey you take to get there, enjoying yourself and discovering new things along the way.

Being creative can give you a special kind of language beyond words alone. It is a great way to let yourself feel emotions in a safe way, on a page or in a dance - you choose, but go with it and play. Play is the first ingredient of learning. We all started learning through play.

The pandemic distancing measures mean that one of the most important ingredients of everyone's mental health has been dramatically reduced: being with other people. Your Creative Care Kit is packed with ideas that can help you both look after yourself, and connect to others - even if just by knowing that you are doing the same activity as a bunch of other people.

Your Creative Care Kit

Creative activities of all kinds protect wellbeing and this pack has been designed by artists and practitioners with that and with you in mind. You might find it useful to think about this using the Five Ways to Wellbeing: Connect, Be Active, Learn, Give and Pay Attention to the moment. These can be a handy way to help you choose which activity you feel like trying at a particular time. Tuck into this jam-packed box of inspiration and get started! Your options are endless!

We want to provide an opportunity for you to share what you have created. If you are able, why not share an image or some words on:

 : @GM_Culture

 : gmcreativekits

#GMcreativekits

You can also email us at
CultureTeam@greatermanchester-ca.gov.uk

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Lockdown Playlist

Now more than ever we are all looking for creative ways to stay connected. You might like to share your top 5 movies with friends or set daily art challenges for your family. With music & community at the heart of Unity Radio, we have chosen to create a lockdown playlist CD to share exclusive and brand new tracks from talented, emerging Greater Manchester artists. Check out the track listing below.

- | | |
|---|--|
| 1. Alisha Edwards - Not Alone | 12. Rowen James - Worm In The Soil |
| 2. Prido - Stay | 13. P Wynter Feat. Face - Mula |
| 3. Abnormal Sleepz - Go | 14. RIO - Awake |
| 4. Khabs Feat. P1 Caps, KIME, Rago Loco - Ego | 15. Costello Feat. Trick Shady - Nightriders |
| 5. Platnum - On My Mind | 16. Aya Bleu - Leaving |
| 6. Prima - 100 | 17. Jay Faith Feat. Kgosi - Thor's Hammer |
| 7. Switcha - Hey | 18. David Rey - Exclusive |
| 8. Rago Loco - Ghetto | 19. Ricky Walker - My Wave |
| 9. Seven Spherez Feat. Shredz - Get It Inn | 20. AARRT - Are you Here? |
| 10. North Base & Kitcha - Swing Ting | 21. OneDa - Manchester Inked |
| 11. Victoria Jane - In My Zone | |

How to listen

To listen to the Unity Radio Lockdown playlist, you will need a CD or DVD player. Some CD's can also be played in games consoles, laptops and desktop computers.

Insert the Unity Radio CD (included in the pack) into the CD drive & play!

Reflect

Listen to the playlist and choose your favourite song.

What do you like about this song?
How does it make you feel?
Do you have a favourite lyric?

Write a letter to the artist using the space on the right.

Dear _____,
I have chosen your song _____
as my favourite because _____

You can tune into Unity Radio to hear more Hip Hop, Grime, RNB, House & Drum and Bass on 92.8FM
© Manchester Hip Hop Archive & Unity Radio

MINDFUL COLOURING

Centre for Chinese Contemporary Art (CFCCA) explores Chinese contemporary culture through exhibitions, events and residencies.

This architectural drawing of our Northern Quarter home is from our Archival collection. Colour it as you choose and visit the real thing for free when the time is right.



Unity Radio is an independent radio station based in Media City UK. As well as providing access to the latest dance and urban music, at Unity Radio you can also get involved in exciting volunteer projects & take part in creative well-being activities across the city. You can get in touch with the Unity Radio team on Instagram or Twitter at @unityradiofm or listen live at www.unityradio.fm or 92.8 FM



At CFCCA you can take part in our young people's collective and develop collaborative art projects with support from our team, volunteer and come to exhibitions and talks. You can contact us at www.cfcca.org.uk or marketing@cfcca.org.uk



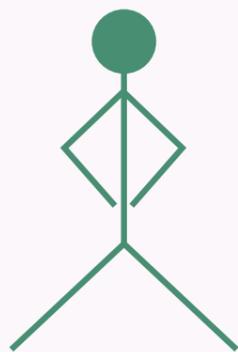
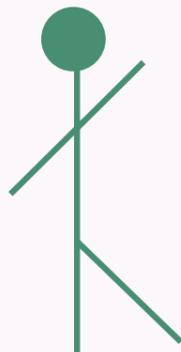
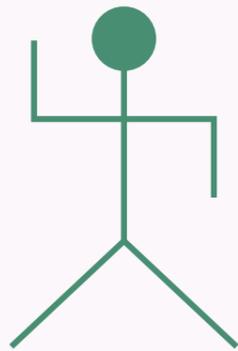
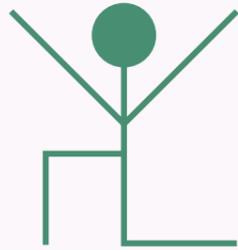
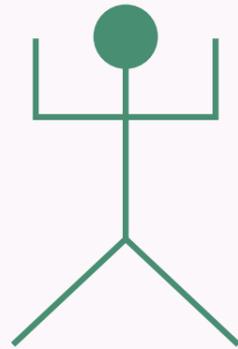
STICK PEOPLE STREET DANCE

Challenge No. 1

Put your body into the same position as each stick person.

Challenge No. 2

Choose an order to perform your stick person positions in.



Challenge No. 3

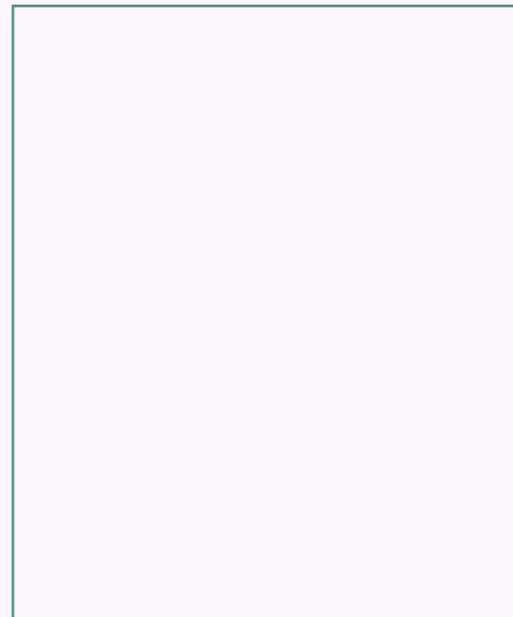
Can you put a movement in between each position? Use roll, turn, jump and slide to add what we call transition moves.

Challenge No. 4

Add a finishing movement or position to your routine.

Can you create your own stick people?

If you're struggling, don't worry! Just add them as you think of them, or use a different dance style such as Ballet or Bhangra.



Challenge No. 5

Can you complete Challenge 1 – 4 again but using your own stick people?

Challenge No. 6

Pick three of our stick people and mix them with three of your stick people to make a new routine!

Challenge No. 7

Give a stick people combination to someone who is self isolating with you.

Try putting on your favourite song to perform your dances to!

Why not challenge each other to dance to different types of music?

WRITE NOW

You may not think you can write but you'd be surprised! Write Now is a mix of activities to get you writing. But if writing is not your thing, you can draw pictures instead.

Choose whatever pace works best for you: you can start, stop and pick up from where you left off as you like. The idea is to have fun. So, let's create...

Celebrating the positive

Let's think about the positives in life and give gratitude to the people and experiences who make life what it is.

Writing Or Drawing About Friendship

Activity 1:

Step 1: Draw or describe what a 'friend' means to you. Take as much time as you want.

Step 2: Write down one thing you're grateful for or happy about in your life e.g. "I am grateful for my friends" or "I am happy when I hear laughter."

Activity 2: Freewrite (Five minute timer)

Starter line - This morning my friend....

What is a Freewrite?

A freewrite is a stream of consciousness, basically. Whatever comes to your mind you can write down. You don't have to worry about spelling or grammar. The main objective is just to write and not to take your pen off the paper. You're not writing a poem and it doesn't have to rhyme. Not all freewrites have a prompt or a starter line, but in this case, the starter line is This morning my friend... before you start writing, set a five minute timer, now write, even if your mind goes blank, just keep writing.

When you do look at your freewriting again, you could either edit or tidy it up. Or you could use it to create new writing. You could:

Underline your favourite two or three lines and write them out on a clean piece of paper. How do they look and sound? Do they have a different meaning when written out?

Choose one of these favourite lines and use this as a starter line for a new free write.

Writing Or Drawing About Me

Activity 1: Create a word and phrase bank...
you will use this in the next activity.

Write a list of words describing your identity and your personal characteristics.

It could include things you enjoy doing, your favourite colours, the music you like. Think as descriptively as possible.

Prompts to help:

- Think of your ideal day, living your 'best life'; how does that feel? What are you doing?
- Describe your unique characteristics. We all have eyes but everyone's are different.
- Try to use descriptive tools like similes or metaphors.

Simile A simile is a descriptive tool, where one thing is described as something else using words 'like' or 'as'. E.g. "My shoes were like angel wings."

Metaphor A metaphor is a descriptive tool, where one thing is described as something else. E.g. "His mouth was a foghorn."

Activity 2: Read A Poem

When reading the poem 'more' think about the similes, metaphors, rhyme and descriptive language Ari uses.

more

I am more than a pearl, my crown of curls
are jewels from west africa's realm. my skin of sun
glows bright honey bronze. I am born from gold and coal's union.
my silver tongue speaks poems of platinum origin.
my words are smooth like oil but infused with soil;
their wisdom grows heavier than oak. my language lingers
like the scent of smoke - a fusion of radiant revolution and hope,
my accent out glows the blaze of any cultural arson.
I handle more pressure than diamonds. my voice is priceless.

Ari Adegbite

Activity 3: Write a short poem

Now it's your turn to write a short poem about yourself. Try and include as many words and phrases from your word bank in Activity 1. Try to incorporate similes, metaphors and rhymes if you can. You can use Ari's poem as inspiration. It can be tricky but just have a go and see how you get on - give yourself 20 minutes and see what you can write.

At Home

You see the rooms and furniture in your house or flat every day. But sometimes when you write or draw about them, you can see them differently.

Your Favourite Room and Object

Activity 1: Making a List

Think about your favourite space in your home, it could be your bedroom, the kitchen, the living room. Write it down. What happy memories do you have in the room? What smells do you remember? Who is in the room? Now think about a favourite object. It could be a book or a gift. Who purchased the objects and how do they make you feel?

Activity 2: Freewrite (Five minute exercise)

Starter line - If the walls in this room could speak...

My Family

Family can be people you are related to but there are many ways to describe family: a circle of friends, those closest to you, those like you. Use whatever 'family' means to you for these activities.

Activity 1: Write a poem or story about family

Write a poem about family, however you describe family. Either think of one particular person or include as many as possible. When writing try and include your favourite space in your home and your object. Try and include one metaphor.

Where I live

Whether you love the place you live or dislike it, your part of the world and what you do there can also provide ideas for writing.

Funny Place, Fun Times

Activity 1: Picture a Scene

Think about a place near where you live and a time when you laughed there. What made the situation or the place funny? List all the things you could see and the people who you were with or were around you.

Activity 2: Freewrite (Five minute timer)

Starter line - My town is ...

Moments That Make Us

Activity 1: Read a Poem

When reading 'Stabilisers Taken' think about the story of the poem, think about the beginning, middle and end. Is there conflict in the poem? How is this conflict making the person feel and act?

Stabilisers Taken

Boys love bikes.
I hate mine.
Stabilisers taken,
Mum and her cuddles are inside as
my clumsy new Step Dad holds the back of my saddle,
runs close as I pedal.
Don't - let - go - !

Down a back alley street, so far from my pillow,
handle bars jiggle under sweat wet palms.
Spokes growl grumble. Belly drum rumbles.
Feet cartwheel like stumbling clowns
on Big Top's opening night.
Propelled by fright, I glance back to see him
laugh at me.
He's let go.

I fumble. Teeter.
Clumsy me!
No safety net beneath trapeze.
He laughs

then I laugh too.
Ha!
I let go.
Woah!
Crack through air like ring master's whip.
Phased.
Amazed.
Shot free of my cannon. Rocket and fly!
Tear through skies whose horizons had fallen
down the back of a hug.

Mum might be cooking.
I'm feasting on the speed.
My tummy, a circus.

Dominic Berry

Activity 2: Write a short story

Write a short story about achievement. Use Dominic's poem as inspiration. Think about the beginning, the middle, some conflict and how the conflict is overcome or resolved at the end. Try including the location from the Picture A Scene activity above and the advice you would share with someone.

Travels and Other Places

Travel is very limited at the moment. However, with memory and imagination, we can visit places we have been before or imagine places we want to visit. Here are activities to get you thinking about travelling.

It's Different Here

Activity 1 Making a List

Think about a place you have visited that is very different to where you live now. It could be somebody else's house, a different town or city in the UK or somewhere overseas. Write down all the characteristics of this particular place: what made it different? How did it smell and look? What made the buildings, the landscape or the rooms and furniture different to what you know?

Activity 2: Freewrite (Five min timer)

Starter line - At sunset I remember...

Somewhere Far Away

Activity 1: Read a Poem

When reading Palma to Port de Pollença think about the journey of the poem and the places it describes.

Palma to Port de Pollença

we sit at the back of the bus
sun drunk, connected by smiles
and the electric wire of headphones
we airdrum through the Spanish countryside
the crescendos blurring our hands
spilling clouds of icing sugar
from our bag of breakfast onto our feet
we rock and roll past flat dusty towns
past landscapes glimpsed in each other's eyes
and onward to the place where you
teach me to do handstands in the sea

Steph Pike

Activity 2 A dream holiday

Think about a dream holiday you would like to go on. Draw a picture of this place, or make a list of all the things you would find there or make a mood board to represent what it would be like.

Now write a poem about that place, taking us on a journey. Remember you can use similes, metaphors, rhymes or personification in your poem.

MENTAL HEALTH TIP

Write without thinking: don't hold back, don't judge. Just let your feelings come out on to the page.

MAKE YOUR OWN SKETCHBOOK

A sketchbook is a space to contain lots of ideas. They might be drawings or sketches, pictures or samples. Sketchbooks are collections and with this project we're going to start your own! All you need is an envelope – it can be big or small, used or blank, homemade or from a shop.

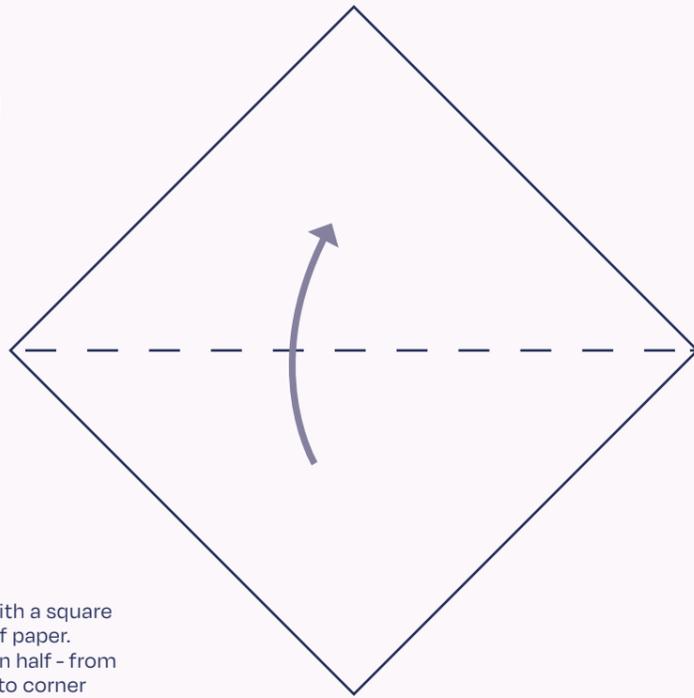
Design the front cover of your envelope – this is your sketchbook. Your place to collect and store ideas. Add anything you like to your envelope – things that give you inspiration or materials you might use to make art.

IDENTITY BUNTING

To all the LGBT+ children and young people in Greater Manchester and beyond. We see you and we hear you. We are raising our (metaphorical) rainbow flags in solidarity with you, and invite you create your own identity bunting.

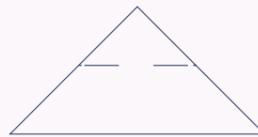
You can use the templates we've provided or make your own. You could attach the bunting pieces to string and hang them up or stick them onto a surface or on this book.

1



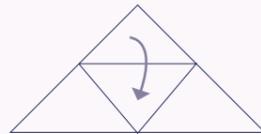
Start with a square piece of paper. Fold it in half - from corner to corner across the square.

2



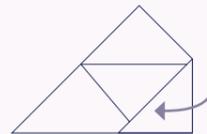
Turn your paper so that the point is at the top. On one layer of the paper fold the point down to meet the bottom edge.

3



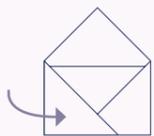
Fold the right corner about 1/3 of the way in. It doesn't have to be exact!

4



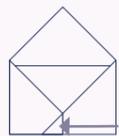
Do the same with the left side

5



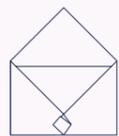
You should now have a square with a triangle on top.

6



On the left side, fold the point back over so it touches the flat edge.

7



Open the folded portion of the flap you just moved to left flat edge.

8



Flatten that fold - so you should have a mini square on the bottom flat edge.

9



Put the top point inside of the mini square you have made - this is a pocket to hold the envelope closed.



Lesbian



Non-Binary



Pansexual



Gender-fluid



Intersex



Trans



Gay



Agender



Asexual



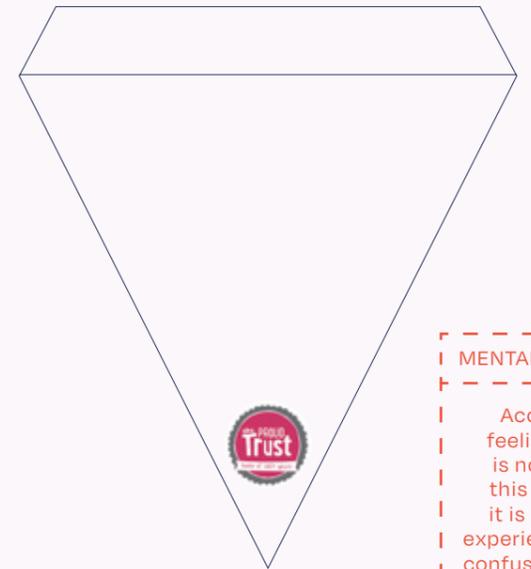
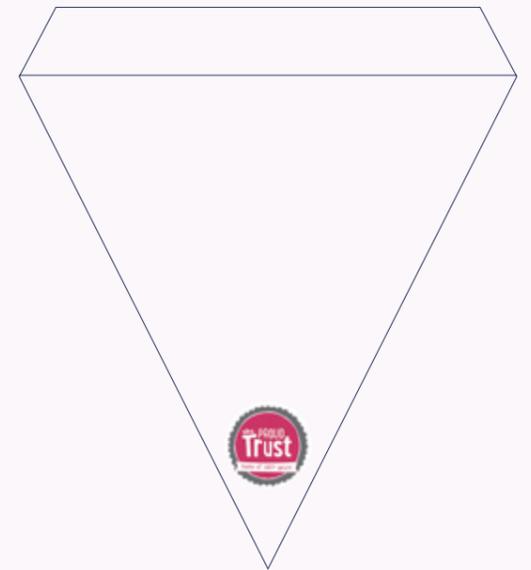
Demiboy



Bisexual



Demigirl



MENTAL HEALTH TIP

Accept your feelings: there is no map for this situation, it is normal to experience big and confusing feelings.

Gill who teaches yoga at Z-arts has put some simple yoga activities together for you to try. Please be careful & gentle with your body and remember to drink plenty of water when doing any physical activity.

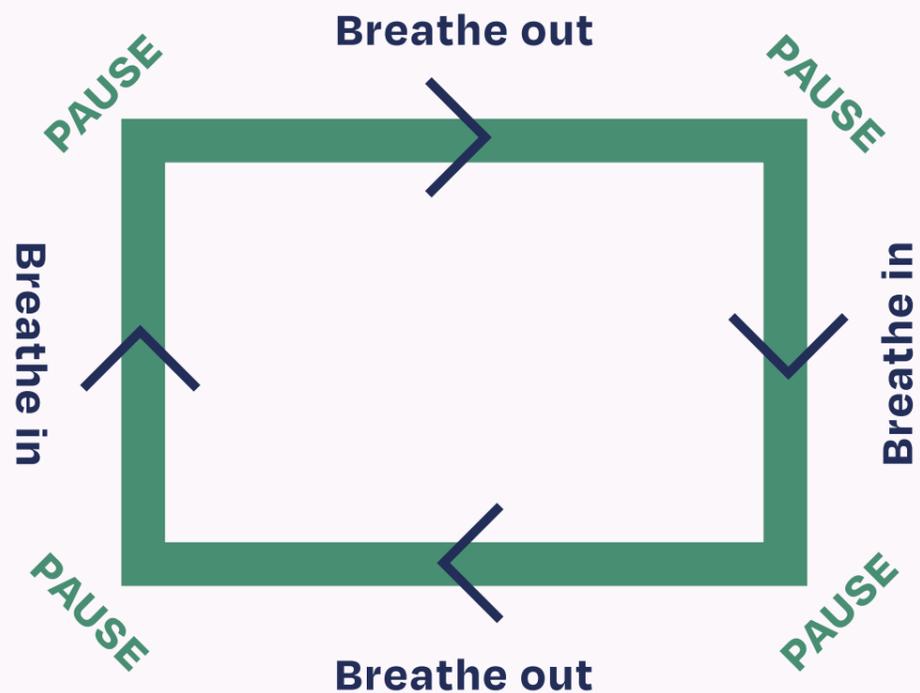
Connecting our mind, body and breath is an essential part of yoga; breathing is life force itself! When we are feeling stressed and overwhelmed it is easy to forget to breathe properly and this can add to the angsty feelings we might be experiencing.

Square Breathing

First a simple breathing practice to focus your mind and help you reconnect to your breath to your body which should help bring you a moment of calm.

The aim of this technique is to follow the shape of the square and breathe in as you go up and down. Breathing out as you go along left or right. Start by looking at the left bottom corner.

Find something square in your home, it could be a picture on the wall or a window (it doesn't need to be a perfect square!). Sit comfortably on a chair or crossed legged on the floor with your back straight and neck long.



- 1** With your eye trace the line up from the bottom left-hand corner towards the top left-hand corner and as you do breathe in.
- 2** At the top left-hand corner - Pause, hold your breath for 2 seconds.
- 3** Then as you breathe out follow the top line across from the top left-hand corner to the top right-hand corner.
- 4** At the top right-hand corner - Pause, hold your breath for 2 seconds.

- 5** Then as you breathe in follow the line down from the top right-hand corner to the bottom right-hand corner.
- 6** At the bottom right-hand corner - Pause, hold your breath for 2 seconds.
- 7** Then as you breathe out follow the line across from the bottom right-hand corner to the bottom left-hand corner.
- 8** At the left-hand bottom hand corner - Pause, hold your breath for 2 seconds.

Repeat as much as you feel you need.

Cat – Cow Pose Sequence

(Movement of spine, helps relieve tension in you back & shoulders)

Move down onto the floor onto your hands and knees, put your feet out behind you with your toenails facing the floor. Putting your shoulders over your wrists and your hips over your knees. Breathe in to open your chest, arch the base of your back look forward. As you breathe out arch your spine up to the sky and tuck your chin towards your chest. Move between the two poses, waving through your spine gently and mindfully.

1



2



MENTAL HEALTH TIP
 Exercise releases endorphins, endorphins make you happy! Dance is also a universal, ancient and powerful way of expressing feelings.

Child Pose

Start by sitting on your heels. Separate your knees a bit. Bend forward to rest your forehead gently on the floor. Rest your arms down by your sides and place your hands gently behind you, palms facing up. Close your eyes and allow your shoulders, neck, and back muscles to relax. Rest for several breaths, breathing in and out slowly and deeply.



Chilled T Twist

(great for spine and stretching & resting your core)

Lie down on your back. Place your feet flat on the floor, knees bent. Extend your arms out wide out to your sides. Breathe in deeply. Breathe out and drop your knees to your left side as you turn your head to look over your right shoulder. Your arms should be out in a T shape, with shoulders both on the floor. Rest here for a couple of breaths. When you're ready, inhale your knees and switch sides.



We hope these movements help to relax you. Remember you can come back to them anytime you need to.

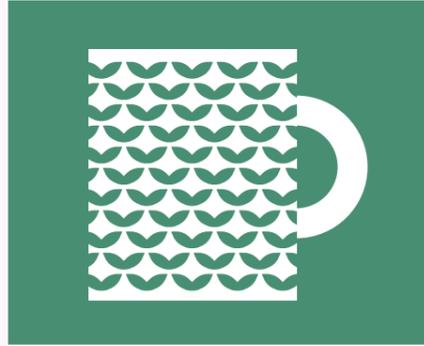
Z-arts is an arts and theatre venue in Hulme, with a range of activities, shows and events for children, young people and families. For more info on how you can get involved please visit our website www.z-arts.org or call 0161 226 1912



BREAKING PATTERNS

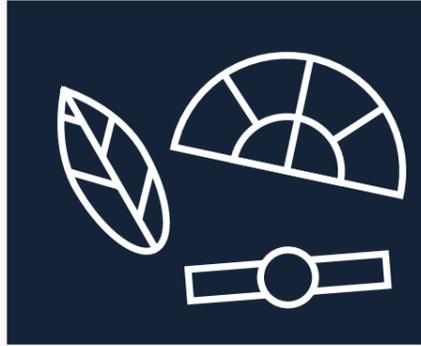
A week of creativity by The Turnpike and Arc. Patterns can help the human mind to make sense of disorder. Natural, fluid patterns help us to feel relaxed, whilst bold, geometric patterns can bring a sense of calm and order.

These 30 minute daily activities have been designed to help you to explore pattern, shapes and textures, whilst practicing your drawing skills. You can then create your own beautiful mandala pattern.



Day 1

Find any pattern in your home that you enjoy. For example, the pattern on a duvet cover, or a decoration on your favourite mug. Sketch the object or material and its pattern using a pencil or pen. Add colour if you want to.



Day 2

Look around you and find 3-5 different interesting shapes hidden in the objects and furniture. For example, the shape of a window, a kitchen utensil, or a piece of clothing. Draw their outlines, then experiment with repeating patterns using these shapes. Transform the patterns with colour.



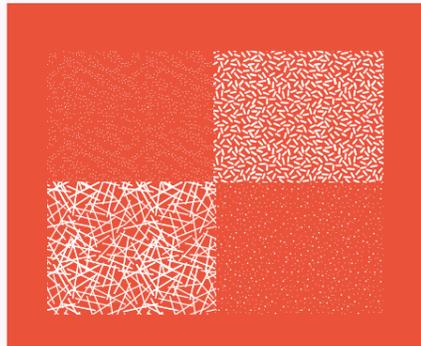
Day 3

Collect three versions of the same type of object, for example three leaves of the same plant, three of the same types of vegetable, or three different forks. Observe the differences between them and arrange them together before sketching them with a pencil.



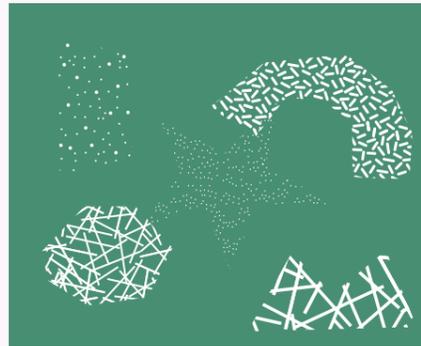
Day 4

Find a window which you can comfortably sit near to draw. First draw the window shape, then look out of your window to draw what you can see outside. Focus on capturing any patterns and textures you can see in the shapes of buildings, roads or trees.



Day 5

Divide a piece of A4 paper into four sections and use a pastel or crayon to create rubbings of different textures around your home – filling each section with a different pattern. Keep going on further sheets to create a catalogue of textures. Remember: use the side of the crayon or pastel, rather than the tip, to create a rubbing.



Day 6

Now return to your rubbings and use scissors to cut out shapes inspired by the activities so far. Arrange these on a piece of plain paper whilst considering the composition of the shapes and their textures. Glue down to create an interesting abstract collage of textures.



At the Turnpike you can visit exhibitions, take part in arts activities & projects and meet other artists. You can contact us at info@theturnpike.org.uk or www.theturnpike.org.uk

Day 7

Kitchen Table Mandalas

Created by Arc artist Sharon Campbell who says "This activity looks at familiar everyday objects, but from a different perspective – still the same objects but used to tell a story of our time staying at home during Covid-19 and staying safe."

Draw a mandala using household objects found in your home to create the patterns.

A Mandala is broadly seen as a "circle," with a pattern of shapes/symbols radiating out from a central point. Creating a mandala can be a beneficial activity to absorb and relax the mind.

The challenge is to create a mandala by drawing around household objects you can find in your home to create circles and patterns. Experiment and have fun seeing which objects work best.

Top Tips

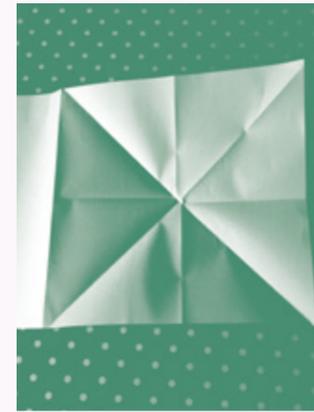
- Find flat objects that are easy to draw round, do a trial run first with them to see how the shape looks once drawn around. Scissors, bottle opener, teaspoon, keys and pegs are good.
- Find different size circles, dining plate, side plate and desert bowl can be good, also sticking-tape or coins.
- Make a mandala from leaves, petals or stones if you have a safe outside space to do so.



Start by folding your paper to form a square.



Then fold into triangles, giving you a centre point and lines which radiate out like a sliced-up pizza, which can act as a guide when drawing the patterns.



Use household objects to draw around, to make the shapes and patterns of your mandala.

Starting with an inner small circle and then larger circles radiating out like rings. Fill each ring with patterns.



To help with spacing the patterns out evenly imagine the whole mandala circle divided as a sliced pizza.



Make your mandala as big as you want it.



Once finished, colour in with felt tips or colouring pencils, try and stick to only 3 or 5 colours as a challenge. Alternatively fill in the basic shapes with intricate patterns.



Arc is an arts and health organisation, based in Stockport. With Arc you can take part in creative programmes which improve mental health, confidence and skills. You can find out more at www.arc-centre.org at www.keepingusttogether.org.uk



ORIGAMI CRANE

Origami Cranes are a traditional Japanese art form. It is said that if you fold 1000 cranes you will be granted a wish. Over the years, it has become a symbol of hope and healing.

It might take some practice to get the hang of making cranes, but once you do you can make them out of any paper in any size.

GROW YOUR OWN

They tried to bury me, but they didn't know I was a seed! (Mexican Proverb).

We've included a small growing project in your kit. It's a chance to connect to nature – even though you aren't able to get outside so much at the moment

- 1** To begin, you'll need a sheet of A4 paper.
- 2** Fold the paper into a triangle and cut off the excess
- 3** Now you have a square, fold and unfold the paper diagonal. Repeat on the opposite diagonal
- 4** Fold and unfold the paper horizontally and vertically
- 5** Refold on the diagonal
- 6** Fold so these edges meet
- 7** Flip the paper and repeat on the other side
- 8** Fold the edges into the centre line
- 9** Unfold and repeat on the other side, pull the bottom corner up
- 10** Fold the edges in to the centre line, flip and repeat on the other side
- 11** Fold the edges into the centre line again, flip the paper and repeat on the other side
- 12** Fold the edges into the centre line another time. Flip the paper and repeat on the other side
- 13** Close the folds of the paper on each side together so you cover the edges you've folded in
- 14** The two points at the bottom of the paper will become the tail and the beak of the bird
- 15**
- 16** Fold each point upwards
- 17** The top points will become the wings. Fold these down. Gently pull the wings outward to form the body
- 18** Make one last fold in the long, thin strip of paper to make a head for the bird

1 You'll need a container- an old yoghurt pot is ideal but anything roughly that size is fine. If you can, make a small hole in the bottom of the pot, as this will help with drainage.

3 The next day, take the soil disc from your pack, place it in your pot and soak with lukewarm water. Then pour off any excess water.

5 Place your pot in a bright place. Keep the soil moist but not soaking wet.

MENTAL HEALTH TIP

Repetitive, right-left movement can be effective at self-soothing and regulating emotions in times of distress

2 Take the paper flower from your pack, place it on a saucer and soak it overnight in some cold water.

4 Then take the soaked paper flower, tear it up and bury it in the soil. Make sure it's covered over.

6 Watch shoots appear!

WORD SEARCH

POSITIVE EXPERIENCES

MENTAL HEALTH TIP

Try encouraging yourself to keep to a routine, it can help with your daily structure!

M E J X D I B M X J R G D T R C Y B D S
 G A Z J F M O E O P O S M B C H U T N V
 U X Z O W P E Y N D N E V I T I S O P D
 B Q Z Q U R J B C O S D Q R J E A L H Q
 E L D B A O D J I E B R Y Y S R Z C P H
 S E S K I V H T X Z T Y S I Z N C Y D B
 N M M B X E A G U T N E M T T I M M O C
 C S P F F M K N P U L B C P H T L A E H
 Z H K C R E H A S F I V O Q X Z F Y W F
 N K A I N N F E E L I N G S K Y W J K S
 O E F L T T L S D M W Q P C H S N B M L
 H F W F L B T K L Z N V K I D R E V P M
 A U E D O E M O T I O N A L V L C T C P
 G C X U E O N W D K W T R Z J I R C E J
 Z O B M A I N G K P B A T T I T U D E J
 X N E M X J N O E D H A P P I N E S S T
 V T Z Y P O W E R X B Z Y H J J S N V X
 E R S T H G U O H T Z X H H O N E S T Y
 T O E H O A P H Y S I C A L T A E S L J
 A L A T N E M L T X C P N X L O H T C G

**POSITIVE
EMOTIONAL
FEELINGS
SELF-ESTEEM
THOUGHTS
CHALLENGE**

**MENTAL
PHYSICAL
JOY
CONTROL
HONESTY
IMPROVEMENT**

**HEALTH
HAPPINESS
AFFIRMATIONS
ATTITUDE
COMMITMENT
POWER**



Help improve your self-esteem and positive thoughts by identifying times when you have shown positive qualities. Use this work sheet to write about a time that you have shown kindness, wisdom, happiness, and determination.

Remembering these experiences will help to remind you that you have positive qualities. When you're negative towards yourself refer back to this exercise. Find further support at Ourstoriesmatter.co.uk

Kindness _____

● **Wisdom** _____

Happiness _____

● **Determination** _____



MENTAL HEALTH TIP

Self-care means giving yourself permission to pause.

Daily Routine Tracker

It's important to stay in a routine & take care of yourself. The cards have 6 activities you could complete everyday

- The activities:
 Speak to a loved one
 Eat fruit and veg
 Do some exercise
 Do some reading
 Get some fresh air
 Make your bed

Fill in the cards everyday & try to complete them all! Think about a reward for completing all the cards

Daily Routine Tracker



Daily Routine Tracker



Daily Routine Tracker



Daily Routine Tracker



Daily Routine Tracker



Daily Routine Tracker



Daily Routine Tracker



Daily Routine Tracker



INSPIRATION WORDS

Have a look at the words below. Choose two of them. Then add these to a picture from a magazine – you can write them on or cut them out and stick them on the page. If you have a phone with pictures on, you could add the words digitally.

MENTAL HEALTH TIP

Dissing yourself? Imagine your self-talk is a parrot. Would you listen? Knock him off your shoulder

- | | | | | |
|------------|------------|----------|---------|----------|
| become | loved | create | forgive | remember |
| lasting | memories | storm | safe | strength |
| feel | follow | escape | rain | river |
| mirror | reflect | give | hold | follow |
| flow | care | forget | hands | pass |
| cried | felt | fold | tackle | spell |
| face | allow | quiet | recall | forgive |
| strength | permission | safe | home | travel |
| feel | love | time | forgive | strength |
| become | blue | feel | smile | happen |
| falling | form | dream | hope | call |
| together | recapture | bridge | contact | walk |
| touch | handle | bless | capture | pass |
| stream | support | love | nurture | survive |
| incredible | fantastic | powerful | own | fight |
| see | strain | cloud | smile | safe |



Mental health support in Greater Manchester: If you need help in a crisis, no matter what it is – we're here to help

We know things may be difficult at the moment. If you find yourself feeling anxious, stressed or overwhelmed there's support out there for you.

Find mental health support where you live
hub.gmhsc.org.uk/mental-health/in-your-area/

Local helplines

If you feel you need mental health support, urgent or otherwise, you can contact your locality helpline or the mental health trust phone numbers in your crisis support plan. They will connect you to practical support with voluntary sector and statutory health and social care services

Bolton 01204 337 221	Manchester 0800 234 6123	Stockport 0800 138 7276	Wigan 01942 636 395
Bury 0161 253 5151	Oldham 0300 330 9073	Tameside & Glossop 0161 470 6100	
Heywood, Middleton & Rochdale 0300 330 9073	Salford 0800 952 1000	Trafford 0300 330 9073	

24/7 support. If you feel you need more urgent mental health support and don't feel able to contact your locality helpline for any reason please dial 111. They will link you to the right level of support that you need.

Free digital resources

Shout – all age

With this 24/7 crisis text messaging service you can send a text message any time of day or night wherever you are – every conversation is with a human being.

Just text GM to 85258

- You don't need an app or data
- There's no registration process
- It's silent and won't appear on your phone bill
- Confidential and anonymous.

Kooth – children and young people aged 11 to 18yrs

You can:

- Chat to their friendly counsellors
- Read articles written by young people
- Get support from the Kooth community

www.kooth.com

SilverCloud – aged 16yrs+

Online programmes for adults to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure.

Instant access to self-help support:
GM.silvercloudhealth.com/signup

Living Life To The Full

Living Life To The Full delivers online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Available online and totally free of charge for Greater Manchester residents

Instant access to self-help support:
hub.gmhsc.org.uk/mental-health/living-life-to-the-full/

You can also find information, resources and other places you can get help and support on our website and information about your local mental health and wellbeing services
hub.gmhsc.org.uk/mental-health/covid-19-resources/



WE'RE STILL HERE FOR YOU

Find out what mental health support is available in your area.



NHS
in Greater Manchester

TWO MOONS

'You leapt into the abyss, but find. It only goes up to your knees' – Nick Cave
In stressful times we all do our fair share of worrying, however worrying about things won't guarantee a better outcome.

'No amount of anxiety makes a difference to anything that is going to happen' – Alan Watts.
This technique helps you to remember what things you can influence and those that, no matter how much you worry, you can do nothing about.

Below are two circles. One is a circle of control and the other is a circle of no influence.

- 1** In the circle of control write or draw the things you have influence over, for example, 'self care' 'my thoughts and feelings' 'my behaviour'.
- 2** In the other circle write or draw the things you have no influence over, for example, 'The news' 'other people's mistakes' 'other people's actions' 'other people's thoughts and feelings'.
- 3** You can take this a step further by thinking about how you can impact on the things you listed in your circle of influence.
- 4** For example, list three 'self care' activities and plan to make time for these things over the coming week.



With Cartwheel Arts you can take part in high quality creative projects in community settings across GM, with a particular focus on wellbeing and community cohesion. We call this Art for a Reason. You can contact us at cartwheelarts.org.uk or @CartwheelArts

Cartwheel Arts

SIX BOX STORY

Everyone has a story to tell but sometimes it's tricky to get it down on paper.

Six Box Story is a quick fun activity to create characters and generate a storyline. Don't worry about things being perfect or making total sense – just put down the first thing that comes into your head. You can let your imagination run wild

or you can keep your story realistic – it is entirely up to you. You'll need a pen and can use the pages of this booklet or draw your own six boxes on a piece of paper.

Here is a guide of what to write in each box – it doesn't need to be full sentences, bullet points and doodles are great!

1. Hero

The name of your hero (main character). Their likes/dislikes. If they have a particular skill/ power or features? If they have a catchphrase. Anything else notable/important about the character.

2. Where do they live?

The town/city/planet where your hero lives (real or imagined). What does their house look like? Do they live with anyone else? – friends/family/companions/sidekicks.

3. What do they want?

This could be something physical, something they want to achieve, something they want to get rid of. They could want more than one thing but be clear on which is the most important thing to them. Why do they want this?

4. Where do they go to get it?

Now you know what they want, they have to go and get it! What is the place called that they have to go to? Do they have to go on a long journey? How do they get there? Does anyone else go with them?

5. Who/What is stopping them?

Is it another person? Someone they don't get along with? Their arch nemesis? Tell us about them. Is it something physical? Describe it!

6. Resolution

How do they overcome this problem to get what they want? Do they use their skill/power? Does someone else help? Is it a happy ending or not?

Now you have the your main character (and maybe some others too) and storyline idea. You can use this as a basis to write a short story, a comic strip or a script for a piece of theatre, film or radio play. Or you might want to do another Six Box Story to come up with a different idea!

At M6 Studio Theatre in Rochdale, you can experience world class original plays that unlock the imagination, nurture the heart and challenge the minds of children, young people and family audiences, take part in fun weekly drama workshops to create and share your own theatre productions or gain valuable 'behind the scenes' work experience. Please get in touch on 01706 355898 www.m6theatre.co.uk

10 MINUTE READ

My experience of reading
Jack Mann

For Take 10 with Manchester Libraries
and Read Manchester

How we perceive the world may be similar to how others perceive it, but, from our unique geographies – you're sat directly in front of me, you're off slightly to the side – to our abilities to process phenomena – you're better with images, you're better with words – our experiences of reality are not the same, they are what we call idiosyncratic.

Whether primarily through sight or touch, reading is an application of a sense, of a way to perceive the world.

Reading is a way to augment reality.
What happens when you read?

When people read, they often turn symbols – representations of things and ideas – typically on a page or a screen into either sounds or images.

Many people report hearing a voice saying the words that they're reading. Typically this will be their own voice.

Others report the experience of internally projecting words into images, particularly when reading fiction, seeing sentences as fleshed out scenes. You might experience both of these things.

Are you even conscious of the words at all?

Did you know that some people report that when they see markings on a page – letters, words, punctuation – that they just know what's marked out in front of them: their experience of reading is not further abstracted into sounds or images, rather they experience reading as a Matrix-esque input of external information directly into their awareness.

Reading is a way to augment reality.
What happens when you read?

Have you ever felt bored or noticed a sunny day turn grey because you've had to read reams of A4 pages in size 12 Times New Roman font?

Have you ever read a complimentary text from someone you fancy and then found yourself smiling inanely for an inordinate amount of time or even at things you'd normally be stressed by?

Reading is a way to augment reality.
What happens when you read?

Behind the curtain was a dark, dark room, in the room was a dark, dark cupboard, in the cupboard there was a dark, dark corner and in the corner, there was a dark, dark box, and in the box there was...a mouse!

And the way my dad used to build that up! A Dark, Dark Tale only has, say, 16 pages in it, but at three, four, eight years old, the way my dad read it, for us it seemed to last forever: and we knew, we knew what was at the end of this increasingly microscopic, super creepy story, and every other story time we – my little sister and I – would ask him to read it because of the way he'd say the words to make our fists clench and our shoulders tense and our toes curl – just get on with it, Jonathan! our mum would say to a tangled face of annoyed eyebrows but tongue between teeth cheek as he knew how much he'd wound us up with anticipation and our mum up with his deliberation.

So my experience of reading predates my ability to actually interpret written words. My dad read to us most nights – Beowulf, The Tiger Who Came to Tea, The Hobbit, The Last Noo Noo – and even when I felt I was too old for the bedtime story, I still leant over my bunk to hear how my dad told it to my sister.

And now, particularly when I read for leisure, there's a distinct voice in my head – perhaps a mix of my own and my father's – that pronounces the words on the page and it conjures up scenes and shows me around and, for a second or two or maybe longer, I disappear from the world and find myself... not elevated, elevated isn't the right word – sometimes I'm submerged – maybe it's consumed... I find myself in a parallel realm experiencing time alongside a hybridisation of the narrative in my hands and my own sometimes beautiful, sometimes dark, sometimes twisted fantasies.

And if I know what the author sounds like – hearing a singer speak their lyrics is particularly interesting – then I'll often find their voice alternately supplanting and melding with my own.

Where are you when you read? When do you read? Do you read different things when out in public to when you're at home? Why?

I know that if I want to tear through a book, I'll read it best lying on a sofa, ideally with a warm breeze traipsing overhead and a can of sugar free icy lemon or fruit twist Fanta sweating on the table next to me. I won't be surrounded by people, and I won't want to talk, I'll just plow on through the pages until I've finished or I'm sleepy, peppering my progress with arbitrary achievements like: go on, read to page 180, then you've read 60 pages a day.

Reading is a way to augment reality.
What happens when you read?

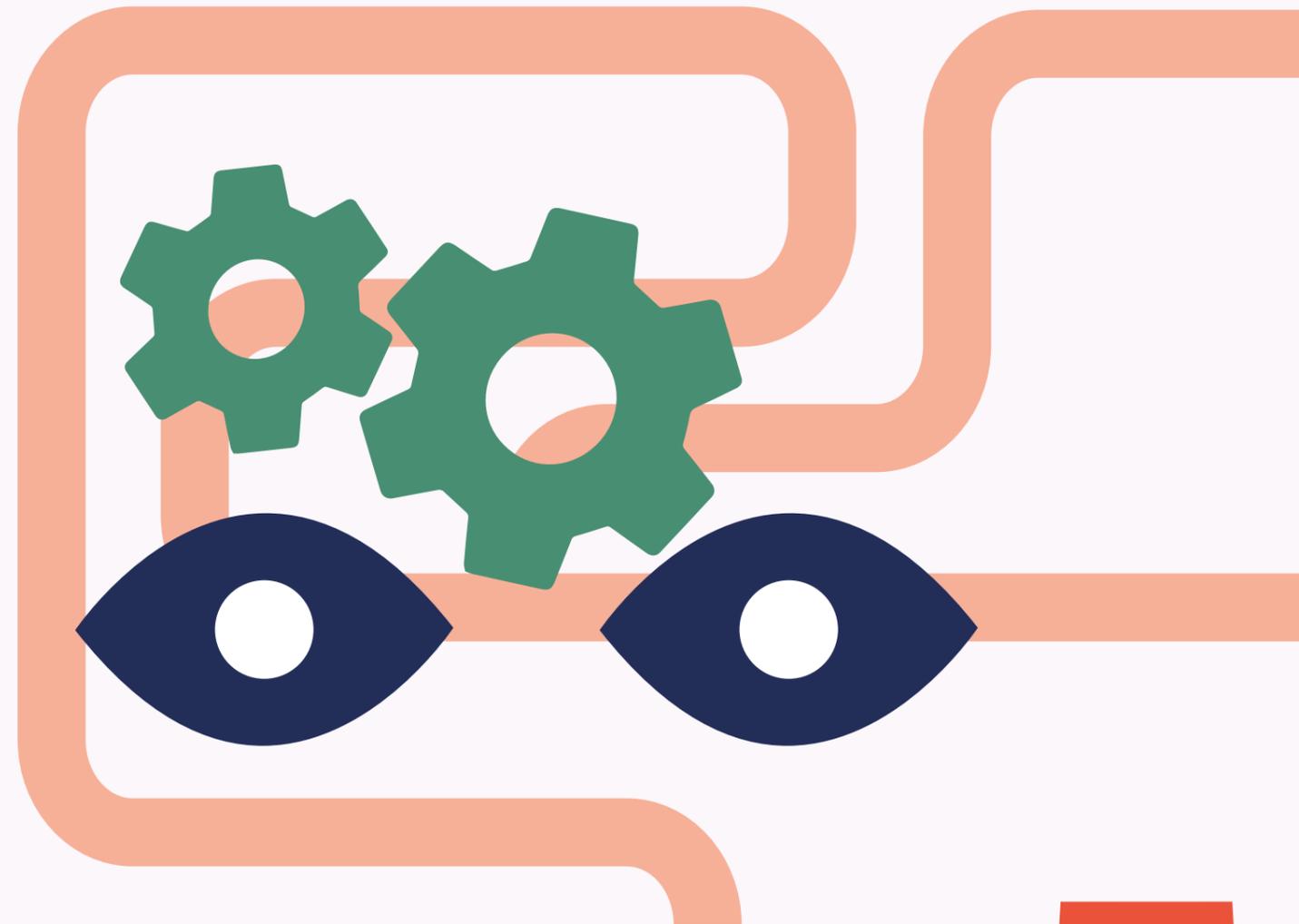
There's a fine line for me between riding the wave of the passage in my hands and being swept up – me in the setting, but along my own narrative – where I've laughed and borne out frustrations and cried and then caught myself doing those things without actually doing those things.

The experience of reading, then, has not been and is not categorically good for me and I don't always enjoy it, and now, at 26, I read more than I ever have in order to experience more than I ever have.

Reading augments my reality.
What happens when you read?

MENTAL HEALTH TIP

Try reading together – We're all in the same storm. Emotions come in waves; let's ride them together.



MENTAL HEALTH TIP

Fake it! Act out how calm you would like to feel: smile, breathe deep, walk talk, dance. After 10 mins, check how you feel.

Reading for even 10 minutes a day can really make a positive difference. Check out Manchester Libraries free online digital offer and search Self Help at www.mancliibraries.blog for books to support your mental wellbeing



A WEEK'S NOTICE

Sometimes, we just need to distract ourselves from the difficult things going on in our lives. But actively taking notice of what you're thinking and feeling has been proven to boost your wellbeing.

So we're encouraging you to spend a moment each day taking notice - of how you feel, of other people, and of the world around you.

This week-long plan of small, occasionally surreal activities has been put together by Contact and young freelance performers and theatre makers from across the North West. We hope you enjoy trying some of their ideas.

Dress How You Feel

How are you feeling today? Tired? Joyful? Quiet? Confused? All of the above? Put together an outfit from your wardrobe that displays how you feel and go about your day.

Ali Wilson, who came up with this prompt, is a theatre maker who had her show cancelled because of Covid-19. Here she is in her own 'dress how you feel' outfit.

DAY 1



Shrine

Make a shrine. This could involve candles, incense, flowers, grass, onions, eggs, objects. Anything. It can be dedicated to something you love, something you miss - or it can just be an arrangement of items that have a meaning for you.

Tammy Reynolds is a cabaret performer - "I go on stage and sing/dance/scream/shout. I sometimes wear clothes. I'm always disabled. I'm always a dwarf. I sometimes enjoy it". Her shrine included a candle for each of her housemates, and an offering of Haribo.

DAY 2



Useless Things

What's the most useless appliance or thing in your home? Something you haven't used for ages. Find a new and surprising use for it.

Amy Vreeke is a stand-up comedian who made a show about living with endometriosis called *The Year My Vagina Tried to Kill Me*. She used bike lights to create an indoor disco (you might think that bike lights are useful, but Amy doesn't own a bike).

DAY 3



Fiercely Northern but with an international outlook, at Contact in Manchester you can see performances, comedy, live music and spoken word. You can take part in workshops, join our young company, or find support to make your own creative projects happen. You can contact us by phone (0161 274 0600), at contactmcr.com or [@contactmcr](https://www.instagram.com/contactmcr) on Instagram and Twitter

CONTACT

#lowspoonmeals

Spoon theory is a disability metaphor - daily activities all require a number of 'spoons' to complete. When you're out of energy, you are out of spoons. What are the low effort/low spoon snacks and meals that are helping you get through the day? Share your 'recipe' with someone else today.

Suriya Aisha is an artist and a community activist. As a #sickbabe living with an invisible disability, Suriya sometimes relies on #lowspoonmeals that are low effort to make. Her low spoon snack of choice is Dairylea Lunchables on a bed of oranges.



Miniature Explorer

Even in a space you occupy every day, there is always an area of it you see less of. Where is the forgotten corner in your home? A space you don't see much? A street you pass on your daily walk but have never been down? Go and have a proper look, and describe what you see in detail (in your head, on paper or with a drawing).

Miray Sidhom is an artist who is finding she's spending a lot of time thinking about bread these days (worrying about low stocks in the shop, baking her own, and making a show about the history of bread from her Egyptian ancestors to today). She went exploring in her housemate's room.



Table Top Drum

This is a simple counting method to help you find a sense of rhythm and take notice of your body. Step 1: Find your drumstick. This could be a fork or a spoon. Your classic choice is a pen or pencil. Hold this in one hand. Step 2: Find a coin to hold between the thumb and index finger of your other hand. Step 3: Sit at a table/surface and start counting 1-2-3-4 (in your mind or out loud). Start slow. Tap the drumstick on the surface on every count. Tap the coin on the surface on every count of 3. Then try practicing this to your favourite songs, and see if you can keep your rhythm. If you want to add an extra step, on every count of 1 you can also tap the table with the heel of your hand (the place where it meets the wrist) - this stands in for the bass drum.

Born in Mogadishu and raised in Manchester by way of Denmark, Hamdi Hassan is a songwriter and producer. Now based in Moss Side, he writes and releases under the name HMD.

DAY 6



Reach out and...?

Write a message of support to someone else. Send it to them if you can - it could be a post-it for someone you're living with, or a text to a friend. If you can't send it now, hold onto it until you can.

Jake Bowen is a stand-up and an artist who runs workshops for young men who, like him, have been through the justice or care systems. He sent messages of support to other young artists who had lost work due to the Covid-19 lockdown.



If you've enjoyed these daily prompts, why not have a go at setting creative challenges for someone else you know and start a chain reaction?

MENTAL HEALTH TIP

Make a list. If you're feeling overwhelmed, a to-do list can help - write it all down, cross anything unimportant, then do the simplest! This helps you feel more in control.

Photographer credits in day/artist order: Ailbhe Treacy, Mark Lycett, Andy Hollingworth, Alison Baskerville, Miray Sidhom, Jabir Ali, Annie Feng



PUBLISH
YOUR
OWN

ZINE

What are zines? Zines are defined as noncommercial, often homemade or online publications, usually devoted to specialised subject matter. They're often seen as representative of alternative movements, such as the punk of the 70s or the Riot Grrrls of the 90s. Nowadays zines are made by a range of people for different reasons, and it's never been easier to make and distribute your own.

Why would you make one? Zines can be a localised rebellion against corporate media: a way to make your own culture and protest consuming the one force fed to you - or it could just simply be a way to have fun and express an interest you have in a new creative way. Think: what would you like to share that only you can? How can you document this? What is something you're so obsessed with you just have to add to it's world? Whether you're into writing, cartoons, or collage, anything can be made into a zine. It can be as in-depth as a collection of Stranger Things fan theories or as easy going as a documentation of plants around your home. As simple as a love letter to your cat, or as complicated as creating your own cartoon world.

How? To get started with zinemaking follow the tutorial on the next page for a quick and easy way to turn one sheet of paper into an 8 page zine without glue or staples.

YOU WILL NEED:



At Castlefield Gallery, we make new art possible. We support artists and creatives in Greater Manchester and beyond. We help them develop their practice and their careers, and to find ways not just to make art, but to make a living. We do this through: our gallery, and its free exhibitions and events that are open to all; through the tailored careers support offered by our 200-strong artist Associates scheme; through the provision of low-cost studio space; through commissions; and through collaboration with universities. For 35 years, we have supported young artists, graduates and established artists, connecting them to each other, and to our international network of curators, arts organisations, artists and collectors.

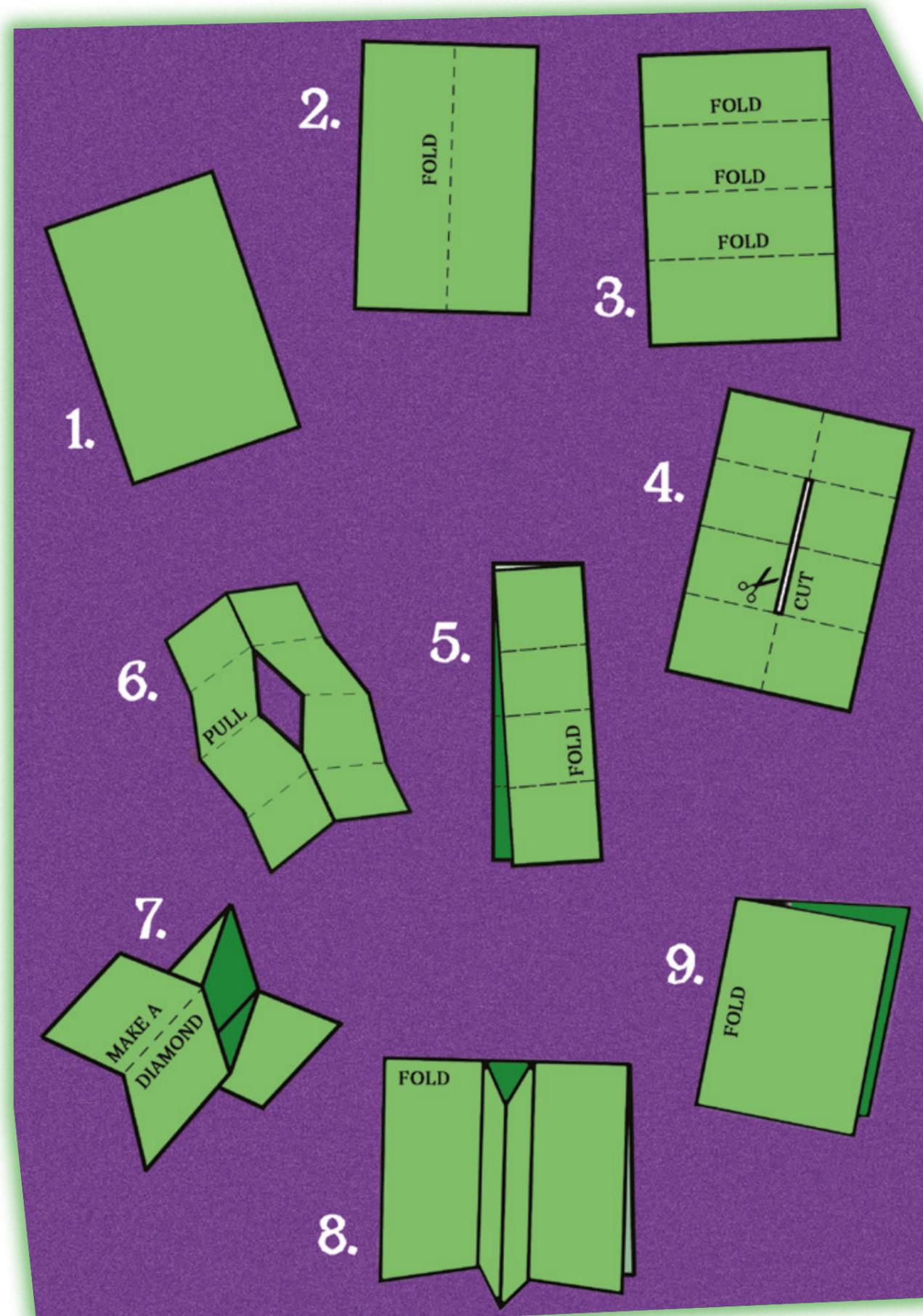
castlefieldgallery.co.uk / @castlefieldgall.

The zines featured: (top to bottom) The Chapess Zine, SW Press; Shocking Pink; So You've Realised You're Cis, Izzy Kroese; Music & Misery, George Gibson; Hex, Bridgid Elva and Sideburns. A good place to find zine makers is instagram, or at a zine fair or library such as Salford Zine Library.

This work sheet is by George Gibson, commissioned by Castlefield Gallery. Gibson is an artist and bookmaker with an obsession with obsessions. Their research based approach is central to how Gibson develops and produces fanzines, books and ephemera. Gibson mines the digital realm, documenting the niche communities from corners of the internet and presenting them in a new context. Gibson is a member of Shy Bairns, a collaborative practice of artists, designers and curators. Since 2016 they have been working together on a responsive programme of collaborative workshops and exhibitions, alongside print and distribution projects. They are interested in the interactivity of contemporary art and bookmaking, and the intersections of the two, with their shared practice aiming to create more of a conversation between artist/curator, exhibition/artwork and viewer/reader.

gggibson.co.uk @georgegracegibson

CASTLEFIELD
GALLERY | AGENCY



VOCAL WARMUPS

Singer Franchesca Evans who facilitates creative songwriting sessions at Brighter Sound has put together some simple vocal warmups for you to try. Singing is really good for the mind, body and soul.

As you sing, you release endorphins which help you feel uplifted and happy. Singing releases muscle tension and reduces stress, improves your sleep and your posture. It's also really fun!

Stage 1 Posture: Releasing tension in your body

Before you learn how to sing, you need to ensure that you are standing correctly.



- Stand tall, feet parallel and shoulder width apart with a slight bend in the knees.
- Your neck should be long and tall with your chin parallel with the floor.
- Imagine you are standing up straight against a wall.
- Roll your shoulders forward 10 times, then backwards 10 times.
- Bring both shoulders up in the direction of your ears, hold for 2 seconds then release. Repeat 10 times. You should now feel loose and relaxed in your upper body.
- Take your right hand and place it on the right side of your head. Gently push your head towards your left shoulder until you feel a slight stretch. Hold for 10 seconds then release.
- Repeat this on the other side with your left hand to the left side of your head.
- Return to your neutral singing posture.

Stage 2 Releasing tongue and jaw tension: Opening up your voice

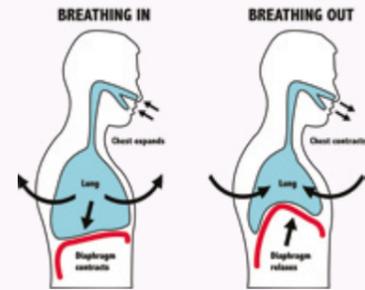
Tension can create problems and affect the sound you produce. Try these exercises to reduce tension, produce a clear sound and improve your diction.

- Imagine you are chewing a big toffee, keep chewing as big as possible for 10 seconds.
- Take the tip of your tongue and send it around your mouth clockwise touching all your teeth 10 times. Repeat going anti-clockwise.
- Stick your tongue out as far as you can 10 times.
- Do a big yawn for as long as you can. Repeat 4 times.

Stage 3: Breathing: Using your diaphragm

Your diaphragm is the muscle between your lungs and your stomach. It helps you breathe. When you sing, you need to make sure your breathing is supporting your voice to avoid injury and help you produce the best sound possible.

- Place your hand over your stomach with your middle finger on your belly button.
- Think about your stomach moving outwards when breathing in, instead of upwards.
- Keep your shoulders down and relaxed.
- You can check this in a mirror.



- Place your hands on either side of your waist and laugh 'HA, HA, HA' emphasising each 'HA'. That's your diaphragm working. Now try with 'HEY, HEY, HEY'.
- Sip air through an imaginary straw for 4 seconds. Release the air by making a 'sss' sound like a snake hissing until the air is gone. Try this on 'vvv' then 'zzz' sounds.
- Play with the length of this sound, change the volume and make the sound higher or lower.
- Lie on the floor with a straight back, knees up with feet flat on the floor. Breathe in - your stomach will expand - and release the air on a 'sss', 'vvv' and 'zzz'. When we lie down our body does this naturally thanks to gravity.

Stage 4 - Vocal warmups

The voice is a muscle and we need to make sure we always warm up before singing. Try these exercises, starting each one on a low note and gradually getting higher. Increase volume and effort as your voice warms up. The sound you make should be smooth with no cracks. Only go as high or low as you can whilst ensuring a gentle stretch of the voice. Warming up the voice should be playful!

Hum

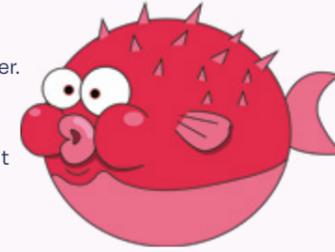
- Put your lips together with your teeth apart inside your mouth to create space.
- Start on a low note working up to a higher note and back down (in a 'rainbow shape')
- Repeat a few times, starting on a higher note each time.

Ng

- Place the back of your tongue on the roof of your mouth and make a 'ng' sound - imagine you're saying the word 'sing' without the 'si'.
- Open your mouth wide and project the sound forward.

Puffy Cheeks / Blow Fish

- Pick a note, any note, and sing with your lips together.
- The air should come through a small opening between your lips (not out of your nose), and with your cheeks puffed out.
- The muscles of the face and lips are soft, the sound is gentle.



Lip Bubble

- Place your fingers under both cheeks gently lifting the cheeks up so that the lips can 'bubble' freely.
- Make a slow and controlled sound like a motorbike.

Sirens

- Make a sound like a fire engine 'nee-naw'.
- Play around with the sound, the length of the note, the volume and the speed.

Let it out

- Now that you're warmed up, you can focus on projecting your voice.
- These exercises are useful for warming up what singers call your chest or full voice.
- Start on an 'oo' sound and move to an 'eee' sound and back to an 'oo'.
- Keep the tongue placed forward.
- Now try cheering out loud 'Yeah - Yay' and then 'Woo - Hoo!'
- This sound should be a big release - let it out and be as silly as you like!

Now that you're warmed up, why not sing along to your favourite tune!

MENTAL HEALTH TIP
Try to get out of the house for a walk each day if possible, enjoy nature!

At Brighter Sound you can engage with music at any stage of your creative journey. You can learn how to write songs, produce a record, work with professionals and perform alongside other like-minded young musicians. You can contact us on 07957 780662, at www.brightersound.com or @BrighterSound on Facebook, Twitter and Instagram

STARTING A CREATIVE JOURNAL

Now more than ever we need to look after ourselves and a creative journal will give you the space to explore your hopes and dreams and focus on more positive things. It is a safe place to express your thoughts and feelings, to remember your favourite things and recall more joyful memories.

Write, draw or paint, make collages, collect images, articles, poems or songs that mean something to you. Keep them all together in a notebook, folder or box, or create a digital journal on your phone, tablet or laptop.

A creative journal can be whatever you want it to be.

- Before starting your journal you should gather what you need - pens, paper, your phone etc. and find a quiet place where you can relax.
- Take a minute to close your eyes, focus, listen to your breathing and relax your body.
- Imagine a place where you feel calm and happy. This might be where you are right now or it might be outdoors, maybe a place you dream about going or a place you've already been. Take some time to find your calm place.

When you're ready, here's some ideas to get your creative journal started.

Daily / Weekly Journal Entries

Remember this is your journal, there are no rights or wrongs. You can do anything you want in your journal.

Here's some suggested things for your daily/weekly journal entries:

- What have you been up to? Record something that happens each day/week using words, images or both.
(You could include what you have done, what conversations you have had or what you have seen that made you smile)
- Set intentions for the day/week.
(E.g. today I'm going to focus on being kind or this week I am going to give myself time to remember the things I love)
- Make it fun, fill your journal with your favourite things. Things that inspire you.

Letter to my future self

Write a letter to yourself, five years from now. Simply start your letter:

Dear Future Self, I hope you are.....

Prompts for writing your letter to your future self:

- What goals have you set yourself?
- What studies do you hope to do?
- What job do you hope to have?
- Do you hope your future self travels, if so where to?
- What hopes do you have for the world and what things would you change?
- What advice would you give your future self?
- Remind yourself why you are special, write 5 positive things about yourself.

My List of Hopes and Dreams

Make a list of your biggest hopes and dreams. Dream big! What do you wish for, for you and the people you care about?

Scribble Drawing

Look at an object in your house. While looking only at the object, put your pen/pencil to paper and draw it without allowing your pen/pencil to leave the paper. Does it look like the object? Keep adding to your picture for as long you want. What does it look like in the end?

Desert Island Wish List

You're stranded on a desert island, you can take 5 things with you (not including people) what would you take?

Favourite Songs

List your top ten favourite songs:

Do these songs make you think of a particular happy memory, photo, person or place?

You could draw, paint, or write a few words about those happy memories.

If you can, make time in your day to listen to some of your favourite songs.

Fill your journal with more of your favourite things

- Favourite quotes
- Favourite poems
- Favourite films
- Favourite shows
- Favourite places
- Favourite season
- Favourite artists

Scribble Drawing

Look at an object in your house. While looking only at the object, put your pen/pencil to paper and draw it without allowing your pen/pencil to leave the paper. Does it look like the object? Keep adding to your picture for as long you want. What does it look like in the end?

Take your time with your journal. Above are some suggested ideas but a creative journal can be full of drawings and paintings, photos and digital art, handwritten notes or put together in a scrap book style. Make it your own, about you and your future hopes and dreams.

For more creative ideas follow the Love Lowry blog: thelowryblog.com



The Lowry is an arts centre in Salford & a registered charity. At The Lowry you can experience live performances such as dance, theatre or comedy in our theatres, see the world famous LS Lowry's art work in our galleries or take part in creative workshops and projects in our studio- we'd love to welcome you. www.TheLowry.com Twitter @The_Lowry



MENTAL HEALTH TIP

Get to know yourself, ask yourself questions as if you had just met you for the first time.

DREAM CASTING CALL

We want you to be the Casting Director for a brand new theatre production of Shakespeare's Romeo and Juliet! As the Casting Director, it's your job to choose a talented cast of actors to play each character and breathe fresh life into this tragic tale of star-crossed lovers and teenage rebellion.

Imagine you've got a huge budget and you can choose anyone you like. Perhaps a real life celebrity couple like Shawn Mendes and Camilla Caballo, maybe Michelle Keegan for a Manchester-twist, or a TikTok star - the sky's your limit! So here's what we'd like you to do...

1. Read the description of the characters below.
2. For each character, decide who you would cast in your dream theatre production. Try and think about who would suit that particular role. They don't necessarily have to be an actor but there should be something about them that makes you think they might play that part well.
3. Use the template to create your own 'headshot sheet', announcing your all-star cast. A 'headshot' refers to a picture of an actors showing their head and shoulders only. For your 'headshot sheet', either draw a picture of the actor/celeb you've chosen, find a picture to stick in, or write their name in the box.



Character descriptions:

Romeo:

Smitten with Juliet from the moment he sees her, Romeo has been the inspiration for many songs and films about the power of young love. He is earnest and passionate in his love for Juliet, and prepared to risk everything for her.

Juliet:

The daughter of the Capulets who are sworn enemies of Romeo's family, Juliet is a young girl, famously only age 14 in the original play. She is smitten by Romeo and will take a risk to be with the person she loves.

Nurse:

Juliet's nurse is devoted to Juliet and is closer to her than her own mother. She is a funny character, often teasing Juliet and talking constantly. She is often played by a comic actor.

Lady Capulet:

Juliet's mother is strict and unfeeling towards Juliet, and wants her young daughter to marry Paris, a nobleman who Juliet is not interested in marrying.

Lord Capulet:

Juliet's father is also extremely strict and is furious with Juliet for not wanting to marry Paris, who he deems the perfect partner for her, despite her young age and unwillingness to marry.

Friar Lawrence:

Friar Lawrence is an acquaintance of Romeo's who agrees to marry Romeo and Juliet in secret. He is also instrumental in the plan (that goes horribly wrong) to help Romeo and Juliet escape.

Romeo and Juliet – Headshot Sheet

MENTAL HEALTH TIP

Find your happy place. Spend time imagining in detail a place where you feel happy, grounded, warm and looked after.

Romeo

Juliet

Nurse

Lady Capulet

Lord Capulet

Friar Lawrence

At the Octagon there's many exciting opportunities for you to watch theatre, take part in groups and workshops, perform, and even volunteer with us. You can contact us by phone 01204 520661, email participation@octagonbolton.co.uk or find out more at octagonbolton.co.uk

OCTAGON



Music & Mixtapes

The cassette tape was introduced in 1963 as a way of listening to music. Similar to the CD, cassettes came either pre-loaded with music or were blank so that users could create their own playlists, taping their favourite songs directly from the radio. This would come to be known as a mixtape, a term that is still used today to describe a collection of different songs on one playlist.

Connect

Have you heard of or seen cassette tapes before? Speak to family members & friends to try and identify some strengths & weaknesses of tapes & how they compare to the ways we listen to music today.

Strengths

Weaknesses

Cassette tapes played a huge part in the story of Hip Hop. With radio stations favouring Disco & Rock throughout the 80s, Hip hop was usually only allocated one or two hour radio slots each week, leaving Hip Hop fans to extract the best tracks & create their own weekly mixtape. These tapes were shared between friends, swapped, recorded over, added to, sold at events and posted to friends & family overseas, taking Hip Hop culture from the streets of New York to cassette players around the world.

The Perfect Playlist

What would a mixtape be without music? Use the space on the right to list your top ten tracks from your favourite bands and musicians.

Reflect

What do these songs mean to you? Do any of these songs remind you of special memories or events?

Who would you choose to share your mixtape with & why?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

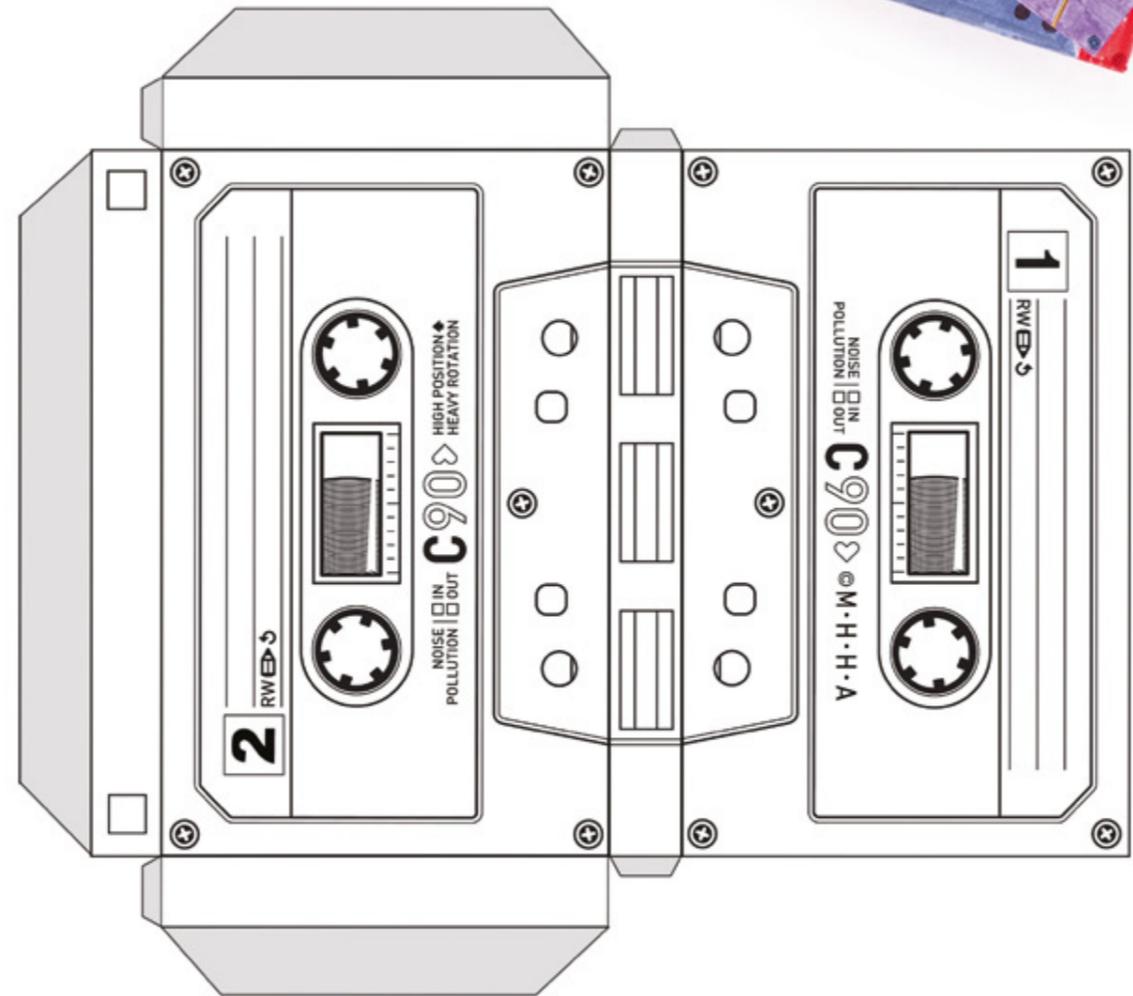
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Make your own mixtape

You will need...

- Coloured pens or pencils
- Glue stick



To create your own 3D mixtape...

1. Use coloured pens or pencils to decorate the cassette tape template above.
2. Next, remove the template from the page and create folds along each black line. The grey shapes will become the tabs that hold everything together and create the iconic cassette shape, so be careful not to get rid of these.
3. Before gluing in place, fold your template into a 3D rectangle shape with the design facing outwards.
4. Finally, add glue to the grey tabs and stick together - leaving you with your very own 3D mixtape.

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