

"Hi. We have designed A PIECE OF MIND to share ideas and activities that have supported us. There's no wrong way to do anything here - we hope you find the activities relaxing and have fun trying them out."

From Ayra, Hannah, Mimie and Oliver, members of Cambs Youth Panel.



A PIECE OF TIME invites you take a moment to experiment with ways of noticing the world around you and responding to it.

MAKE A JOURNAL

Be experimental with paper - you could even research how to make your own! Pages don't need to be a regular size... postcard size is a good guide. Hole punch a corner or side and thread the pages on to the ring, string or ribbon, adding to the journal as you need more pages.

MATERIALS:

Hole-punch, scissors, keyring clip, string or ribbon, glue, masking tape.

A selection of paper and card: graph paper, old envelopes and postcards, sugar paper, cereal packets.

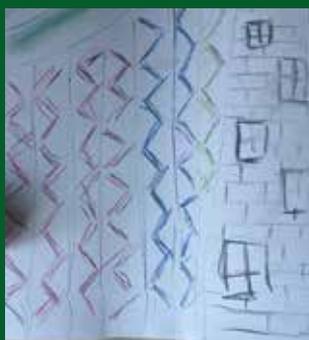
Pens, pencils, pastels, paints, charcoal.



Record the weather each day... how would you describe it? Experiment with different materials and mark-making.

BE INSPIRED BY PATTERNS AROUND YOU

Look out for patterns in the world around you - in brick work or buildings or the nature outside your door. Ayra noticed these on her gatepost for example.



CELEBRATE SMALL WINS!



List small wins, and things that have made you feel good... such as more time with people you like, or a peaceful walk.

Want to get something off your chest? Write it in your journal... then scrunch it, rip it and trash it!



TAKE A HOT CHOC MOMENT

Sit in your space. Take time to record your day, and look back on your past days too... notice the small stuff, and remember there's a new day tomorrow.



A PIECE OF TIME



A Fullscope Creative Care project with Cambs Youth Panel and Cambridge Curiosity and Imagination supported by The Evelyn Trust.

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A PIECE OF SOUL invites you to dip into our soundtracks inspired by different moods, try out recording your own sounds and make your own playlists.

SOUNDTRACKS
INSPIRED BY NATURE,
COLOURS AND MOODS.

"During lockdown music has been a comforting constant in such disordered times" says Mimie. "Music is a way that I have grounded myself during all the lockdowns and I wanted to share the relief that I get from music with all of you."



Listen to this 'Incredible Nature Sounds Therapy' on YouTube. Can you make your own soundscape recording of sounds in nature: maybe the weather or birdsong?

Perhaps make a video using photos, film and recordings of the nature on your doorstep - from skylines and trees to flowers and insects. Tuning in and noticing the small stuff is soothing for us all.



Mimie has created these playlists just for you - inspired by colours and the feelings they evoke.

Scan these codes with your phone to link to them on Spotify. Each is inspired by a particular mood. Maybe you would like to create your own playlists, inspired by a colour or idea.

TAKE A HOT CHOC MOMENT

"Making a hot chocolate is a lovely way to have fun and create something entirely customisable. There's loads of flavours to choose from, you can decorate however you want and can bring some warmth and soul into your day" says Ayra.

Take time to relax and tune in the sounds around you. There is so much that we cut out - get comfortable and listen carefully... what can you hear?



A
PIECE
OF
SOUL



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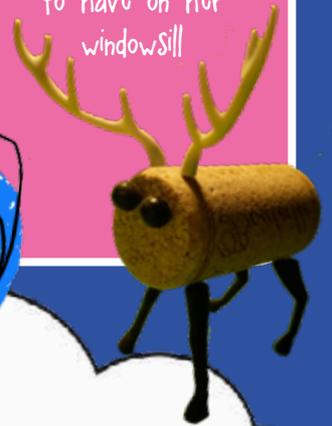
A PIECE OF SPACE invites you to explore your environment, nature and the objects around you, and create relaxing spaces of your own.



Explore your home and the natural world around you - use plasticine, recycled and found objects to make 'pets' and lucky charms to decorate a space you like to spend time in.

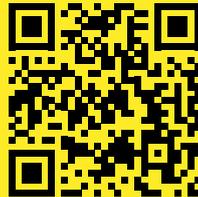
Hannah's pebble painting and illustration.

Hannah made this pet from a cork to have on her windowsill



Could you create a simple stop frame animation using your made pets, plasticine and found materials?

Here's a short film by artists Sally Todd and Hilary Cox Condron, exploring animation with everyday objects - produced as part of the #CreativeCare programme.



Make a label telling the story of a treasured item or place around your home. Why is it special to you? Is the object from somewhere in particular? What memories does it hold? Make more labels using recycled packets or paper, a hole-punch and string.

CREATE YOUR OWN CONSTELLATION

Draw an animal or celestial being that represents you and mark the key points so that it becomes a constellation. Using glow in the dark paper try cutting out stars, or any shape you like, to create a new pattern of your own.

You could stick these to your ceiling or on the walls of a corner you like to relax in.

In ancient times, stars were grouped into different patterns called constellations meaning 'a group of stars' in Latin - they were named after gods, goddesses and animals.

MATERIALS:

Glow-in-the-dark or bright paper
Scissors
Tape or Blu Tack

TAKE A HOT CHOC MOMENT

Make a warming drink. Sit in Your Space. Take time to relax and notice what's around you. What can you see, hear, smell, taste and feel? Relax and savour the moment.



A PIECE OF SPACE