



FIVE WAYS TO  
WELLBEING

# ACTIVITY BOOK



# 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 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.

The activities in the 'Take Time' booklet have been created by artist Jane Bevan who has exhibited her artworks and delivered workshops for Air Arts over the past 5 years and whose work is grounded in nature. The work is based around the 'Five ways to wellbeing' (Connect, Be Active, Take Notice, Keep Learning, Give) which are simple and proven actions that can help people find balance, build resilience and boost mental health and wellbeing.



We hope it brings some positive distraction and mindful activity to your day and helps you to reduce any stress and anxiety. As this is the first time we have produced this booklet, we would be really grateful for any feedback you have. Just drop us a line at [info@airarts.net](mailto:info@airarts.net) or [facebook.com/AirArtsUHDB](https://facebook.com/AirArtsUHDB)

We also offer a staff photography club, opportunities to exhibit artwork and poetry and staff training in arts therapy. We look after two beautiful outdoor spaces at the front of our Royal Derby hospital (the Forget Me Not Garden and the Healing Garden) which 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.

To find out more about our projects or to give us feedback please email [info@airarts.net](mailto:info@airarts.net), or follow us on social media [@AirArtsUHDB](https://twitter.com/AirArtsUHDB)



Laura Waters  
Arts Programme Manager



Air Arts is the hospital arts charity, bringing a wide range of visual arts, music, poetry, dance and drama to create a welcoming and supportive environment to patients and visitors at all of our hospitals.



**NHS**  
University Hospitals of  
Derby and Burton  
NHS Foundation Trust



Design & Illustration Firecatcher.co.uk



## CONNECT

### CONNECT WITH YOURSELF

Write a short autobiographical poem about yourself called "I Am..."

Here is a very simple way to start:

I worry .....

I hear .....

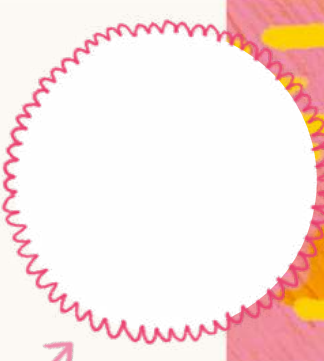
I feel .....

I see .....

I want .....

I love .....

I hold .....



DRAW A SIMPLE  
SELF PORTRAIT

### CONNECT WITH US

If you'd like to share any of your creative activities from this booklet, we'd love to see them!

You can share your pictures with us on social media, just tag us [@AirArtsUHDB](https://twitter.com/AirArtsUHDB) on Facebook or Twitter.







# CONNECT

## CONNECT WITH YOUR WORLD

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 →



**DRAW YOUR MAP HERE**



Don't worry about scale or perspective, just track your daily life in a personal map of special places

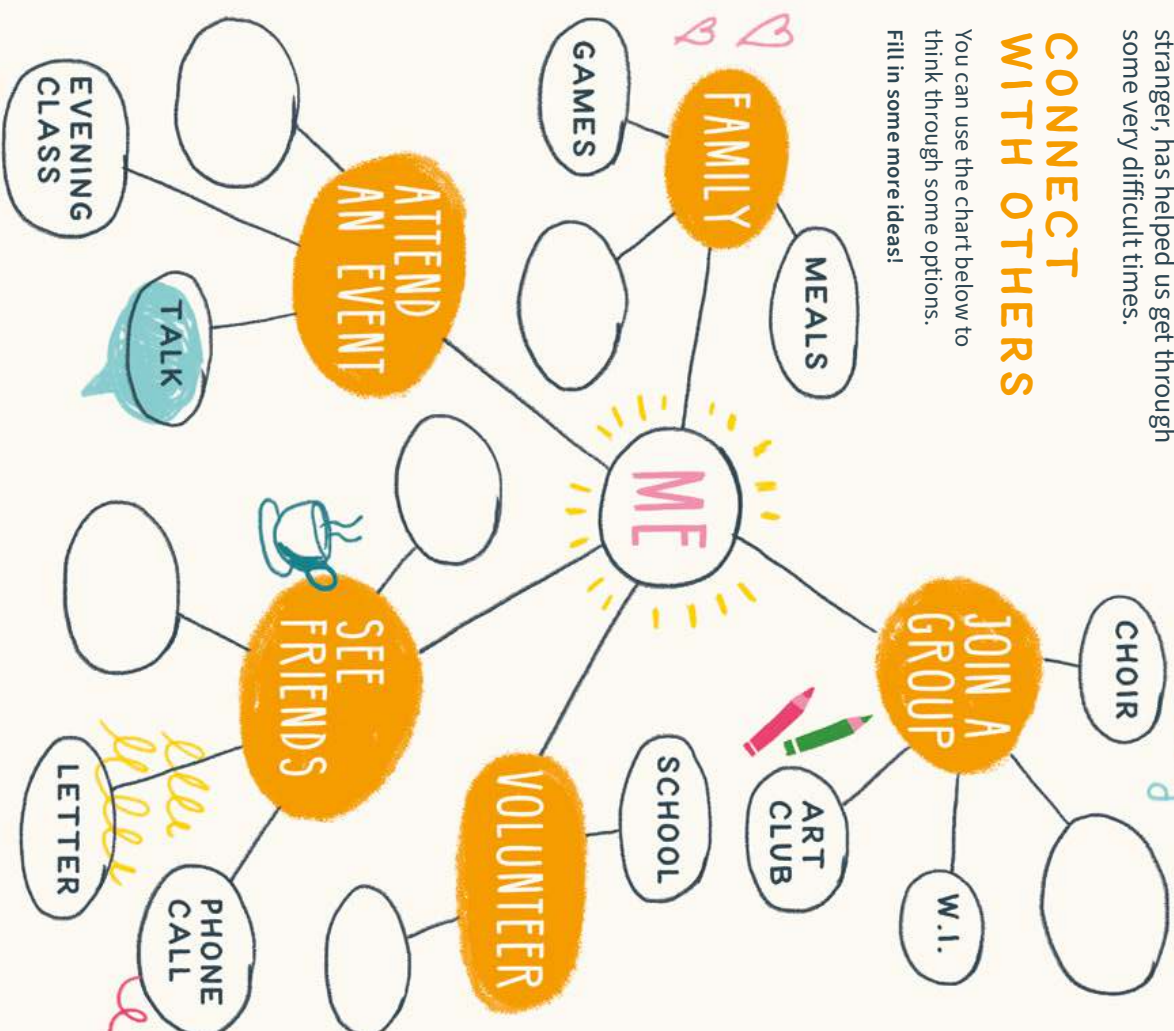
Sharing our experiences with others, talking and supporting each other, has been a crucial part of the last few months. A cup of tea with a friend, or stranger, has helped us get through some very difficult times.

As we move forward let us strengthen our connection with others and create new networks.

## CONNECT WITH OTHERS

You can use the chart below to think through some options.

Fill in some more ideas!





# TAKE NOTICE

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.

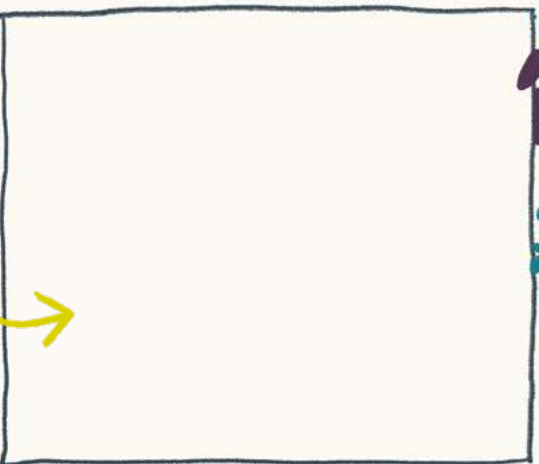
## FORAGE WALK

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

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



DRAW YOUR GREEN BOUQUET HERE



## PLANTS IN THE HOME ARE A GREAT HEALTH BOOST

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 of how to make one: <https://bit.ly/32nfHUI>



THE KOKEDAMA PLANT

## 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 arranging (then rearranging!) them carefully into a grid. Take time to separate each item and make connections with different shapes and shades of your chosen colour.

You can take a bird's eye flat lay photo of your arrangement.



## THESE PICTURES SHOW FLAT LAYS MADE FROM... GREEN THINGS

BEACH PLASTIC



Beach plastic image: Tricia Rice  
See Tricia's work on Instagram @takenby\_t

## AND NATURAL MATERIALS COLLECTED ON A WALK







# TAKE NOTICE

## CLAY CREATIONS

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

- Make yourself a smooth block or 'sausage' of clay by rolling it and smoothing it with your hands. It can be as long or short as you like.
- Now gently push into the clay the treasures you have collected on a walk, such as tiny twigs, seeds, leaves or poppy seeds.
- Close up the clay around the base of the materials so they stay put.



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



### 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 a small bag of clay online or at craft stores such as [hobbycraft.co.uk](http://hobbycraft.co.uk)

An easy tutorial can be found here: [craftscouncil.org.uk/stories/make-double-pinch-pot-ceramicist-sam-andrew](http://craftscouncil.org.uk/stories/make-double-pinch-pot-ceramicist-sam-andrew)

## DOODLE FOR FUN

Most people feel that they can't draw but funnily enough, everyone can doodle!

According to graphologists (who study handwriting), doodling appears to be a type of daydreaming which can reveal a lot about our thoughts and feelings.



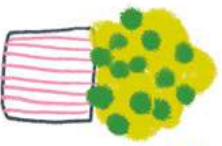
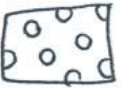
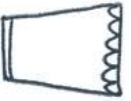
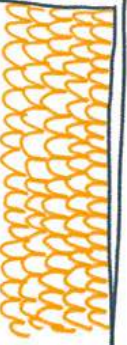
Doodling can help us to relax and rewind, as it increases our concentration and lowers our heart rate. It helps us to express ourselves and let go of mixed emotions.

Some may use it for problem solving, helping us to think outside the box and for some it may be just to beat boredom.



PULL-OUT PAGE!

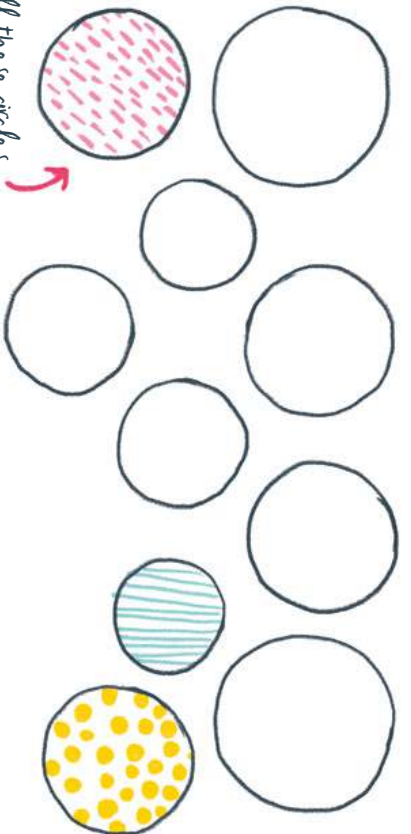




Decorate these  
pots and fill  
them with  
plants



Fill these circles  
with patterns







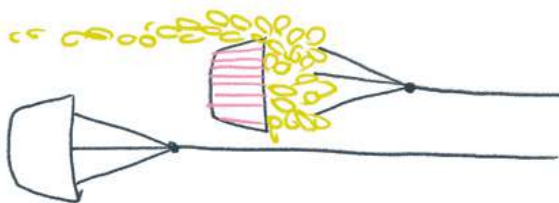
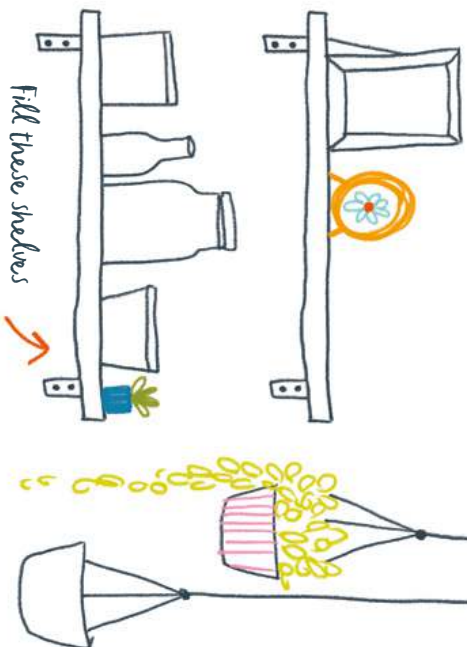
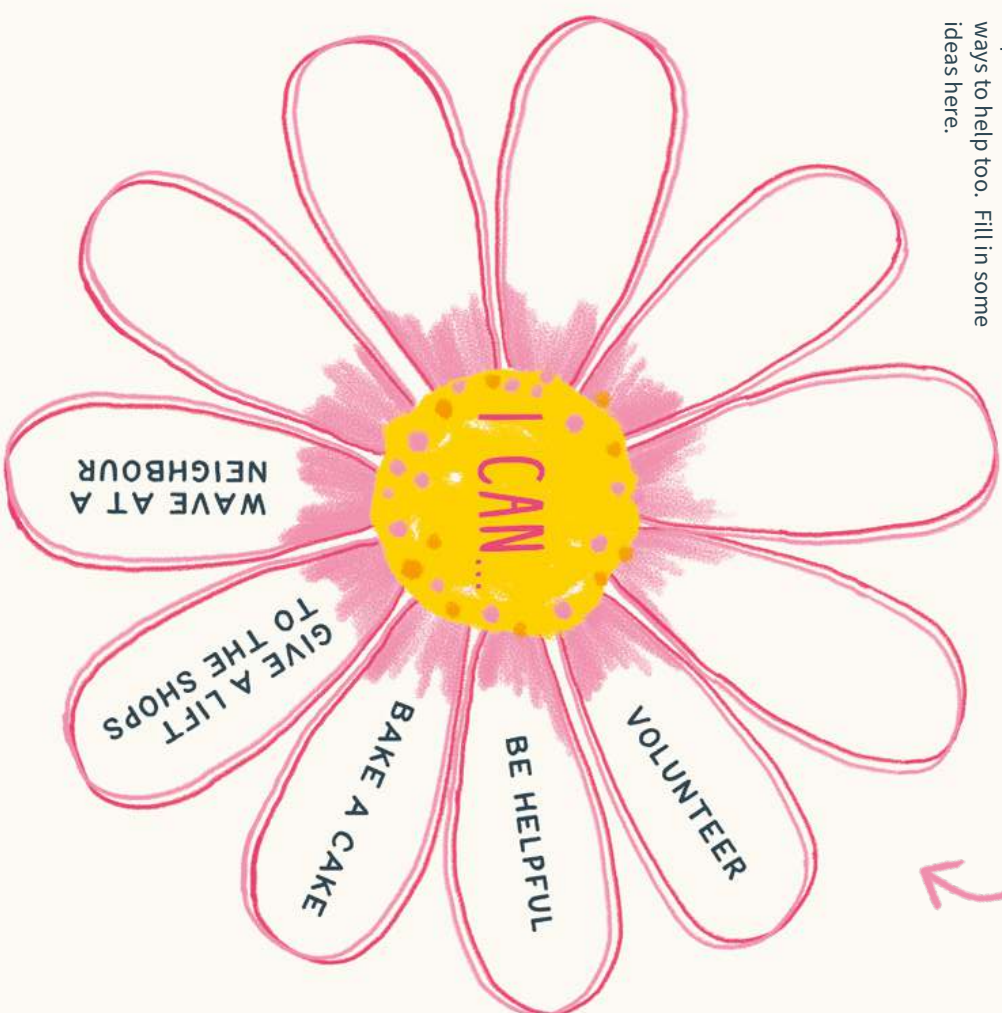
# GIVE

## HOW I CAN HELP

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





## GIVE

### WRITING A DIARY OR BLOG

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.

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
- Add interest by including a piece of map, recycled paper or magazine for the first page
- Using a hole punch, make two holes in exactly the same place on each sheet
- Cut a slightly larger piece of card and fold it for the cover
- Feed through a ribbon, starting at the back and ending at the front with a double bow.



### HAVE FUN WITH A FLIP BOOK!

Collate around 20 pieces of paper the same size and draw your mini animation in the bottom right corner. Maybe an animal, figure or flower, draw a slightly different one in exactly the same position on each page.

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](https://www.youtube.com/watch?v=Un-BdBSOGKY)

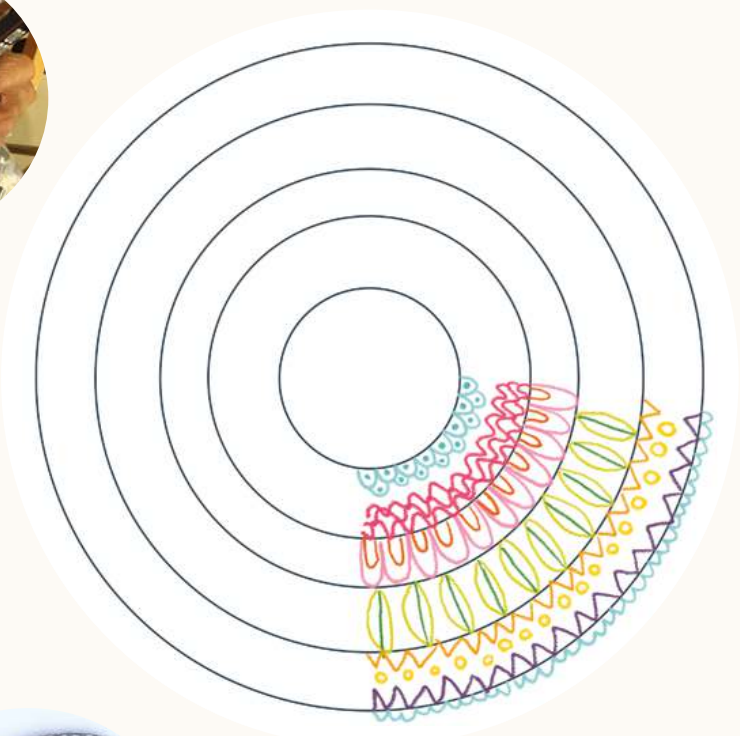


## KEEP LEARNING

### MANDALA DRAWING

A mandala drawing is a circular abstract pattern with repeating shapes and lines.

Start in the middle with a dot or a circle and work outwards with repeating shapes. If you want to be very precise use a compass, or draw around different sized containers to make a series of concentric circles to work from.



Here is a patient at UHBD at a bedside workshop decorating pebbles.

### PEBBLE PATTERNS

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 after if you wish.







# BE ACTIVE



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.



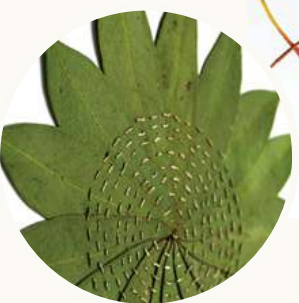
These leaves were drawn at the bedside by 91 year old Nancy and other elderly patients at UHDB last year, as part of the Air Arts workshop programme.

## 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.



Images of work by artist Alice Fox  
alicefox.co.uk

We would all like to be more active, but often we just don't seem to have the time.

Apps and online classes are very helpful, such as "From Couch to 5K", but we can make small changes too.

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.

### ACTIVITY

WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4

Choose the stairs not the lift

Park a little further away and walk in

Take a final walk around the block before bedtime

Carry small weights in your hands on a walk and gently swing your arms

Treat housework as if it was a workout to music

## FUN OUTDOORS



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 and nationaltrust.org.uk>50-things-to-do



# KEEP LEARNING

## BUNTING

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.

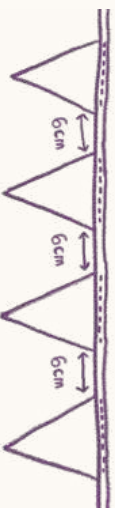
Here is a quick and simple way to make a line...

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

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



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



You will need

## SOAP SCULPTURE SELF PORTRAIT

First carve the shape of the head and shoulders with a knife. Draw on the face and then carve away, with a variety of tools, to achieve a smooth surface and facial features. Enjoy the smooth slide of the tools and the wonderful smell!



For more soap sculptures see:  
[tate.org.uk/kids/make/sculpture/soap-carving](http://tate.org.uk/kids/make/sculpture/soap-carving)

Fill in the spaces





