



Cartwheel
Arts



co
op

CONNECT

Creative inspiration
to connect with
yourself and others

A pack for families
and schools



Welcome to CONNECT.

We were delighted to be asked by the Coop to create this creative pack as part of their commitment to Mental Health Awareness Week, which runs 9th – 15th May 2022 and focuses on the theme of loneliness. We know that everyone can feel lonely sometimes, so this pack is full of activities that can be completed individually or as part of a group.

Our wonderful artists Oliver, Charlotte, Amina & Bailey developed the activities in this pack. We think that having a go at something creative is a really fun way to spend time and can help to lift your mood if you are feeling down. So whether that's making an origami friendship bracelet, or writing a love letter to your toaster(!), we hope that you enjoy trying the activities in this booklet.

About Cartwheel Arts

We are a Greater Manchester participatory arts charity that has been delivering 'Art for a Reason' for over 35 years.

To find out more about Cartwheel Arts please visit www.cartwheelarts.org.uk. You can learn more about the artists involved on the back page of this pack.

Cartwheel Arts

110 Manchester Street,
Heywood
OL10 1DW

t 01706 361300

e admin@cartwheelarts.org.uk

w www.cartwheelarts.org.uk

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How are you feeling today?

The last two years have been a rollercoaster for us all. You may have been through a range of emotions, from feeling scared as we all had to stay at home and wear masks, to being confused and sad to be separated from your friends and family, then happy to be reunited with them again. What a journey!

After all of that, we need to make sure we're looking after ourselves and each other.

Why don't you ask a friend today how they're feeling and listen to what is on their mind? If someone has a broken arm, we can see they are injured and not very well, but how do we notice when someone is feeling sad, confused or upset? It's not always something we can see, so we need to make sure we're always kind to each other and if we are feeling sad or angry, we need to speak to someone in our family, a friend or a teacher. We don't need to feel lonely, there is always someone there for us.

We've produced this activity pack to share some activities and games for you to try at home or at school, to connect with your friends and family. Connecting with those around us is so important because we're all part of one big web of the world. So turn the page and start making lots of connections!

From all at Co-op.

Supporting Mental Health
Awareness Week
(9-15th May 2022)



Tissue Paper Kite decorations

by Bailey Leonard

Have a go at making these fun tissue paper kite decorations. They are the perfect decoration to brighten up your space, they may not fly but they look great!

Materials

Tissue paper
Wooden sticks or straws
Glue
Tape
Scissors

Its fine if you dont have tissue paper, Use anything you can get your hands on, Newspaper, Recycled bags Etc!



Start by creating a cross + with two sticks, I used skewers but you can also use sticks from outside or straws, using tape to secure them in place. It may take a few layers of tape to make it sturdy!

1



To build the frame of the kite repeat the same steps, creating a diamond shape. Again using lots of tape to make it secure.

2

3

Using your chosen colour of tissue paper trace around your kite shape leaving some extra space so you can fold it over the frame. Use a glue stick around the edges of the tissue paper and fold it over the frame making sure its stuck down!



4

Now its time to decorate your kite, You can use tissue paper in different colours & shapes & pens or pencils to add drawings/doodles to the kite.



To finish your kite off you can add some string/yarn at the bottom.

5

Create a family of kites with friends and family, brighten up your room!

Origami Friendship Bracelets

by Bailey Leonard

These bracelets are the perfect gift to give to your loved ones. You can make a set of matching bracelets for you and your best friend. Have a go at teaching a friend how to make these bracelets!

Materials

Paper
Pens or Paint
Scissors
Ruler
Glue

1

Start by decorating a piece of A4 paper, I used some paint in a few shades to create a textured effect. You can also use pens or pencils to decorate the paper with doodles & drawings.

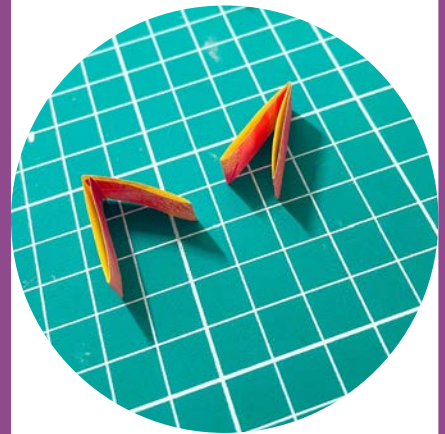


If you used paint, wait for it to dry before this step. Flip your design over and use a ruler and pencil and divide your page into 1.2cm by 10cm strips. Once you've done this cut out the strips!

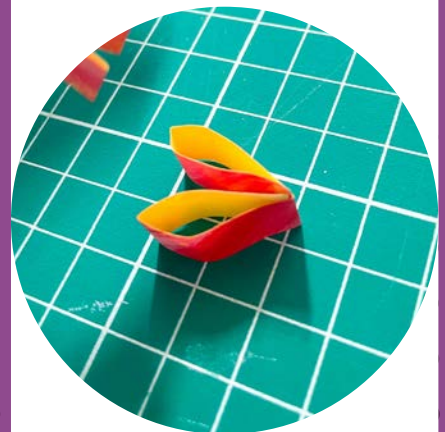
2



Fold the strips in half vertically...



...and then again, this time folding it inwards.



Your paper should look like a heart.

3



Taking 2 pieces of folded paper, insert 1 piece into the other (through the loops) this is the start of your bracelet.

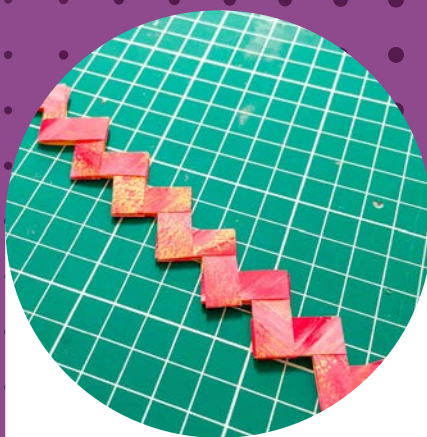


Repeat.



It should look something like this.

4



Once you have your desired size use glue to secure the ends together.

5



Spread Kindness Like Confetti!

by Yan Tan Tethera

Make someone smile with these positive messages - leave them for someone to find as a lovely surprise - this could be a friend, family member, neighbour or a stranger.

Materials

1 x print out of this page
(don't worry if you haven't got a printer, you can create your very own postcard, you'll just need a piece of paper!)

Colourful pens or pencils

Stickers (optional)

Scissors



1

Think of a kind and positive message to write on the postcard – this should make the recipient smile! Some examples you could use include –

‘You make me smile’

‘Believe in yourself’

‘You are loved’

‘You are a brilliant friend’

‘I like you because...’

2

Once you have written this, you can decorate the postcard with colourful pens or pencils, adding in a drawing, if you wish or stickers, if you have them.

Cut out around the dotted lines.

3

Make someone's day by leaving the postcard somewhere for them to find!

If you are unable to print this page, create your own postcard by cutting out a similar sized rectangle from paper or card. Using the postcard image as inspiration, draw a stamp and areas for writing and a picture (you could even draw a lovely picture on the back too). Write your kind message and decorate as above! Leave your Positive Postcard for someone to find and smile!

Materials

1 x print out of this page (see below for ideas if you are unable to print)

Colourful pens or pencils

Stickers (optional)

Scissors

Did you know?

Spreading kindness to others not only makes them feel good, but it also helps to make us feel happier and healthier too!



1

Print out the star template or create your own

Decorate the star with colourful pens or pencils.

2

Cut out around the outline of the star. Optional: place the star on the end of a stick and secure on the back with tape to make a star wand.

Add ribbons to decorate, if you have any.

3

If you are unable to print the star image, create your own shape with a pencil, on any paper or card you have (you could perhaps use an old cereal box). If a star is too tricky, you could draw around a cup to create a circle shape, or hand draw a love

heart, flower or triangle. Write your message, you could use 'You are Wonderful' or choose any lovely words that would spread happiness, and decorate as you wish. Cut out with scissors and follow the instructions above to attach to a stick (optional).

Create your own colouring sheet with Doodle Art patterns

by Amina Sheikh

Have you ever wanted to create your own colouring pattern? Well now's your chance to have a go at immersing yourself in creating imaginative patterns and then losing yourself in the realm of colouring those doodle patterns in! You can do this activity by yourself, or with friends and family, by giving them a section to colour in!

Materials

Paper - (any sort of paper and any size)
A Black Felt tip pen or a Black Sharpie or Black fine line pen
Coloured Felt tip pens, or sharpies or coloring pencils

1

Create some large shapes, the example photo uses triangles, you can draw any shapes you like.



Now fill the area between the shapes with some wavy, straight or curved lines.

You have two options now: You can stop here and start colouring in! (See final example photo) If you would like to do this then please see the top tips for colouring in.

or the second option is to carry on and to go to Step 3.

2



Add details within the wavy and curved lines. Experiment with different shapes.

3

4

Now colour in!

Top Tips for colouring in

Select a few colours, to see what works together. Choose between using 3-6 different colours. Once you have decided on your final colours, start colouring in!

Have a go at creating doodle designs with your friends, you could create a colouring sheet together!



Funny Face Balloon Volley Ball

by Yan Tan Tethera

Create and play!

Materials

A balloon

Felt tip or marker pen

A friend/sibling/parent or carer to play with

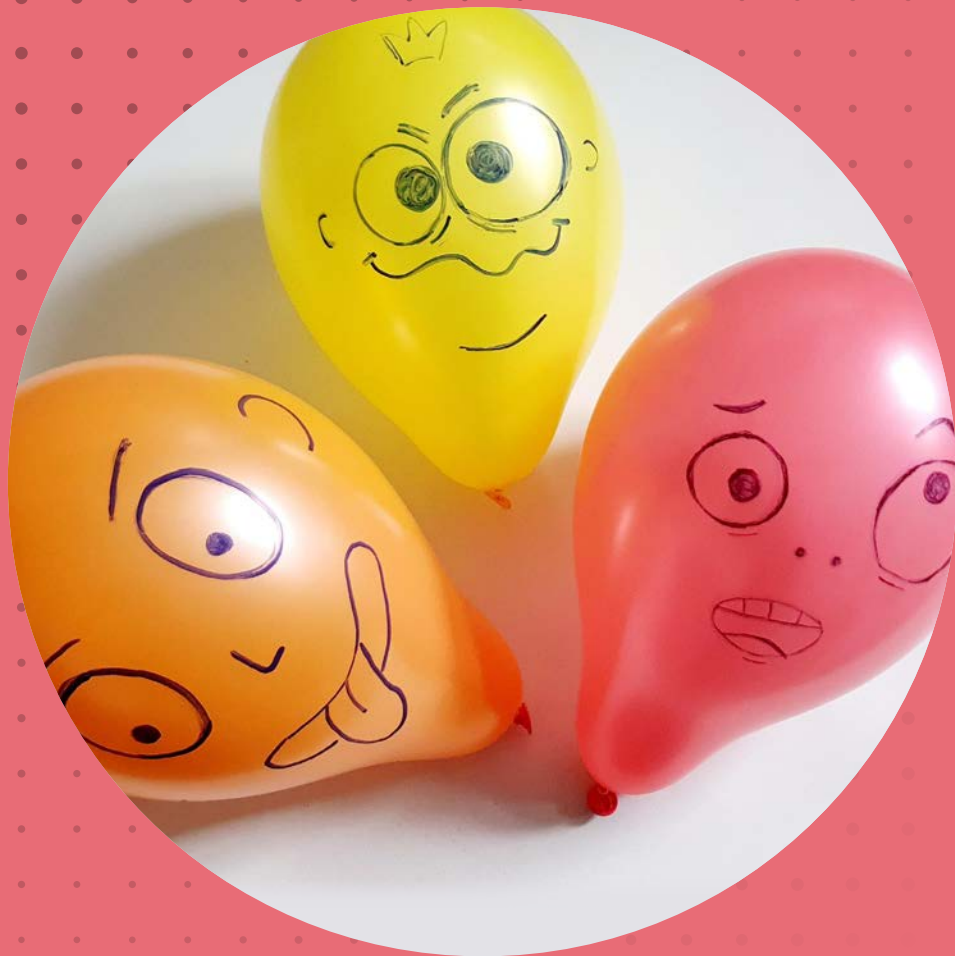
A space to play (Stay clear of fragile objects!)



Blow up your balloon and tie a knot.

Draw a funny face on your balloon, the sillier the better!

Think of a name for your balloon and let the pen dry if necessary. Now you're ready to play balloon volleyball!



Did You know?

Exercising your body creates hormones called 'endorphins'. They can make you feel joy and happiness. Share the joy by playing with a friend, sibling or family member! This fun and silly game should help your body release lots of endorphins!

Find a space in your house or garden. You could use a sofa or table to act as a 'net' in the middle of you and your opponent.

The aim of the game is to keep the balloon from touching the floor.

Tap the balloon to get it away from your side and over to your opponent's side!

Players score 1 point every time the balloon touches their opponent's floor.

First player to 10 points wins (or just play for fun!).

Why not try with more than one balloon, all with different silly faces, to add to the fun!

Story Objects

by Yan Tan Tethera

Chose an object – any object – and create a short story about it by answering the following three questions:

- 1 **Who did it belong to?**
Who used to own this item? Who are/were they? What's their name? What's their occupation?
- 2 **What did they use it for?**
How did they use this object? Was it for good or evil? Did it provide them with any otherworldly powers?
- 3 **How did you get it?**
How did you end up with this object? Did the original owner simply lose it? No, something more sinister or magical I suspect!



Share your objects with friends/family and create a story together – find ways to connect your objects!



Struggling to find an inspiring story object? Well, here are three images and one story to get you started.

This hag stone once belonged to a powerful witch name Florence Bootstraps. She would look through the hole in the stone to find areas of magical importance (faerie mounds, enchanted caves, long lost golden hoards etc.).

However, she lost her relic after being forced from her village by a rabble of angry and ignorant witch hunters. Luckily, a young girl from the village, who was watching from a far, found the stone soon after. She searched for Florence, finding her in the nearby woods – where she learnt all she could about witchcraft. That young girl was my great, great grandmother and she handed down the stone, a gift from Florence, to her first-born daughter. She then handed it down to her daughter and so on and so forth.

My mother now has the stone, which she often let's me look through – to see the magic in the world around me.

Love Letters to your Home

by Yan Tan Tethera

Let's show appreciation to the things we love in our home by writing them a letter.

Choose something in your house, your home, that you really like – love even.

And write that something a letter.

A letter telling it why you love it.

Make sure to include:

An address.

A loving greeting.

Some reasons why you love it.

A sincere sign off.

Why not do this activity with your family, see what they love about your home!

Once you've written your letter why not make a vintage envelope so you can post it to your chosen household item? Just follow these steps:



Get an envelope, teabag, and some water. Use the wet teabag to stain the envelope.

Staining the envelope with the wet tea bag (give it a squeeze before you rub it on the envelope – otherwise it'll get too wet).



Once the envelope is dry, draw on a stamp – making sure to add it to the top right of the envelope.

Finally, write the address of you chosen household item. Now it's ready to give to your chosen love!

The Toaster
In the Kitchen
HOME
U.K

Dear darling Toaster,

I love the way you toast my bread in the morning,
so that I can have hot buttery toast for breakfast.
Without you I'd have to eat cereal, which is OK, I
guess. But you are my go-to breakfast buddy!
So, thank you.

Lots of love and crumbly, butter grease kisses,

Oliver.

Make your own decorative gift bag or wrapping paper

by Amina Sheikh

This is a super fun activity for creating exciting repeat Doodle art patterns with the endless possibility in exploring different shapes and lines, as well as a fab way to show someone you care by making a gift extra special. Also, this activity is great for the environment as it encourages recycling and reusing paper bags and creating gift wrap from paper around the house.

Materials

Paper (this could be brown paper from packaging, old tissue paper or any sort of paper around the house)

Paper bags
(that you already have)

Black felt tip pen or
black Sharpie

Felt tip pens or sharpies

1

Decide if you want to use colours or you can stick with a single colour, like black.

Top tip: as before, try a few colours on paper to find the best colour combinations to use.



Using the same theme of geometric shapes as the previous activity, draw out several shapes on paper.

Top tip: add detail by drawing inside the shapes and outside.

2



Once you are happy with the final Doodle shapes, pick out one, or a few shapes for your pattern.

3

Wellbeing Benefits

Creating repeat patterns, have the therapeutic benefit of making you more relaxed and focused as you repeat drawing the same shapes and lines.

4

Start to repeat the shapes to create a pattern.

Top tip: you could try out your pattern, on a scrap piece of paper first before doodling on the actual bag or brown paper.

5

As you are repeating your Doodle Art shapes, don't worry if you make an error this adds to the handmade quality.

Top tip: if using colour you can repeat the same shape in different colours as shown in the final paper bag photo example.



6

Once you have created your repeat pattern, if you choose to, you can fill in the area between the shapes with dots and lines.



Positivity Diary

by Bailey Leonard

This diary is the perfect way to document and remember things that make you happy. You can read the diary on days you may be feeling low to cheer you up! Ask your friends or family to write something they love about you in your positivity diary

Materials

Paper
Pens/pencils
String
Scissors

1

Begin by cutting your A4 paper in half, and then fold those pieces in half to create your pages.



Design your front cover, I used coloured pencils and drew some objects I think show positivity: rainbows, sunshine etc!

2



3

Use some string to keep your pages together, I wrapped it around the spine of the booklet and secured it with a bow at the top.



You can fill out your diary in different ways:

You can fill it in every day with 5 good things that happened in your day, It can be anything: eating your favourite food, spending time with friends etc. Or you can fill it out whenever something good happens. I used coloured pencils to draw objects and items that related to the activity!

Happy Tokens

by Bailey Leonard

Sometimes you may need a little reminder that everything is Ok, you can carry these stone happy tokens around with you in case you feel stressed or overwhelmed.

1

Start by collecting some stones or pebbles- flat pebbles are easier to paint. I decided to do a coat of white paint on my stones but this is optional!



You can make these tokens with a friend & swap them!

2

You can design your stones however you like, you can use bright colours, write positive messages or draw something that makes you smile!



3

Use paint or pens to decorate your stone, the paint will show up more but you can use pens!



Once you've decorated your stones let them dry.



Materials

Pebbles or Stones

Paint or Pens

Optional: Paint Brushes

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op****Cartwheel Arts**

110 Manchester Street,
Heywood
OL10 1DW

t 01706 361300

e admin@cartwheelarts.org.uk

w www.cartwheelarts.org.uk

Find us on social media:

Search: Cartwheel Arts

Artist Bios

Amina.S Art & Design

Amina is a Visual Artist and Surface Pattern Designer. She is passionate about Arts and Wellbeing. These activities in this booklet were inspired by her Mindful Doodle art workshops. Her artwork in general is often full of bright colours and is influenced by nature. She also enjoys experimenting within her artwork by combining different art mediums together, such as hand drawings with photography.

 [@amina.s_artanddesign](https://www.instagram.com/amina.s_artanddesign)

 www.aminasartdesign.co.uk

Bailey Leonard

Bailey is a digital & Multimedia artist. His art has a focus on wellbeing & mental health and how art can improve those aspects of people's Lives. He is the creator of 'Our Stories Matter' where he uses his artistic skills to create mental health positivity illustrations and free selfcare materials. Bailey also works at Cartwheel Arts as a project assistant.

 [@ourstoriesmatter_](https://www.instagram.com/ourstoriesmatter_)

 www.ourstoriesmatter.co.uk

Yan Tan Tethera

Oliver & Charlotte specialise in Storytelling, Environmental Interpretation and Community Engagement.

They love stories. They love nature. So they combine the two to engage audiences young and old.

 www.yantantethera.org