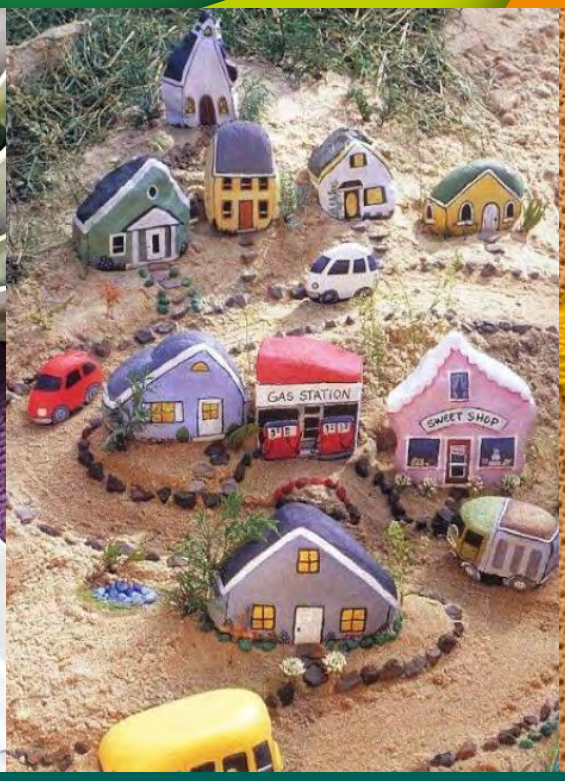






Cultivating creative agency through artmaking:

Art Recipes for Self-Care

A RESOURCE BOOK MADE AS PART OF THE COMMUNITY AND PROFESSIONAL PRACTICE MODULE OF THE BA HONOURS IN ART THERAPY FOR REMOTE APPLICATION.











Co-authored by Ashleigh Dunlop, Marli Venter, Elizabeth-Helé Kieser, Shavaun Dippenaar, Isabella Francisco, Kiah Inglethorpe, Dayitaa Moodley, Vanessa Tsao, Claire Woollatt. Foreword and Art Therapy programme convenor Prof Kim Berman.



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Gratitude Tree

online whiteboard collaborative

Foreword

by Kim Berman

Professor: Visual Art Department and Art Therapy convenor

I am delighted to introduce the third edition of a resource book of innovative and experimental art activities and techniques from the third cohort of Art Therapy Honours students in the Department of Visual Art at the University of Johannesburg. We are grateful to our students who have joined an emerging movement for an indigenous practice of Art Therapy in South Africa, which we consider as an important new strategy to consolidate the field of social change through the arts. In their Community Engagement Module, students are presented with arts-based research methods, which widens the scope of doing participatory research that integrates the boundaries of action, practice, research and assessment. This year the art skills for community action was productively facilitated by Amalia Beagle.This collection of wonderful artmaking processes, creatively written by the group in the style of recipe-blogs, provides an accessible approach to engaging precarious conditions of mental-health and well-being, exponentially increased in prevalence by the corona virus pandemic.

Art as therapy is a process of healing and nurturing through the creation of safe spaces for children and adults to create and find ways to connect with themselves and express their own voices. As introduced in the previous two issues, these processes reinforce the understanding that empathy towards self and others can be facilitated through creativity and image making. Artmaking enables the creation of spaces that can explore, invent, imagine, or even reject ways of knowing. The practice of artmaking imagines new possibilities and can create pathways to navigate transformative ways of becoming.

Jean Paul Lederach (2005) refers to art as a route into a collective imaginative domain that generates constructive processes. It can "invoke, set free, and sustain innovative responses to the roots of violence while rising above it" (Lederach 2005:172)[1]

Through this lens, we see the leadership of art therapy students as active citizens who use inclusive and participatory values in their work as co-creators with communities.

This collection of arts activities designed by our students provides additional support to facilitators, parents, teachers and members of the public to enable co-creation, community participation and citizen action through using the arts for healing and wellbeing.

Introduction by Amalia Beagle

Facilitator and Art Therapy programme coordinator

It has been a delight facilitating the skills component of the Honours Art Therapy programme in 2022.

Students are offered the opportunity to experiment and be playful with the discovery of unusual materials. They are encouraged to stretch their own understandings of an art-making vocabulary by inventing new and unusual experiences with the materials. In the foundation phase of their weekly skills classes, students were presented with a range of art-skills to experience and apply in their own artmaking including papermaking, hand-printing, charcoal-making, play-dough, chalk and other non-toxic safe materials suitable for use with children.

For this resource, the nine honours students agreed on the importance of promoting mental health awareness and agreed on the theme of Self-care. Each student draws on their own experimentation with homemade or accessible materials to develop their self-care activities. Each week, a different student led the class, presenting to their peers an activity that they designed. The group gave feedback and suggestions that would refine the process and technique, as well as develop each other's facilitation skills.

The purpose of this resource book is to raise awareness and healthy responses to mental health issues. Working online each week, students practiced, laughed, and shared fun arts activities that developed a strong bond of solidarity in the group, united in their commitment to understanding the value and comfort that art processes can bring to others.

Creativity is innate in everyone– we express this in many different ways. Art-based activities extends opportunities for each of us to take the time for ourselves; to do things

we enjoy that helps us unwind from our busy schedules. As emerging art-therapists, the students are aware of the multiple benefits of applying arts activities to being present in the moment, mindful action and gentle intent.

Each of the arts activities collectively compiled adds to the resources developed by the UJ Art Therapy honors students. The shared learning embodies the values and principles of self-care that encourage our curiosity and ability to be non-judgmental. Supporting others to create something out of 'nothing' or from 'waste' is a powerful and beneficial process. Making art supports our through making something that is generative to our own sense of agency.

The students elected to present each activity as a recipe blog, enhancing a playful and experimental approach to share, encourage others and create a wider awareness of the importance of addressing our collective mental health. This requires creative approaches, attention and energy that can be both fun and healing.

We hope you enjoy using and sharing this resource.

Acknowledgements

Thank you to Amalia Beagle for facilitation the Skills module of 2022

Thank you to all the participating students and their facilitators

Thank you to Mareza Christensen from UJ Graphic Design studio for the design and layout

Funding for the printing of these Resource books made possible by the UJ Teaching and Innovation Fund with appreciation.

(FN: The BA Art therapy Honours is the first stage of the Masters of Art Therapy, the qualification required for professional practice accredited by the Health Professions Counsel in South Africa).

[1] Lederach, J.P. 2005. The moral imagination: The art and soul of building peace. Oxford: Oxford University Press.

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Hand knitting

Blog:

My name is Ashleigh and I have been knitting and crocheting for many years. My Gran taught me how to knit as a young girl. I have always been fascinated by the idea that wool can become something more than just a straight line; it can become a jersey, a blanket or a family heirloom. The first method I learnt was finger knitting; this method does not involve any knitting needles and is done with few resources. All you need is a piece of string or wool.

I have turned to knitting as a form of self-care at the end of a long day. During our strictest lock down in South Africa, I knitted a whole jersey. Although this skill is not as detailed as a jersey, I hope by using your fingers to create a coaster or bracelet you feel the same therapeutic effects of knitting. Try your best to be present in the moment and be curious of the wool between your fingers and how it creates something bigger than itself.

What does a safe space mean to you? We are going to start this skill by feeling the wool between your fingers. Feel the textures between your fingers. Maybe the wool is coarse, or soft. Wrap it around your fingers, through your hands and become familiar with the material. A safe space can be defined as an environment where you feel confident and content in yourself, and protected from any form of harm. Our "safe space" should always be seen as a priority in our lives. We have to make sure our safe space is secure before we look after others. This becomes particularly difficult when you are a caregiver because the needs of others are often put before your own. Although you are doing a great job, you have to work to look after yourself too. We can do this for ourselves, by making sure we always have a quiet space to think at the end of each busy day.

Wrap the piece of wool around your fingers as many times as you want to measure out the amount of string you feel you need to hold your 'safe space' today. Maybe it is a long piece of string when you need extra self-care, or maybe it is a short piece because you are feeling more secure in our safe space today. Draw a mark on the wool using your marker. Cut off the length you have selected. Use this piece of 'safe space' string for the finger knitting activity.

Knitting a safe space with your hands

Author: Ashleigh Dunlop

Total time: 40 Minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	47cal
Grounding	29gr
Unwind	20gr
Check in with yourself	20grm
Calm focus	20pgm
Ingredients:	
• Wool/ String • Cardboard box (cereal box works well) • Pritt glue • Marker • Scissors	

How to create a starting loop











Method:

Use your “safe space string” to do the activity

STEP 1

Start by holding the string between your two hands.
Create a slipknot with your fingers.

If confused please click on the link below: (Baldwin, 2019)
Finger Knitting with Children

STEP 2

You should have a long piece of string (the end) and a long piece (safe space string). Place your right index finger and thumb through the loop from the right-hand side. While securing the short end with your left hand. Using your right index and thumb reach through the loop and grab the long piece of string and pull through the loop.

STEP 3

Continue repeating step 2, until you pass your safe space marking.

STEP 4

Once you have completed the chain of finger knitting, you can end the string by pulling the end of the safe space string all the way through the loop.

STEP 5

Cut the cardboard into a circle (I used the top of a mug to trace the shape).

STEP 6

Start in the centre of the circle with glue and place one end of the knitted chain in the centre, wrapping the rest of the string around itself creating a spiral.

STEP 7

You have created a coaster for your desk or coffee table to remind you to look after your safe space, especially when juggling the ideas of others.



3D Paper Butterflies

Blog:

Hi there! My name is Marli. I am 23 years old and I have always been passionate about art. For as long as I remember, my mother encouraged the creative sides of ourselves. My mother always invited my younger brother and me to join her when she was creating something, whether it was painting, creating birthday cards, experimenting with resin, as well as making candles. I am also passionate about mental health. I completed undergraduate studies in Applied Psychology and I am currently studying towards an Art Therapy qualification. Through my experiences as a group facilitator and student registered counsellor at Lefika La Phodiso, an art based NPO in Johannesburg, I have learned to incorporate art making into my regular self-care practice.

In this 'recipe' I will be sharing, an activity that has helps me to relax and calm down after a busy or difficult day.

This activity has become a very important part of my own self-care "diet". I enjoy the process of becoming still both physically and mentally - I only use my hands to create a beautiful

representation of nature. In the process of following this recipe, narrow your focus to working on the butterfly, and only the butterfly.

I once read a quote by Abigail Kuhn. She states that butterflies prove that change is a delicate but important process. I relate to this quote as starting a self-care recipe can be daunting at first. However, practicing self-care in my own life has been a delicate, yet very important journey. It is a process, and like any recipe, there are bound to be some differences. As represented in the image above, each time you do this activity, the outcome might be different. Just like any self-care practice, the process of creating your 3D paper butterfly will become more and more comfortable.

The focus of this self-care recipe is all about the process. We always focus on the beauty of a butterfly; however, we often forget the process they had to go through to this point. Your butterfly will most likely turn out different each time. Depending on the paper you use, the size of the paper for the actual butterfly, and deciding where the place the body and antennas. The process is the important part of any self-care recipe. With narrowing your physical, visual, and mental focus to creating the butterfly, you allow some time to care for yourself.

When going into this recipe notice the headspace that you are in. Feel what you are feeling and bring that into the creative session. When starting with the butterfly get all the ingredients prepared. This activity can be done wherever you feel comfortable to work as long as you have a hard surface to press on; table, book, counter, lap desk etc. Get comfortable and enter a slow breathing process and remember as beautiful as the outcome is, the focus is on the process.

Author: Marli Venter

Prep time: 5 minutes

Creating time: 20 minutes

Total time: 25 minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	47cal
Grounding	29gr
Meditative action	20gr
Check in with yourself	20grm
Calm focus	20pgm
Wellbeing	20pgm
Ingredients:	
• Coloured paper: A piece of paper/magazine, start with an A4 size paper. • Glue stick • Ruler • Scissors • Fishing gut optional • Coloured marker	

Directions:

STEP 1

Choose a paper or magazine page and tear it off carefully. I have noticed that if you tear the magazine close to where your page is your page should come off clean with no tear marks.

STEP 2

If there are tear marks, trim the edges to make it straight.

STEP 3

Fold the page on the long edge.

STEP 4

Unfold the paper and fold in the left or right edges to meet in the middles crease.

STEP 5

Turn the paper vertically and fold the top left and right edges outwards. Make sure that there is a gap between the corner folds as this will prevent it from tearing.

STEP 6

Fold the bottom left and right folds outwards to each side.

STEP 7

Fold the paper as if you are making a fan, starting at the top (where the small folds are).

STEP 8

Cut two strips of a separate paper. This will form your body and antennas.

STEP 9

To create the antennas choose the longer strip. Fold it in the middle creating a light crease.

STEP 10

Roll each piece inwards to create a curl effect.

STEP 11

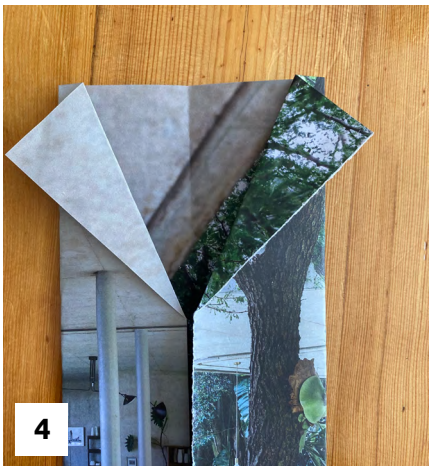
End result.




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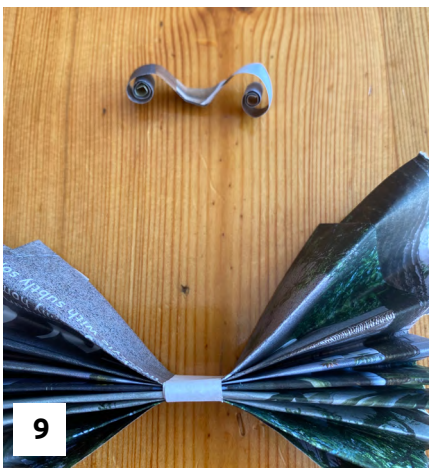

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Self-compassion sculpture decoration for a candleholder or Self-care jar

Blog:

Hi, I am Elize-Helé, I am a full time mom and teacher. I have been teaching Creative and Visual Art for 17 years. My passion for art making has led me to pursue Art Therapy which has led me to a much deeper understanding of myself and the role art can play in assisting one to maintain one's mental health.

The concept of self-care was not something I practised regularly; becoming a mom and being a full time teacher shifted my attention away from myself and made me invest most of my time into my own children and the children I teach. When I joined the BA Art Therapy Honours group I soon realised that I was in great need of establishing a self-care routine because it would support and strengthen my mental health and I would be better equipped to support my family and the children in my classroom because I would be taken care of. It has been a wonderful journey of self-reflection and growth allowing me to understand who I am and what my dreams are.

Initially self-care may seem selfish and you may wonder how you will manage to fit even more into your busy day, but once you start prioritising it, it makes everything else seem a little bit easier and more manageable because you are in a better space.

I chose the self-compassion sculpture because spending time reflecting on my self-care made me realise that my inner voice was hypercritical of most of whom I am and what I do. By spending time in self-care activities such as this, I was able to start silencing that voice and become more compassionate towards and accepting of myself.

Author: Elize-Helé Kieser

Prep time: 5 - 10 min

Creating time: 45 min (can vary depending on the size of sculpture you do) and how long it takes to paint the sculpture once it has dried.

Total time: Variable

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	0cal
Self-compassion	50grm
Relaxation	20gr
Soothing time out	20grm
Creativity	20pgm
Playfulness	50pgm

Ingredients:

- Glass bottle - any recycled bottle (coffee, mayonnaise or jam)
- 4 - 6 cardboard egg tray units (single units)
- Plastic container to soak the cardboard in
- Hot water 500 ml (to soak the cardboard overnight)
- 4 - 6 tablespoons of wallpaper glue (more needed if using cardboard)
- 125 ml warm water (to mix with the wallpaper glue)
- Acrylic paint colours
- Candle to place into the glass bottle
- Plastic bag or newspaper to cover working space as this skill can be a bit messy.



Alternative materials:

Plastic bottle - may need to create a sculpture on both sides to ensure that the weight distribution is the same and that it will not keep falling over.

Newspaper instead of egg trays

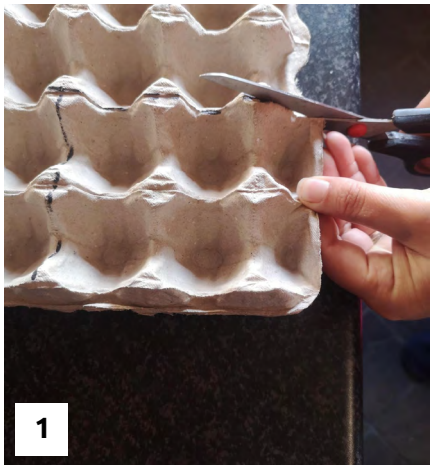
Wood Glue, any clear water based glue that you can mix into the paper mache (quantity will be determined by the amount of newspaper you use.

IMPORTANT:

Wear latex gloves if you do not like the feel of the glue and cardboard texture.

Directions:

Prepare the cardboard:



STEP 1

Cut 4 to 6 egg carton units out



STEP 2

Break the pieces up into smaller pieces and cover with hot water



STEP 3

Soak overnight to soften the cardboard fibres

Making of the sculpture:

PREPARE YOUR WORK SPACE:

Cover your work area with a plastic bag or newspaper to allow for easy clean up after making your sculpture.

STEP 1

Drain ¾ of the water from the container in which you soaked the cardboard before breaking the wet cardboard pieces into smaller pieces. I find the process of using my hands to break up the cardboard relaxing as the process also allows me to slow down and get in touch with my thoughts, which has become an integral part of my self-care routine.

To enhance this process of tuning into your inner world it helps to take deep breaths and exhale slowly. It assists in making you aware of your breath and body and ultimately the thoughts and feelings you are experiencing in that moment.

This step takes several minutes and therefore provides an opportunity to work on your own sense of self-compassion, as you are able to reflect on your inner voice. Try to determine if you are as kind to yourself as you should be or whether you are also in need of adjusting your criticality level? Think about a time/s when your inner voice made you feel as if you were not good enough and start by saying to yourself that you are good enough, relate this idea to the different roles in your life. For example: Say to yourself that I am a good enough mother, teacher, wife. Doing this more regularly will affirm this in your life and your critical voice will lose power.

STEP 2

Mix the 4 tablespoons of wallpaper glue into half a cup of warm water and mix until well combined.

STEP 3

Once the mixture becomes thick add it to the cardboard and mix well.

IMPORTANT:

Too much water in the cardboard will dilute the glue and it will not stick to the glass surface well. Your cardboard must have a firm texture and hold its shape to determine if it is ready to work with.

STEP 4

Before starting your sculpture, spend a few minutes thinking about an image that can become a reminder for you to practise self-compassion and self-care as part of your daily routine. Do not allow your critical inner voice make you feel unworthy.

I chose to sculpt a butterfly on a branch as I have felt that incorporating self-care and self-compassion into my daily life has transformed me into a better version of myself. The process of reflection and becoming less critical has helped me accept aspects of myself, which in the past have made me, feel worthless. Self-care has made me appreciate these aspects of who I am and it has allowed me to celebrate myself for being exactly as I am instead of always feeling like I will never be able to attain the unrealistic image of self I was trying to achieve.

STEP 5

Take small amounts of the cardboard, glue mixture, and start to place it onto your glass bottle to start forming the image that you want. Once you have the initial shape of the sculpture you can start to add more details. You can use a spoon or other utensils to shape the different aspects of your sculpture if you find using only your fingers challenging. (You can balance the glass bottle on a cup if you want to work with both hands). Once you are happy with the sculpture you can allow it to dry for some time before finishing it off with some paint.

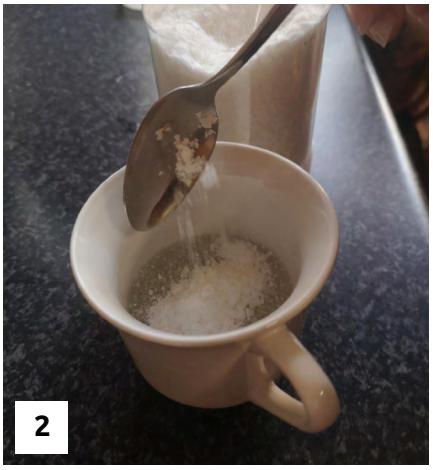
STEP 6

The final step in the process of creating your sculpture is to add some paint. You can select any colours to enhance the sculpture and to enhance the meaning that you have attached to the image that you chose to sculpt.

Place your self-compassion candle holder/self-car jar in a place where it will serve as a daily reminder for you to practise silencing your critical inner voice so that it becomes easier to be kind to yourself. You can light the candle every time you notice that voice and then spend a few minutes changing that inner dialogue with yourself to establish what has triggered the response.





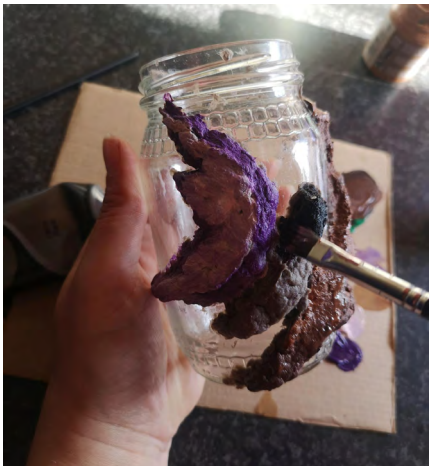














Painting your "Rock of Strength"

Blog:

Hi! My name is Shavaun Anne Dippenaar. I am 25 years old and live on a farm in a small town called Jacobsdal. I have been painting since I can remember and it is something that I am extremely passionate about. Painting and the entire process of painting brings me so much joy and peace. I hope that this activity also brings you joy and more importantly, to remind you how strong and capable you are. To me, self-care also means to believe in my abilities, and strength, and that I am more than enough.

Painting on rocks can become an affordable way to decorate your garden and home. It can also be used for presents, to express your creativity, and sense of humour. Rock painting is a great way to exercise self-reflection and meditation. Using a rock, you can find your canvas on the side of the road, each rock different with different textures and colours. It is important to have a constant reminder of your strength. In the times that you feel overwhelmed, unsure, and anxious, you can look at your rock painting to be reminded of your strength.

Think about a time, space, memory, or any other reminder that can represent one of your strengths, something that makes you feel proud about yourself. Feel the heaviness, solidity, and texture of the rock that you have specially chosen for this activity, be aware of it, and acknowledge it. Think about how you will represent this on your rock. Once you have a clear idea, we can start the process.

Author: Shavaun Anne Dippenaar

Total Time: 40 minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	47cal
Grounding	29gr
Creative expression	20gr
Gratitude	20grm
Calm focus	20pgm
Motivation	20pm

Ingredients:

- Soap and water (to clean your rock)
- Any rock (smooth surface will paint easier)
- Water Based paint (acrylic or watercolour paint)
- Paint brush
- Varnish, if the rock will be for outside use (to keep rock paint fresh for longer)
- 125 ml warm water (to mix with the wallpaper glue)
- Acrylic paint colours
- Candle to place into the glass bottle
- Plastic bag or newspaper to cover working space as this skill can be a bit messy.

Methods:

STEP 1

For the first step, you are required to choose any rock that you feel will make a good rock of strength. Soak and wash the rock until it is clean and wait for it to dry.

STEP 2

The second step is the most exciting! You will start the painting process. During this step, you are required to explore your creativity.

STEP 3

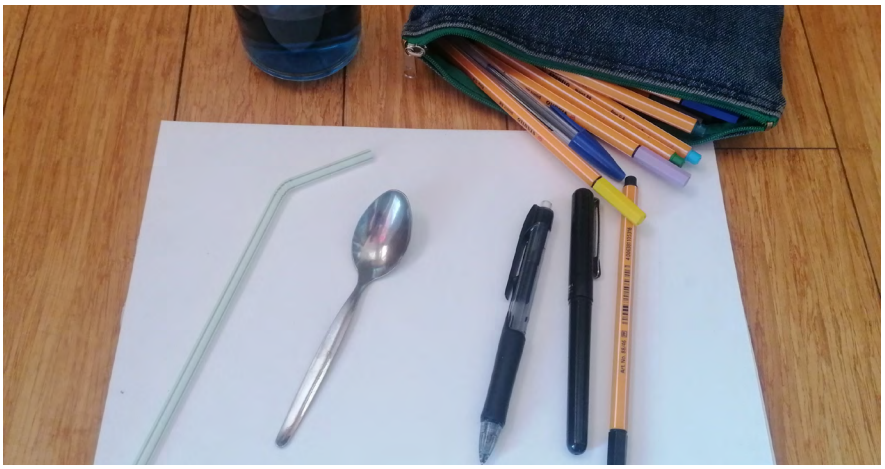
The final step is to paint varnish over the entire rock once it is dry. This step is not necessary if the rock will be kept indoors. The varnish will add a glossy finish to the rock. I hope that every time you see the rock, that you will be reminded that, 'You are strong, capable, and more than enough!'

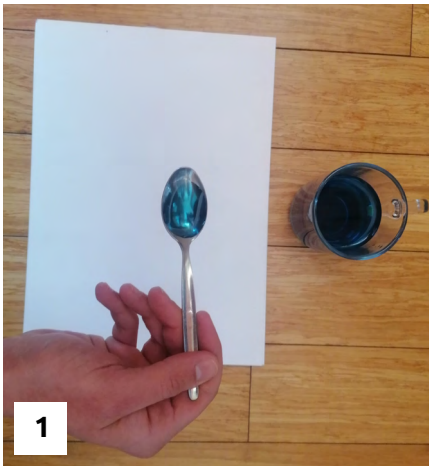

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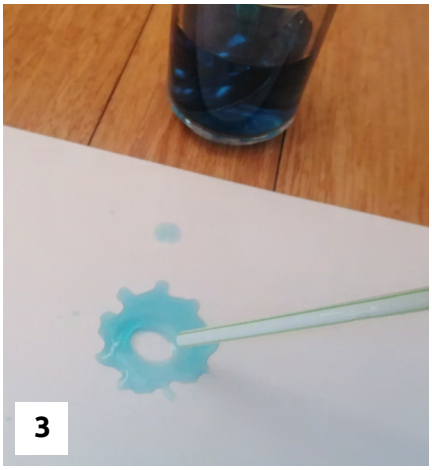


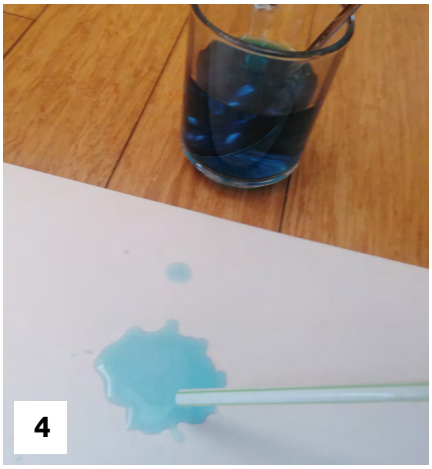
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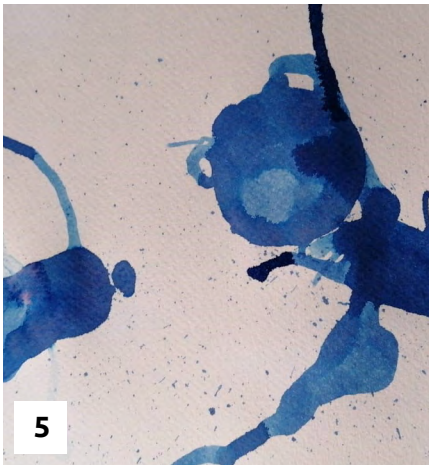



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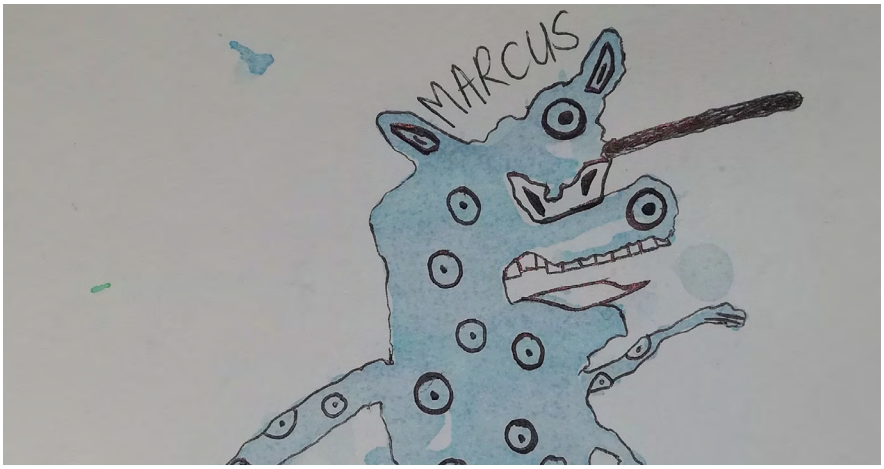

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STEVEN


HEAVY


MARCUS

Worry Monster

Blog:

Hi, I am Isabella Francisco. I have always been quite drawn to the world of fantasy, that which exists in the realm of imagination. Always getting lost in the different worlds, characters and their stories. I found the adventures between the pages to be a place where I could easily escape into for hours at a time. During my escapades in these weird and wonderful fantasylands, I would begin to comprehend the characters that invited me on their adventures with them on more complex levels. Their fears, worries, desires and triumphs became something that I was comforted by as I found myself understanding how I related to the characters and their emotions in relation to their experiences.

I find this element of fantastical imagination to hold a useful and powerful tool in going about recreating a different relationship with the inevitable worries, fears and anxieties we all experience as we encounter different life experiences and challenges. This Worry Monster recipe pairs the element of imagination and breath work as a way to identify and therefore form a better understanding of our worries, fears or anxieties in a fun, creative way. The idea here is to encourage both slow meditative breathing and the personification of these abstract fears, worries and anxieties to reshape them to feel less scary.

Author: Isabella Francisco

Prep time: 5 minutes

Creating time: 25 minutes

Total time: 30 minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	5cal
Imagination	12gr
Meditative breathing	6gr
Perspective	15grm
Fun	13pgm
Motivation	20pm

Ingredients:

- Diluted medium/s (such as watercolour, coffee, tea, ink, food colouring etc.)
- A mug/s depending on how many mediums are chosen
- A straw/s of varying sizes should you wish to play around with different sized straws
- Thick paper/ watercolour paper
- A utensil that will allow you to transfer some of the diluted medium onto paper (such as a teaspoon, paintbrush, pipette or even straw etc.)
- Pens/ Markers/ Pencils
- Acrylic paint colours
- Candle to place into the glass bottle

Directions:

STEP 1

Dilute chosen medium/s with 1/4 to 1/2 a cup of water. The more diluted the medium, the lighter the colour will be as well as less likely to leave a mark on your page.

STEP 2

Choose one or more diluted medium/s and transfer some of the diluted medium/s onto your thick paper/ watercolour paper using your chosen utensil.

STEP 3

Use your straw to manipulate the chosen diluted medium/s by slowly blowing in and out of the straw at least 10 times. P.S: Think about your breath when doing this.

STEP 4

Once you are satisfied with the 'blob' on your paper, take some time to let it dry a bit. You may use tissue/ toilet paper to dab the diluted medium lightly so that it dries easier.

STEP 5

Once semi-dry/ dry, you may now take the next 20-30 minutes or so to create a creature or character of sorts out of your abstract blob using pens, markers or pencils. In this, way try to attempt to personify a worry, fear or anxiety that you might be experiencing. The idea here is to think about your worry, anxiety or fear in a way that allows you to think about it differently.

STEP 6

Give your character a name and try to identify what it might represent for you.

Spend some time reflecting on your 'worry monster character' and its' characteristics. Notice how the activity made you feel about this worry, fear or anxiety.

Origami - A folded meditation

- Introduce self and the skill
- How do we apply this in our lives
- How is it an important part of self-care in general.
- Materiality: The focus is the process and not the final product
- Tactile nature of the skill and the headspace you go into when working with it.

Blog:

Soy (I am) ***Kiah*** and I do Spanish language lessons and every week my teacher asks me how I am. I usually answer in one of two clichés: "*Estoy muy ocupada o estoy muy bien".* Which means: I am busy or I am well. I think about how often these phrases are not good ways to describe how I actually am or how my week is going, and how frustrating it is not being able to express myself in a way that is more meaningful.

Taking the time to listen and understand where you are at in any given moment, some might say is like feeding the soul. It can be the 'nutrition' that is needed to breathe in a sense of calm and gratitude about ones life back into the system. Just like food is necessary part of self-care, so is listening to ourselves.

Doing art activities, coupled with mindfulness can be a great way to check in with yourself. Ask yourself how you are and if you don't have the vocabulary right now, then fold it into a paper crane, or draw it into a pretty pattern, by doing that you speaking the language of the soul and you are hearing yourself out. Another way of doing this vital self-care check-in, which you may or may not be familiar with is meditation. I really want to mediate more because it can help clear my mind, and cultivate gratitude, and just bring about a general sense of being relaxed. My problem is that I am kind of bad at meditating, I struggle to sit still and be focused enough to do it. I end up just thinking of everything that is stressing me out or worrying me while fidgeting and getting annoyed at myself for not meditating very well. This is where origami and pattern drawing come in. While at first learning to make an origami crane might not feel like a meditation, once you know how to do it, it can be a great way to centre your focus, and get your mind off the day.

Author: Kiah

Prep time: 5 minutes

Creating time: 25 minutes

Total time: 30 minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	47cal
Groundedness	20gr
Creative expression	20gr
Check in with yourself	30grm
Calm focus	20pgm
Ingredients:	
• A coloured marker • A piece of coloured paper • A ruler • A pair of scissors	



I made these with my little brother, and we drew mandalas on them and hung them up on our lights with some fishing gut.

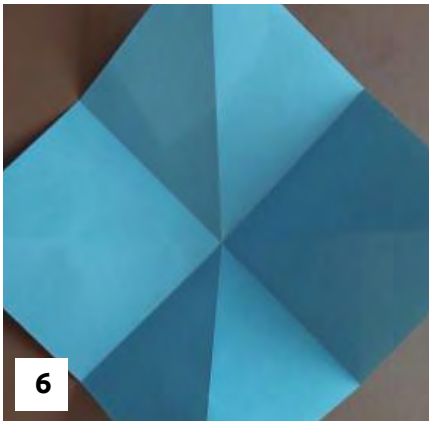


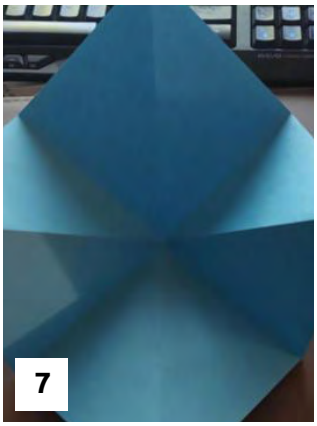


















Directions:

Prep:

Fold the corner of the paper to the edge and press down the crease.

Cut or tear off the rectangle that is hanging off the edge to make a perfect square.

STEP 1

So if you made your square you will have one diagonal crease already. Time to make another one.

STEP 2

Have your paper face you so that your diagonal is a valley fold, and then fold the paper to make the other diagonal fold.

STEP 3

Turn your page over, so that your diagonals look like mountain folds.

Mindful "Mandalas." (Extra step)

Turn your page over and create patterns or just abstractly scatter shapes and colour. This can be a mandala or any pattern that you can create repetitively. The point is to be doing something with your hands while taking a moment to be in your body. Do a body scan, notice your breath, is it shallow or deep, fast or slow. What sounds can you hear outside? Even put on some music, & pay attention to stuff you might not normally pay attention to.

Step 4 & 5

Now make vertical and horizontal half folds in the paper. When you open them up, they should look like valley folds.

Step 6

Your paper should be facing you wish side up with a point facing down.

Step 7

Pull your two side corners into the bottom corner. Your diagonal folds should meet in the centre of the bottom square

Step 8

Push the top square down onto the bottom square. Check the image for result.

Step 9 & 10

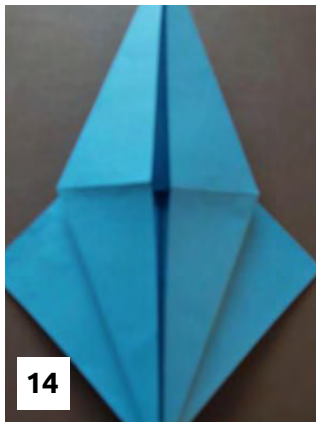
Lift the layers apart, and fold the right corner of the top layer into the centre.

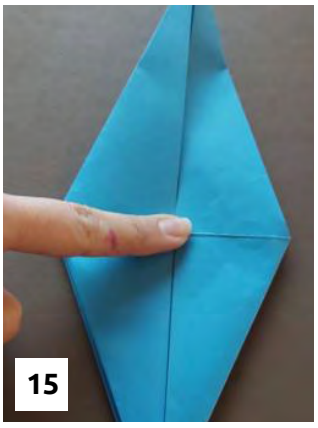
Repeat on the left and turn over, and repeat the process again.





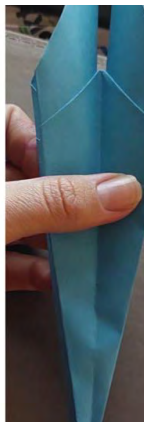


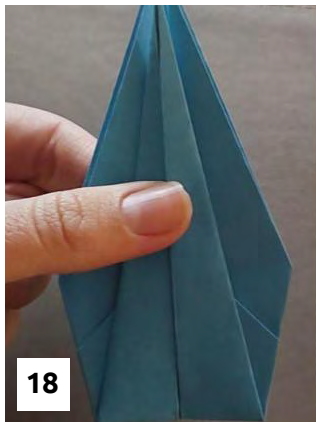








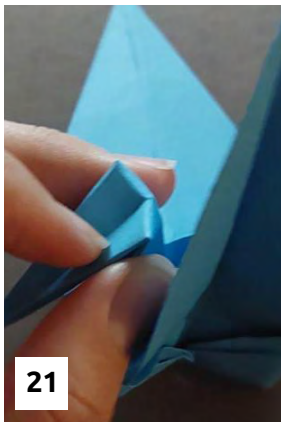














Step 11

From the point where your paper looks like a kite. Fold the top triangle down, let go turn it around and fold the triangle down again.

Step 12

Open up the folds so it looks like a square on both sides again.

Step 13

Pull the top corner up, while holding all the other corners to the centre.

Step 14

Pull the corner all the way up until the sides come in. Repeat on other side.

Step 15

Your fold should now look like this, check that your bottom 2 triangles come apart like legs.

Step 16

If so, then fold the side corner into the triangle. Repeat symmetrically and on the other side.

Step 17

Pull the side edges toward each other, repeat on the back. Therefore, you inverted the folds and your crane should look like this now.

Step 18

Pull the bottom tips towards the top tips on either side, it should look like this once you are done.

Step 19

Once you have folded the bottoms in, you can invert it again, by turning the edge to face you and pulling the two edges out to meet each other flat again.

Step 20

You can now fold the front and back flap down, you might be able to see that these are your cranes wings. Once you have folded both down, two spikes should poke up, these are the tail and head

Step 21

Pull the tail and head out slightly, and make a pinch fold for the head of the crane

Step 22

Pull on the wings gently to inflate the body of your bird and you are done, you can now admire your folded wish.





Sunflower Embroidery

Blog:

Imagine this:

A bored 8-year-old girl. She goes to her grandmother, who often busies herself with embroidery. The young girl is mesmerised as she watches a flower form on the material. She becomes eager to try her hand at embroidery. The first stitches were uneven and messy. She was pulling the cotton hard. She was rushing to catch up to her grandmother's level of expertise. Eventually, she grew frustrated and quit.

My name is Dayitaa, but you can call me Day. I was that 8-year-old girl. I am 23 years old and I am a full-time Art Therapy Honours student. For many years, I attended art classes. Painting and drawing became hobbies, which I carried throughout my life. I also have a background in Psychology. Art Therapy was a way to combine two things I loved. Through Art Therapy, I learned the value of creating artwork to slow down our minds.

As a full-time student with a busy life outside of school, I often feel very stressed. When we are constantly moving, it can become hard to slow down and take care of ourselves. Therefore, after years of school, family and life stress, I revisited embroidery as a way to slow down. Embroidery taught me two important lessons.

Firstly, I learned to have more patience with myself. Creating individual stitches takes a lot of time. When I was younger, I quit because I was not patient with myself. When I slow down, the process of creating becomes more enjoyable and it is easier to become lost in the process. I become mindful of every stitch, how the needles move in and out of the material and following my outline. When I am focused on the process, the outside world and all its worries are temporarily blocked out. Embroidery helps me recharge my mind so that I can face any challenges head-on without feeling exhausted.

Secondly, I learned to have compassion and understanding for myself. Learning something new can be daunting. I had to understand that not every piece of work I created would be perfect. However, I am always filled with a sense of pride whenever I complete an embroidery piece. All my love, care and undivided attention are stitched into my creation.

These are two critical lessons in self-care. Making "me" time in our busy lives is crucial. I hope this step-by-step tutorial helps you to slow down, add to your self-care regimen or learn a new skill.

Author: Dayitaa Moodley
Prep time: 5-10 mins
Creating time: Take as long as you need

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	0cal
Mindfulness	29gr
Calm	20gr
Brain workout	20grm
Self-care	20pgm
Accomplishment	80gm

Ingredients:

- 1 dash of embroidery needle
- 1 handful of embroidery hoop/ring of any size
- Pinches of embroidery cotton/ normal cotton (Sunflower colour-black/yellow/green cotton)
- A square piece of material larger than your hoop OR an old item of clothing that you would like to upcycle.

Tip:

- Lighter fabrics are always easier to work on especially when starting out. Calico is good for embroidery.
- A rule of thumb is to have about 7-10 cm of excess material around the circumference of the ring.

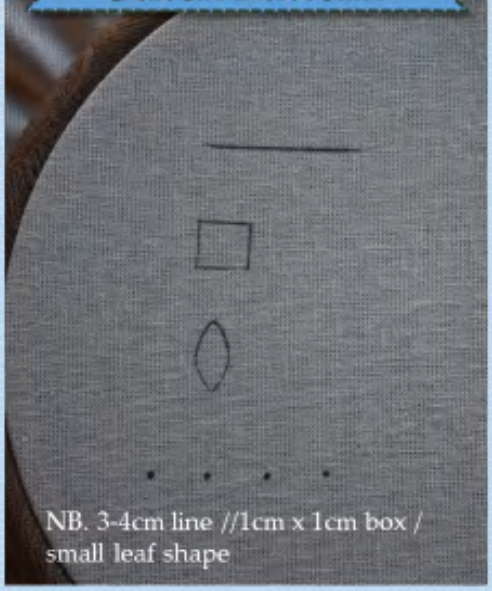




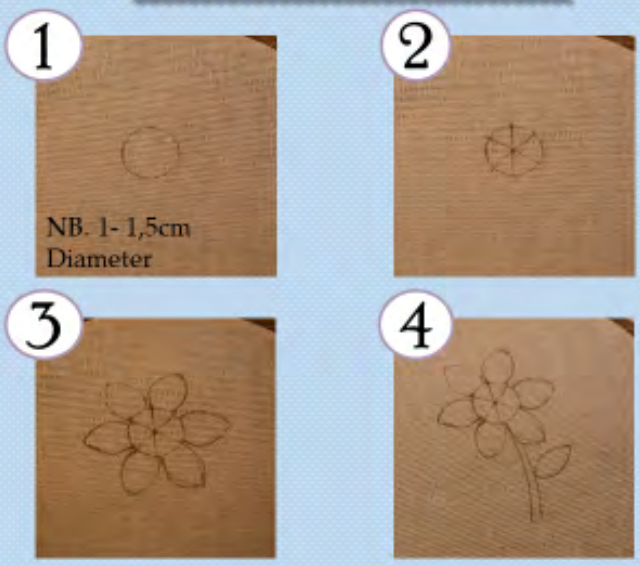


Pattern Prep

Stitch Pattern



Sunflower Pattern



Creating your sunflower



Petals
Cotton: Yellow
Stitch: Satin

Disc florets/Seeds
Cotton: Black/Brown
Stitch: Satin/French knot

Leaves
Cotton: Green
Stitch: Fishbone

Stem
Cotton: Green
Stitch: Back stitch/Satin



Stitch Delicatessen

In this section, you will be learning four basic stitches. I have collected short, beginner-friendly videos for you to follow. This selection of stitches includes backstitch, satin stitch, fishbone and French knot. I have selected these stitches for their versatility. I always find myself using one or more of these stitches whenever I create a piece of work. I have also ensured that they follow a gradual escalation in difficulty.

You will be ready to start stitching in no time at all. I found these YouTube tutorials helpful; Click the respective link to access these videos.

How to tie a simple knot -https://youtube.com/shorts/ulGg-2U6o90

How to: Back stitch- https://youtu.be/iES0ySjNIKw

How to: Satin stitch- https://youtu.be/bun6YH4AhTg

How to: Fishbone stitch -https://youtu.be/9cFaucJpGrQ

How to: French knot -https://www.youtube.com/shorts/2Q1mLqD6v8U

I hope this activity will have the same result for you. Enjoy!

Nothing goes to waste





Flower Hammering

Hi there! Thank you for coming to my section of this booklet, I hope you will enjoy the activity I have chosen to share. If you are feeling a multitude of feelings, you have come to the right place. We will be using brute force to create something beautiful today. The process does take some trial and error, and the first try might not produce the best results – I speak from experience.

The activity we will be doing is quite straightforward, but as stated above, it might take a few tries to get the optimal results. This activity can be done by anyone. It is a creative way to create an image, a beautiful background and a way to preserve flowers that might be sentimental.

We will need a hard flat, stable surface to work on; this surface must be able to withstand a great deal of force. Papers, any paper will work but for optimal results, thicker paper will be more durable and absorbent. Masking tape and paper towels are optional, not necessary but can be helpful. Colourful flowers and leaves, I will talk more to the prep shortly. A hard object to hammer with, a hammer is ideal but if you do not have one any heavy object like a rock with a flat surface will work. If hammering sounds a little intense for you, I do have an alternative – a spoon.

An integral part of this activity will be the gathering of plant material. This part is important as it offers some peace and gives you an opportunity to spend some time in nature, being present and observant. You are free to use any plant material that you wish, and do note that plant or flower might not transfer onto the paper in the way that you expect. Colourful plants are a good idea, but leaves can also yield beautiful images. What I have found in my experimentation is that you are looking for a plant that is not too juicy but also not dry. Pansies usually also transfer onto paper very beautifully. Take the time to enjoy the walk and really relax.

When you are ready and have everything you need available, you can lay down your paper on the flat, hard, stable surface. It might be a good idea to take this activity outside, as you have to hammer quite hard to release the pigment onto the paper. Use your judgement to place the flowers and leaves where you would want them to be, with the faces on the paper. You can hammer flowers one by one and create layers or you can do it all at the same time - I prefer to hammer them one by one. If you have masking tape, you are welcome to stick the flowers to the page so it does not move, however this is not necessary.

Place paper towels (optional) on top of the flowers, which will soak up excess fluid and a paper on top of that. I do not usually use paper towels, as I like to see the pigment coming through during the process. It can help to mark the top of the paper with a pen indicating where the plants are so you know where to focus on.

The next step is to take your hammer, mallet or heavy object and hammer away. I do want to caution you to be careful not to hurt yourself. You need quite a lot of force so do not hold back. You will start to see the pigment seep through the paper. I like to see this as a marker of progress.

This activity can be helpful in releasing tension in a healthy way. Transform feelings of anger or frustration into a beautiful background of colours that resemble flowers. If the hammering seems too intense, you can use the back of a spoon to rub the paper and it will work just as well. This paper can be used to write letters with a personal touch, as a basis for a picture or it can be used as images themselves. This can also be done on material if you are so inclined. I encourage you to explore with this activity using many different flowers, papers, materials, pressures and methods - this is all about exploration. It is so healthy for the soul to explore and to engage in new things. The fun part is unveiling what you have created; this is pretty exciting as it is always a surprise how it turns out.









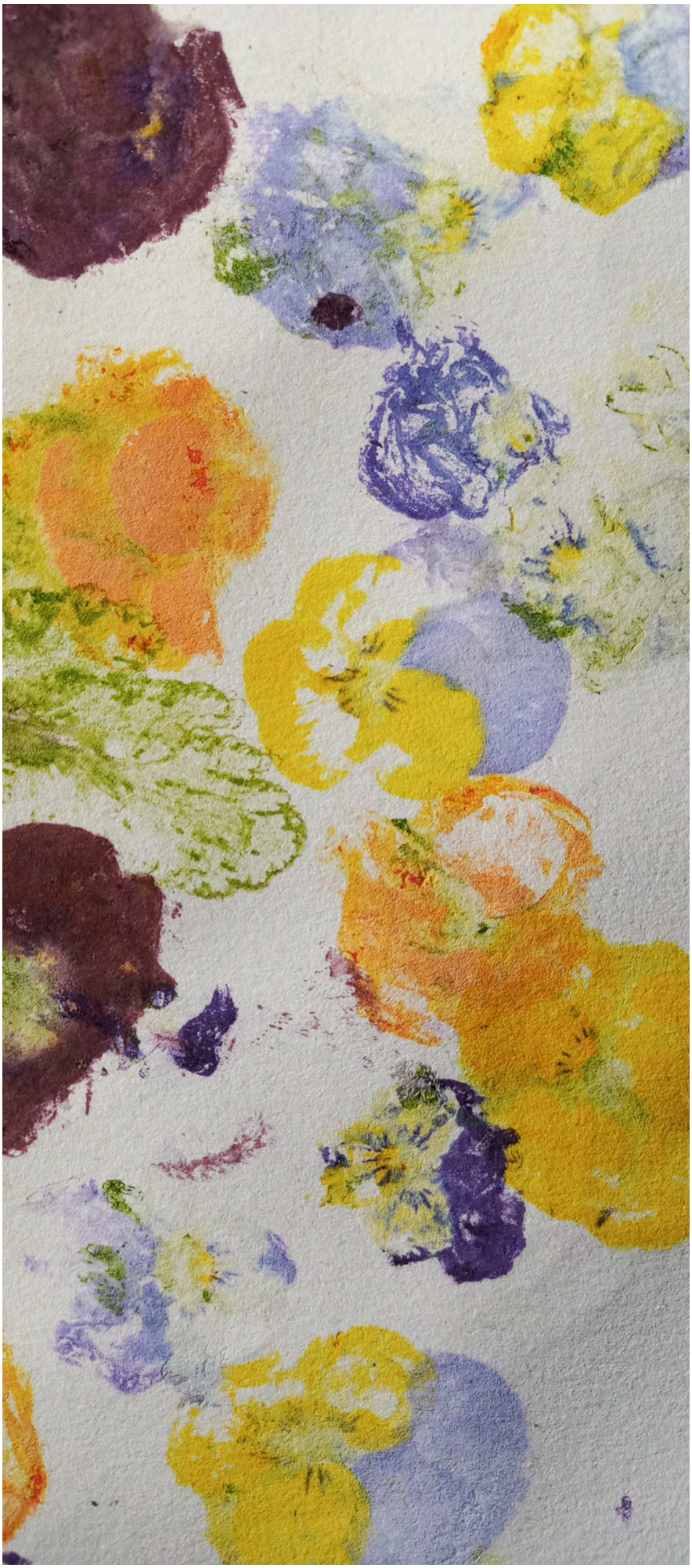
Author: Vanessa Tsao

Prep time: 30 minutes

Creating time: 20 minutes

Total time: 50 minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	0cal
Release frustration	30gr
Energy exertion	40gr
Satisfaction	20grm
Relief	20pgm
Enjoyment	20pm
Ingredients:	
• Hard, flat surface to work on (ensure the surface can handle being hammered) • Paper (2 sheets) • Masking tape (optional) • Paper towels (optional) • Colourful flowers and leaves • Hammer or hard object like a rock • Spoon (alternative to hammer)	



Directions:

STEP 1

Prep: Collect different flowers and leaves

STEP 2

Place paper on flat surface.

STEP 3

Arrange flowers on the paper, if you have tape, you can tape them down.

STEP 4

Place paper towel and/or second paper on top.

STEP 5

Start hammering (with caution) or apply pressure with the back of a spoon to transfer the flower's pigment onto the paper.

STEP 6

Unveil your creation.

Clay Symbol of Positivity

Blog:

Hello, I am Claire. Being an artist and a teacher, I was drawn to clay as a material of self-care at a time of personal trauma. Working with clay became a way for me to focus on myself and gave me a space to explore my creativity in an embodied way. It helped me find a sense of identity and it empowered me to value myself. I have found that working with clay allows me to regulate my senses through working with a three dimensional product. I feel that I can really connect with myself when I create with clay; it allows me to focus on the process rather than the busyness of life. I enjoy pushing the boundaries of the medium and as a result, allow myself the freedom of exploring new ideas and allowing myself to experience failures and build resilience.

Embarking on this relationship with clay, even if just for a short period, requires a period of preparation. Through this period of preparation, we are given the opportunity to shift our thoughts and prioritise our personal time. Working with clay can be a messy process and finding a space that allows this exploration is an important consideration.

Choose a space where you are not going to feel anxious about messing. Prepare a surface with newspapers or fabric, which encourages exploration and does not inhibit your creativity.

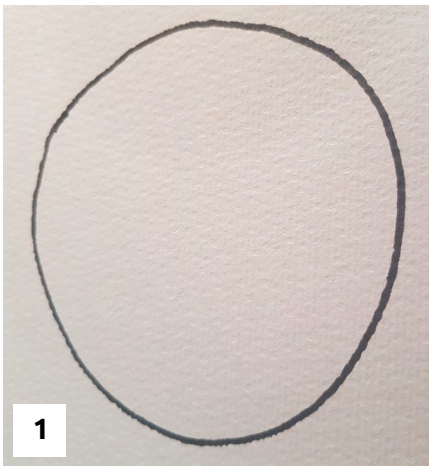
Clay can dry one's hands and as it is a tactile medium, requires an acknowledgment of how we might feel and how we will be able to contain these tactile experiences. Prepare a hand cleaning station with some warm water, a towel and hand cream. This will allow you to re-centre yourself and create a sense of completion and ending to your experience of working with clay.

For this activity, you need some clay, this can be earthenware or air dry clay (Jump to Clay recipe button), a piece of A4 paper, a marker, material to work on such as a wooden board, newspaper or piece of fabric, warm water, a towel and hand cream.

Choose a time when you will not be disturbed, this is your time. Before you start, take a moment to focus yourself. Take a few minutes to do a mindfulness exercise or short meditation before starting.

Step 1

Fold your piece of paper in half and tear it- it does not matter how it tears, this paper is not important- it is just a springboard for the activity. Think of a symbol for positivity in your life. Something special to you: a shape and draw the outline of it on your paper.

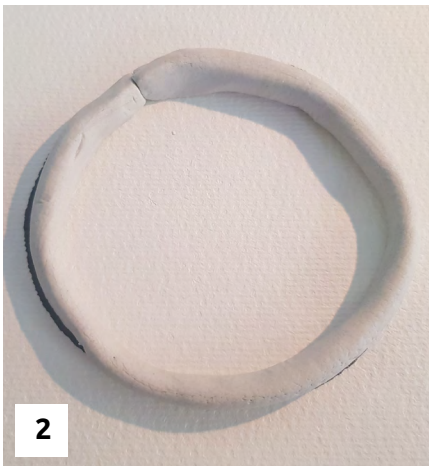

1

This will form a frame for your clay activity. If it is an open image, try to find a way to close it, create a boundary and a sense of safety in the image.

Once you are feeling calmer and ready to start, break off a piece of clay and take a moment to feel it. Acknowledge how it feels, is it cold, wet, soft?

Step 2

Start by creating a coil with the clay- about the thickness of a finger. You can roll it between your hands or on your prepared surface. Start by outlining your symbol on the paper with you clay coil- if your coil is too short, do not worry, create another and join them together by gently smoothing the clay together. Once you have an outline of your symbol, take a moment to think of positive aspects of your life. You can write them down if it helps. Perhaps take a moment to wash your hands with warm water and re-orientate yourself.


2

Step 3

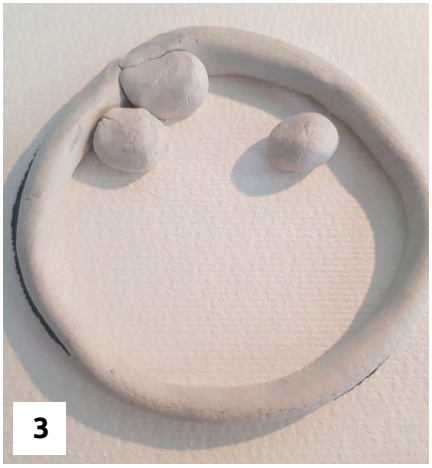
Break off smaller pieces of clay; these can be rolled as balls, spirals or any shape you wish. Fill your symbol with these pieces of clay whilst acknowledging the positivity you thought of earlier.

Step 4

Very gently smooth the pieces to each other, using your fingers. This will help bind your positive shapes to each other, contained and safe within your coil boundary.

Step 5

When it is complete, gently invert your creation to reveal your positive shapes within the outer coil.







Take a moment to reflect on the process whilst you wash your hands, gently dry them and use some hand cream to nourish your skin and acknowledge the process, with your hands as the magical tools to creativity.

At this stage, I suggest letting your creation dry, and fire it in a kiln if you choose to use earthenware clay. You might want to keep it the natural colour, or paint it. There is no right or wrong answer here. Do what feels right for you.

Author: Claire Woollatt

Prep Time: 5 minutes to set up + time to make air-dry clay if necessary

Creating time: approximately 30 minutes including guided meditation

Total Time: approximately 35 minutes

Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	52cal
Mindfulness	29gr
Creativity	20gr
Tactile	20grm
Playfulness	20pgm

Ingredients:

- Approximately 500g Clay (see air-dry clay recipe to make your own)
- Wooden board with newspaper or canvas to work on
- Cornflour to sprinkle on worktop if clay sticks
- A4 Piece of paper
- Marker
- Bowl of warm water
- Towel
- Hand soap

Method:

STEP 1

Tear paper in half and draw shape with marker.

STEP 2

Roll coil with the clay using your hands.

STEP 3

Outline your shape with the clay.

STEP 4

Fill shape with smaller pieces of clay representing positivity.

STEP 5

Gently smooth the pieces together using your fingers.

STEP 6

Once the shape is filled and smoothed, turn it over to see your final image.

STEP 7

Allow to dry and paint if you choose to.

Clay Finger Labyrinth for Mindfulness

Hello again, this is another wonderful activity which is great for mindfulness. The process of drawing and then creating a labyrinth can be a great way to clear your mind of troubles. The great thing about this activity is the usefulness of your finished piece. When you are feeling a bit under the weather or are struggling to focus your thoughts, tracing your finger through the labyrinth can help calm your mind. With each twist and turn of the labyrinth, I encourage you to take deep breaths. Acknowledge your thoughts but do not hold onto them. Let them pass you by like a soft, happy cloud floating through our minds.

In the previous activity, we drew a symbol and created the clay image on top of it, this one is a little different.

I recommend taking a few moments to gather your items, find a space clear of distractions and follow the instructions to draw a labyrinth on your piece of paper. I like to start with the cross measuring 4cm up and across but you might prefer to make it slightly larger depending on the thickness of your fingers.

Author: Claire Woollatt

Prep Time: 5 minutes to set up + time to make air-dry clay if necessary (Jump to Air Dry Clay recipe)

Creating time: approximately 45 minutes including guided meditation

Total Time: approximately 50 minutes

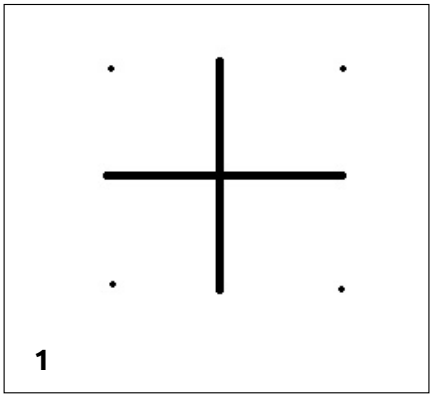
Nutrition Facts	
Nutritional value information in 30mins	
Mental health benefits	
Ave amount of calories	52cal
Mindfulness	29gr
Creativity	20gr
Tactile	20grm
Playfulness	20pgm

Ingredients:

- Approximately 500g Clay (see air-dry clay recipe to make your own)
- Slip: Some watered down clay- mixed to the consistency of yoghurt
- Something sharp such as a porcupine quill, a kebab stick, sharp knitting needle, old pen
- Something flat and blunt such as a sucker stick or back of a spoon
- Wooden board with newspaper or canvas to work on
- Cornflour to sprinkle on worktop if clay sticks
- A4 Piece of paper
- Marker
- Bowl of warm water
- Towel
- Hand soap

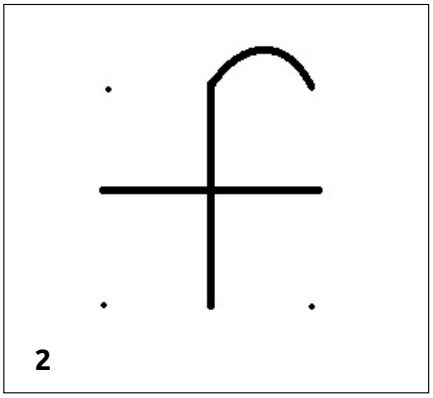
Step 1

Draw a cross approximately 4cm x 4cm. Place dots in the corners of an imaginary square.



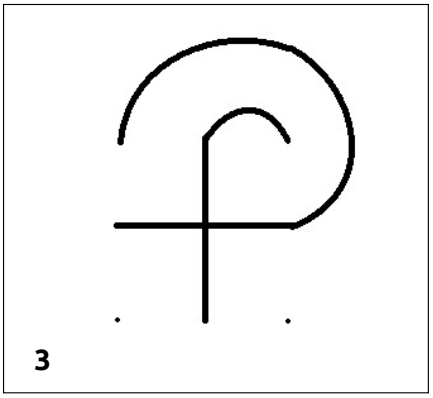
Step 2

Join the upper vertical line with the top right dot using a curved line.



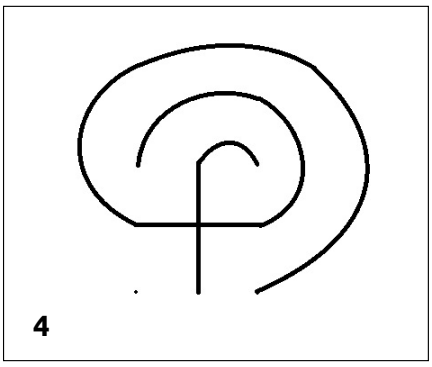
Step 3

Use a curved line to join the right point of the horizontal line with the upper left dot



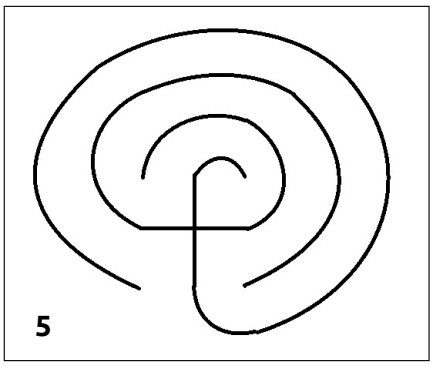
Step 4

Use another curved line but this time, join the tip of the left horizontal like to the lower right dot.



Step 5

For the final line, join the bottom tip of the vertical line with the bottom left dot, using another curved line.



Once you have completed your drawing, trace your finger along the pathway and get a feel for the movement, stopping in the middle before tracing your finger back out to the start.

Step 6

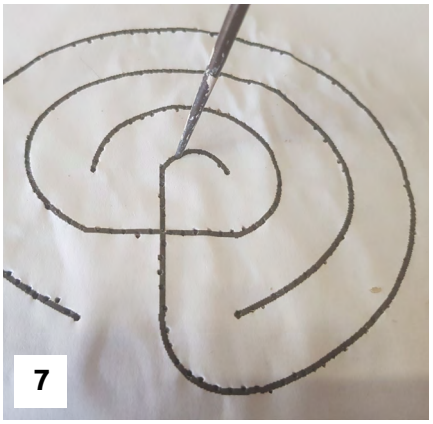
Put your paper aside and unwrap your clay. You will need approximately a small fist size of clay, that when flattened will be the size of your labyrinth drawing. This is a great stress reliever. Start by rolling into a ball and then with flat hands, pound it by hitting the clay until it flattens. If this is too jarring, you can use a wooden rolling pin or cardboard tube, but I prefer smacking the clay into a 'pancake'

Step 7

When your clay is even- approximately 4-7mm in thickness, rinse and dry your hands before placing your drawing face up onto your clay. Use your sharp tool to gently poke holes into the clay along your drawn. Do not press too hard, just enough to poke through the paper.

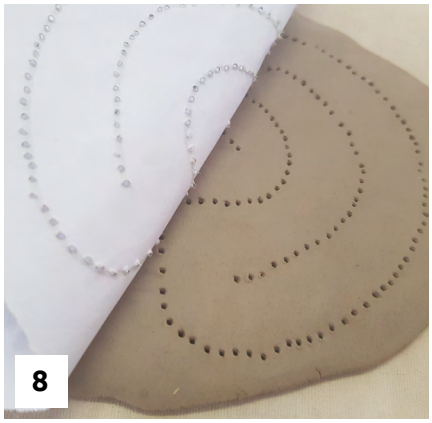






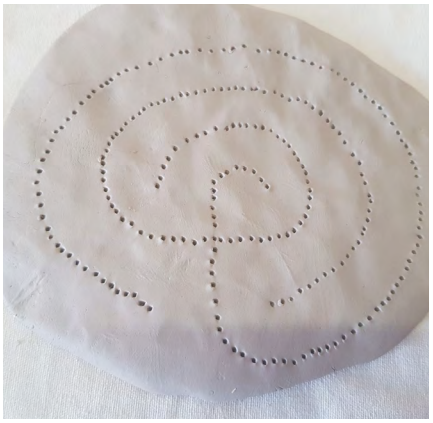
Step 8

Take your time with this process, as it is fun. There is something quite satisfying about poking holes through the paper. Gently peel the paper off.



Step 9

Use your same sharp tool to do some very gently scratch marks along the dots. Just a gentle crosshatch of marks following the pathway of dots.





Step 10

Roll some thin coils using the rest of your clay. This is similar to the previous activity where we outlined our symbols. This time we are going to glue them with our slip along the scratch marks.



Step 11

Apply some glue with your finger along the scratch marks.



Step 12

Place your thin coils along the labyrinth lines, which you have covered in slip. Press gently to secure.



Step 13

The next step is slow and gentle. Using your flat tool, gently with small movements, press down the sides along all of the coils to blend them into the base without squashing the coils.





Step 14

To finish off your labyrinth, run your pointer finger along the joins and between the coils to smooth it out and neaten it off. If you are using air-dry clay, you could add some found objects like shells or beads to decorate it.



Step 15

Allow to dry. If you used earthenware clay-, you will need to fire it and add some paints and glaze to complete it and get a smooth surface for your fingers to navigate.
For Air-dry clay, once it is dry, paint and varnish to create a smooth finish.



Method:

STEP 1

Draw a labyrinth design on a piece of paper. Follow the instructions above or come up with your own design.

STEP 2

Flatten some clay using your hands or a rolling pin/ cardboard roll.

STEP 3

Place the paper draw labyrinth on top of the clay and poke holes along the drawn lines.

STEP 4

Gently peel off the paper to reveal the design on the clay.

STEP 5

Using the sharp tool, scratch small cross hatching marks along the dots.

STEP 6

Role some thin coils with your remaining clay and attach along the scratched marks, using slip to secure.

STEP 7

Using the blunt tool, gently blend the edges of the coils to the base to create a smooth finish.

STEP 8

Run your fingers between the coils to soften and smooth the marks

STEP 9

Allow to dry and paint or glaze for a finished smooth labyrinth.

STEP 10

Keep it close by so that you can run your fingers through the labyrinth, allowing yourself to take a moment to reflect and calm your mind. Do this as many times as you feel is necessary.

Air Dry Clay Recipe

This recipe does not require baking:
Allow to air dry at room temperature

Ingredients:

- ¾-Cup water
- 250ml Bicarbonate of Soda
- 125ml Cornflour + additional for dusting
- Stove
- Pot
- Wooden spoon
- Breadboard

STEP 1

Place all 3 ingredients in a pot

STEP 2

Mix until smooth

STEP 3

Heat on medium stove whilst stirring

STEP 4

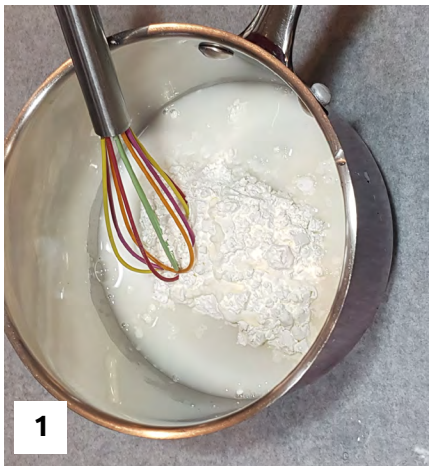
Stir until mixture creates a ball and pulls away from sides

STEP 5

Transfer to a wooden board coated in corn flour

STEP 6

Knead until smooth and allow to cool before wrapping in plastic until needed













Source list:

Sarah Baldwin. 2019. Finger Knitting with Children.[O]. Available:Sunday with Sarah - YouTube
Accessed 23 August 2022
Mollies make create - Knitting How to [O]. Available :https://www.mollies.nz/page/knitting_How_To
Accessed 23 August 2022



**“Caring for myself is not self-indulgence,
it is self-preservation and that is an act of political warfare.”**

Audre Lorde