TAKE TIME

FIVE WAYS TO WELLBEING

ACTIVITY BOOK
If you'd like to share any of your creative activities from this booklet, we'd love to hear from you!

CONNECT WITH US

DRAW A SIMPLE SELF PORTRAIT

Here's a very simple way to start:

Wear a short autobiographical poem

YOURSELF

CONNECT WITH

Health and wellbeing have never been more important, with people finding ways to relieve lockdown pressures and boost mental health.

The activities in the ‘Take Time’ booklet have been created by artist Jane Bevan who has exhibited her artworks and poetry at the Royal Derby Hospital (the Forget Me Not Garden and the Healing Garden) and, this year, has created two beautiful outdoor spaces at the front of our hospitals, staff find useful as outdoor calm spaces.

If you have any other suggestions on how we can support our staff through art and culture, please get in touch. We are always looking for new ways of reaching our staff.

To find out more about our projects or to give us feedback please email info@airarts.net.

Connect with Us

If you’d like to share any of your creative activities from this booklet, we’d love to hear from you!

CONNECT WITH US

Hello and Welcome to our first ever edition of ‘Take Time’, a booklet designed with our hospital staff in mind, to reduce stress and anxiety.

2020 has not turned out the way any of us would have expected or hoped for, and it has been an incredibly challenging time both personally and at our hospitals. At Air Arts, we have had to find new ways of reaching our patients and staff to bring a bit of light and relief within the hospitals whilst not being able to bring artists into the buildings. We have created single use patient arts activity packs to safely bring arts activities to patients and we wanted to create a similar resource for staff.

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Hello and Welcome to our first ever edition of ‘Take Time’, a booklet designed with our hospital staff in mind, to reduce stress and anxiety.

2020 has not turned out the way any of us

We hope it brings some positive distraction and stress and anxiety.

In mind. To reduce

With our hospital staff

A booklet designed

Edition of Take Time!

Hello and Welcome

Laura Waters
Arts Programme Manager
Design & Illustration Firecatcher.co.uk
Draw a map of the ‘world’ you are living in day to day. What are the important places in your life?

Here is a very simple map to give you an idea. Just track your daily life in a personal map of special places. Don’t worry about scale or perspective.

Don’t worry about scale or perspective.

Sharing our experiences with others, talking and supporting each other, has been a crucial part of the last few months. A cup of tea with a friend, or having a chat over the phone has helped us get through some very difficult times. As we move forward let us strengthen our connection with others and create new networks.

Join a group

Family

Friends

School

Club

Art

Meals

Evening

Call

Phone

Letter

Talk

Games

Volunteer

Connect

With Others

Think through some options and fill in some more ideas!

Connect With Others

Connect With Your World

Important places in your life living in day to day. What are the most important places in your life? Draw a map of the world, you are living in day to day.
The natural world is all around us to enjoy – not just in the countryside, but also in parks, gardens and even the town centre. Plants pop up in unexpected places, roadside verges and patches of waste ground often have a wide range of hardy plants such as poppies and buttercups.

For a beautiful display, collect a range of greenery from the hedgerows such as meadow grasses, ferns and leafy branches, but no flowers.

Display these in a vase at home to make a ‘green bouquet’.

Some house plants don’t even need pots or soil.

TAKE NOTICE

Some house plants don’t even need pots or soil.

A stylish kokedama plant grows in a moss ball. See this Royal Horticultural Society video for instructions.


Plants in the home are a great health boost.

GREEN THINGS

FORAGE

Beach plastic image: Tricia Rice

COLOUR-COLLECTING ART

Look around your home, in drawers and cupboards, and collect a range of small items of one colour only.

Lay these out on a clear surface, spend time looking at the shapes and shades of your chosen colour.

Then make connections with different items and make arrangements with different items into a grid. Take time to separate each item into a grid. Take time to separate each individual item and then replace each individually.

ART

Collecting colour – flat lays made from…”

These pictures show flat lays made from…

The Kokedama plant

A kokedama plant grows in a moss ball. See this Royal Horticultural Society video for instructions.


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WALK

Beach plastic image: Tricia Rice

See Tricia’s work on Instagram @takenby_t

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TAKE NOTICE

Create a lovely decorative ornament and memory of a special walk or day out!

CLAYCREATIONS

Make yourself a smooth block or ‘sausage’ of clay by rolling it and smoothing it with your hands. It can be as long or as short as you like. Then put it aside to dry out for a few days.

While the clay is drying, you can make small bunches of materials such as tiny twigs, seeds, leaves or poppy seeds. These can be collected while you are out and about, or you can buy them from craft shops.

Close the clay around the base of the materials so they stay put. Push it down firmly and make sure it is secure.

The clay is easily washed off your hands and doesn’t make a mess!

Doodle for fun

Most people feel that they can’t draw. But just by picking up a pen they will find they can draw something, or doodle to pass the time.

According to graphologists, doodling can help us to relax and unwind, and improve our handwriting. It helps us to express ourselves, solve problems and lower our heart rate. It can even help us to fall asleep!

Doodling can help us to relax and unwind, and improve our concentration and lower our heart rate. It can even help us to fall asleep!

BEGINNERS IN CLAY OFTEN START WITH A PINCH POT

Pinch pots are made with your hands and a small ball of clay. You can buy powder clay online or at craft shops such as hobbycraft.co.uk. An easy tutorial can be found here: craftscouncil.org.uk/stories/make-double-pinch-pot-ceramicist-sam-andrew

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Close the clay around the base of the materials so they stay put.

To make pinch pots:

1. Roll up the clay into a sausage shape.
2. Cut a small ball of clay and push it into the base of the sausage.
3. Smooth the edges of the clay around the base of the materials so they stay put.
4. Smooth the edges of the clay around the base of the materials so they stay put.
5. Leave the clay to dry out for a few days.

Create a lovely decorative ornament and memory of a special walk or day out.

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Decorate these pots and fill them with plants.

Fill these circles with patterns.
We all have so much to give to others who we work with, live with and meet in our daily lives. Some people are able to help in a very obvious way, NHS workers and carers in particular. But there are small ways to help too. Fill in some ideas here.

You could colour in the flower petals as you consider the possibilities.
One way to reflect and learn from our recent experiences is to write down our feelings and thoughts in a journal. Writing can help us to understand and come to terms with some very difficult times and to keep a record to look back on in future.

WRITING A DIARY OR BLOG

A mandala drawing is a circular abstract pattern with repeating shapes and lines. You can make a mandala drawing with a compass or draw around different sized containers to make a series of concentric circles to repeat the shapes and lines. A mandala drawing is a

DREAMING

MANDALA

For your diary, why not make your own small book/journal by hand, using the instructions below:

- Cut 12 small sheets of paper to the same size. You can add more pages later if you need them.
- Fold each piece of card and stick it to the back and front of the cover.
- Draw a picture of your choice on the cover.
- Write a short story or poem on each page.
- Cut a small piece of card and draw a circle in the middle of each page.
- Feed through a ribbon, starting at the back and ending at the front with a double bow.
- Now fix together with a large bulldog clip along the left side and watch your animation come to life!

To make a more sophisticated flip book, watch this short YouTube film:
youtube.com/watch?v=Un-BdBSOGKY

Instructions below:

- Double page back and front with a page from the middle of the book.
- Fold a large piece of card and stick it to the cover.
- Cut a slightly larger piece of card and stick it to the back and front of the cover.
- Draw a picture on each page.
- Cut a small piece of card and draw a circle in the middle of each page.
- Fold each piece of card and stick it to the back and front of the cover.
- Write a short story or poem on each page.
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If you have some pebbles from the beach or stones at home, you can decorate them in a similar style. Use watercolour paint, chalk, gel or acrylic pens and varnish them if you wish.

PEBBLE PATTERNS

Here are some patterns to copy:

- A circular abstract pattern with a circle in the middle with a dot or a cross.
- Repeating shapes and lines.
- A mandala drawing, a circular abstract pattern, to start in the middle with a dot or a cross.
- A series of concentric circles to repeat the shapes and lines.
- A mandala drawing is a circular abstract pattern with repeating shapes and lines.

DREAMING

MANDALA

Writing a diary or blog

Give
When you are walking it is always fun to collect or forage interesting materials as you go. Your attention might be caught by conkers, acorns, twigs, lichen or feathers, there is so much to see on a walk depending on the seasons.

If you find a particularly beautiful leaf, here is a creative idea to study it more closely.

**LEAF DRAWING**

Carefully cut the leaf in half and glue it to a piece of paper or thin card. Try to replicate the missing half with pencils or crayons.

Take your time and observe the texture, lines and marks of the leaf.

These leaves were drawn at the bedside by 91 year old Nancy and other elderly patients at UHDB last year, as part of the AirArts workshop programme.

**LEAF STITCHING**

A more unusual sewing project is hand stitching leaves.

- Select a few large and strong leaves such as laurel, ivy or beech
- Thread your needle with linen or cotton thread and stitch along the veins of the leaf, around the edges or up the middle of the leaf.

Don't worry about being neat, it’s a fun, temporary project! You could hang your leaf in the window by tying thread to the stalk or mount it on card as a picture.

A more unusual sewing project is hand stitching leaves.

Walking is very popular but there are also lots of other ways to have fun outdoors.

There is no age limit on ‘playing out’ so why not try some things you haven’t done since you were a child!

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
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<tbody>
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**FUN OUTDOORS**

Walking is very popular but there are also lots of other ways to have fun outdoors.

There is no age limit on ‘playing out’ so why not try some things you haven’t done since you were a child!

Try incorporating more physical activity into your daily life and soon it will become a habit.

Add your own ideas below and tick the boxes if you manage to include these in your daily routine.

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Here are a few ideas, add some of your own:

- Skimming stones
- Lying on the grass and enjoying the sky, clouds and birds flying over
- Walking barefoot in the grass
- A walk by torchlight to see the stars at night
- Sitting outside with a picnic
- Foraging for wild fruit, conkers, pine cones or acorns
- Laying colourful leaves on the ground in a pattern

Check out more
woodlandtrust.org.uk
nationaltrust.org.uk>50-things-to-do
If you are planning a family reunion or just wanting to cheer up a room, there is nothing quite like colourful bunting and it’s easy to make.

**BUNTING**

Here is a quick and simple way to make a line...

- Cut out a cardboard triangle to use as a template.
- Pin the triangle to your chosen cotton fabrics and cut around with scissors or bias binding and stitch the triangles on using a sewing machine or by hand. Leave a gap of about 6cm between pieces.

Why not choose a range of different fabrics, a great way to use up your leftover fabrics or even old shirts and worn out clothes.

NB: Use some iron-on tape or fabric glue if you would rather not sew.

**SOAP SCULPTURE**

For more soap sculptures see: tate.org.uk/kids/make/sculpture/soap-carving

**SELF PORTRAIT**

You will need:

- 1 T-Bar knife
- Graphite pencil
- Water soluble marker
- A range of colored pencils
- A large piece of soap
- A sharp knife
- A sheet of cardboard
- A large piece of cardboard
- A large piece of paper
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Have fun and enjoy the process of creating your own soap sculpture!
WE HOPE YOU HAVE BENEFITED FROM SOME OF THE ACTIVITIES AND IDEAS IN THIS BOOKLET.

THIS SIMPLE EVALUATION MAY HELP TO REFLECT ON YOUR ‘TAKE TIME’ JOURNEY.

How creative are you? Mark on this line where you see yourself on receiving this booklet

Not creative at all ____________________________ Very creative

Now mark again where you feel you are after using the booklet

How active are you? Mark on this line where you see yourself on receiving this booklet

Not at all ____________________________ Very active

Now mark again where you feel you are after using the booklet

How connected are you to other people? Mark on this line where you see yourself on receiving this booklet

Isolated ____________________________ Very connected

Now mark again where you feel you are after using the booklet

How happy and healthy do you feel? Mark on this line where you see yourself on receiving this booklet

Not at all ____________________________ Very happy & healthy

Now mark again where you feel you are after using the booklet

Check out these local organisations which run activities, events and workshops on a range of topics, including books, film, craft, walking, singing and stitching.

www.derbyquad.co.uk/about/our-work/participation
www.artcoreuk.com/what-we-do/
www.brewhouse.co.uk/events