

CONNECTING KINDNESS AND CREATIVITY



Headway
Arts

REGISTERED CHARITY NUMBER 1049698

A collaboration with
Releasing Potential



Illustration by Sam Murphy

INSIDE:
OUR GUIDE TO A
HAPPIER YOU



A FEEL GOOD GUIDE



Welcome

This activity booklet is brought to you by releasing potential - a group that came together to connect through creativity and to build confidence.

During the past year we have all been living through difficult times. Each lockdown has felt harder to deal with and most people have experienced a dip in mood, and to some extent a loss of confidence due to less social interaction.

As a group we have been meeting online for 12 weeks. We have all gained confidence through the process.

The project aim was to collaboratively create a booklet, as a way to pay it forward and enable others to get involved and access the online resource easily.

The booklet recognises the importance of feeling good and how this impacts your mental health.

There's something for everyone! It uses low cost/ no cost resources you'll have at home to turn into fun and easy creative activities. It also includes simple comfort recipes and the groups suggested feel good music tracks. If your not able to do anything else - listen to the songs and they will give you an instant lift.

We didn't think we could, but we did!
Now release your potential.....have fun! Give it a go!
Most of all..... just enjoy!

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**MY THOUGHTS &
FEELINGS MATTER**



Illustration by Sam Murphy



Mindful Breathing

Take a minute out of your busy day to do some mindful breathing. Calm the mind using three easy steps



Step 1 - Breath in for the count of 4
1-2-3-4



Step 2 - Hold your breath for the count of 4
1-2-3-4

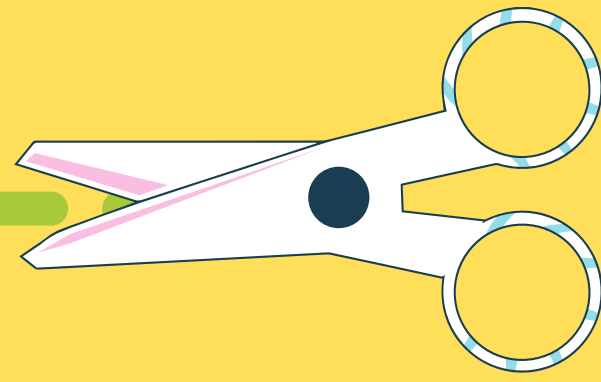


Step 3 - Breath out for the count of 8
1-2-3-4-5-6-7-8-

...and relax



Egg Carton Flowers



Seperate your egg cartons

Cut each piece into a flower shape

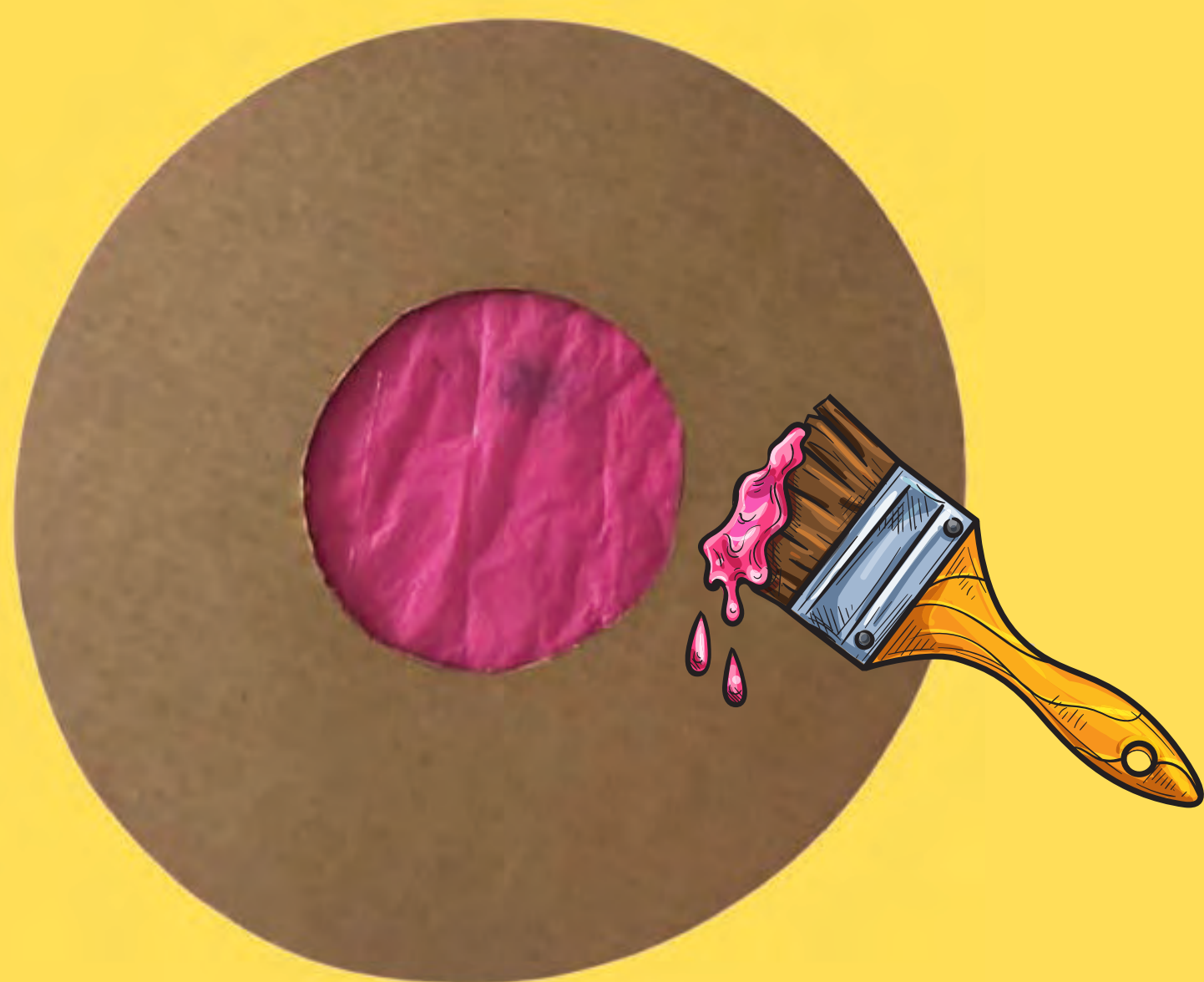
Using the lid of the carton, cut leaf shapes

Paint the inside and outside of each flower and leaf

You can add buttons or glitter to the inside of the flowers



Using a piece of cardboard draw a smaller circle inside a larger circle and cut them out to create a wreath



Paint your wreath

Stick your flowers and leaves to your wreath



Our Wreaths





IT DOES NOT MATTER HOW SLOW YOU GO

SO LONG AS YOU DON'T STOP

#RELEASINGPOTENTIAL

Mark Making

To do mark making all you need is a large piece of white card, some paints and any objects you have lying around the house or garden. We used feathers, lolly sticks, corks, leaves, elastic bands, sponges and scourers etc.

Dip your objects into your paint and just go for it on your paper, cover the whole paper with all the different marks that your objects make.

Once your paper is covered and dried, choose what you think is the best bit of your picture, cut it out and make it into a card.





These are some examples of our mark making. You can use a craft knife to cut out different shapes, for example, a heart for Valentine's day, or a bauble for Christmas. Then use a glue stick to stick your favourite bit behind the frame.

THINGS TO DO TO MAKE YOU HAPPY

keep
POSITIVE
thinking

Collect Sea Glass at the beach,
Listen to the sea crashing off the side of the rocks,
Watch the sunrise and sunsets,
Watch the seagulls fight over a stray chip,
Listen to music - see our feel good playlist,
Spend time with pets, or whichever animal you like,
Fresh air, you always feel better when you've been out,
Go for a bike ride, enjoy the wind hitting your face,
Hold your hands around a hot drink and spend some
time day dreaming while looking out the window,
Slow down and take notice of things that are going on
around you,
Smell the coffee,
Treat yourself to a bubble bath,
Craft for yourself,
Do what you LOVE!



Yummy Scrummy Fruit Scones

Things you will need:

**225g (8oz) Self raising flour
pinch of salt
50g (2 oz) margarine
25g (1 oz) caster sugar
50g (2oz) currants/sultanas
1 medium egg - beaten with
sufficient milk to make 150ml (1/4
pint) liquid**

**Makes 8
Add strawberry jam and
cream....Enjoy!**



- 1. Heat the oven to 220c/gas mark 7 and grease a baking tray**
- 2. Mix flour, and salt, rub in margarine and stir in sugar and fruit**
- 3. Add egg and milk reserving a little for brushing the tops**
- 4. Knead lightly on a floured surface and roll out to 1cm (1/2 inch) in thickness and cut into 6.5cm (2 1/2) rounds**
- 5. Re-roll the trimmings and cut more rounds**
- 6. Brush the tops with egg and milk and bake for about 10 minutes**

A scone dough should be soft and spongy. Handle very lightly for best results

Easy Peasy Vegan Banana Bread



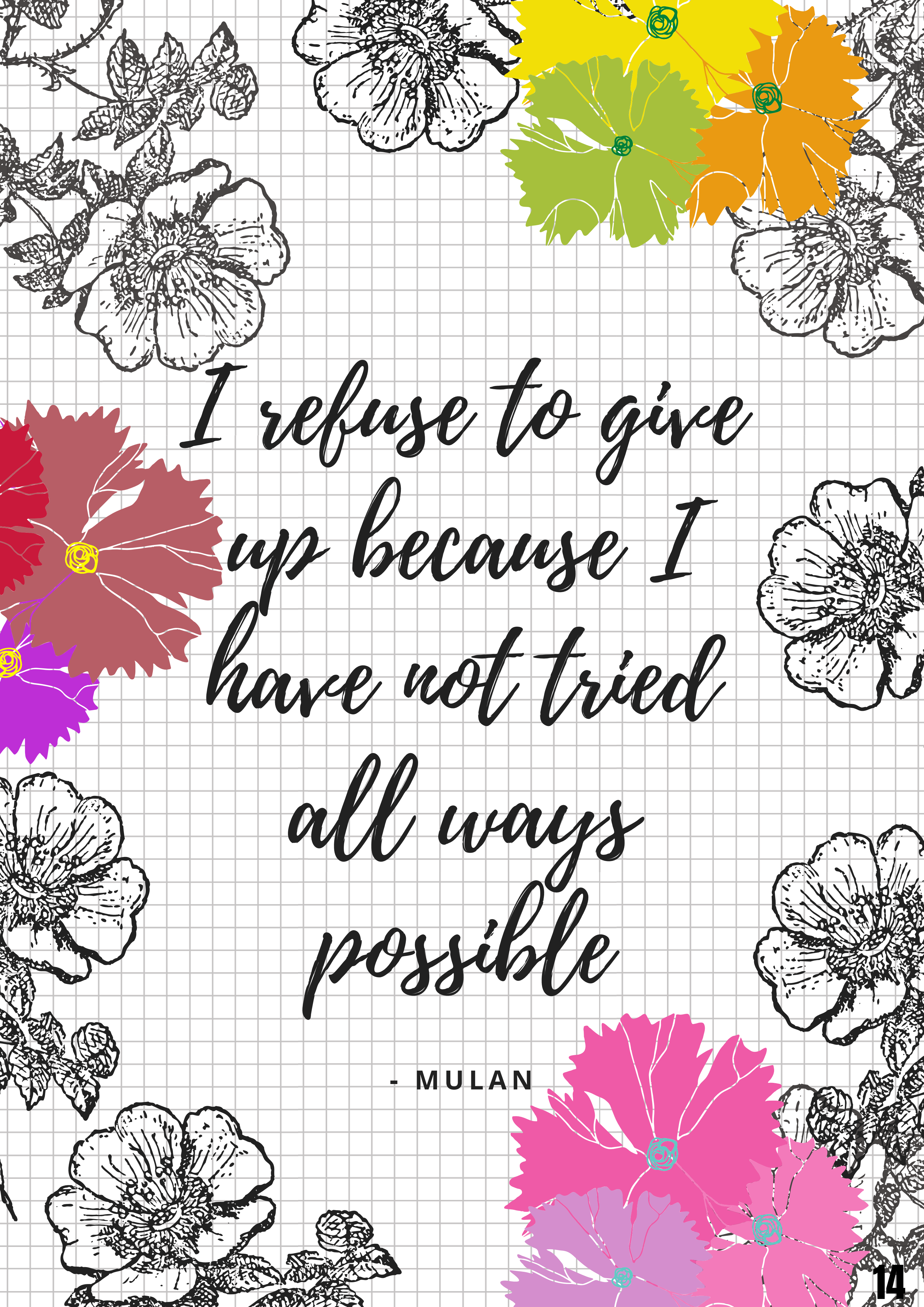
WHAT YOU'LL NEED

- 70ml vegetable or light olive oil, plus extra for greasing
 - 3 very large ripe bananas
 - 100g soft light brown sugar
 - 1 teaspoon ground cinnamon
 - 200ml almond milk
 - 300g plain flour
 - 3 tablespoons cocoa powder
 - Half a teaspoon of salt
 - 100g walnut or pecan nuts, chopped
 - 3 teaspoon baking soda
 - 150g vegan dark chocolate, roughly chopped
- For the topping:
- 1 banana
 - 2 tablespoons soft light sugar

ALL YOU HAVE TO DO

1. Preheat oven to 200° C (180° C fan, gas 6). Grease your 900g loaf pan
2. Peel the bananas and put them into a large mixing bowl. Mash them well until they are creamy. Add the oil, sugar, cinnamon and milk. Combine well.
3. Sift in the flower, cocoa powder, baking powder and salt, then add the nuts and chocolate. Stir with a wooden spoon until all the ingredients have been incorporated. Pour the mixture into the prepared loaf tin.
4. Peel the banana and slice it lengthways. Lay both pieces on the loaf with the inside facing up. Sprinkle with sugar.
6. Bake in the centre of the oven for about 1 hour.





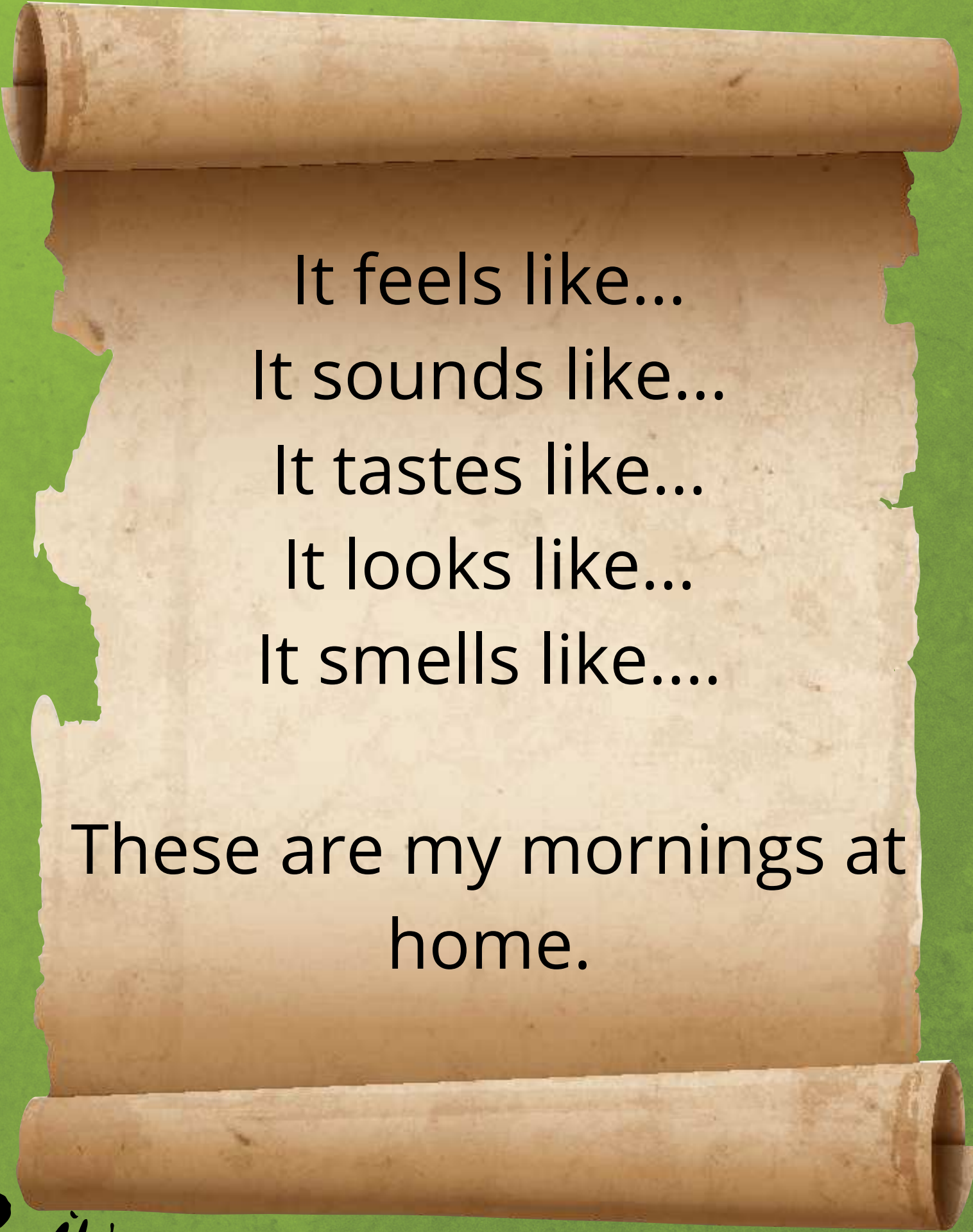
*I refuse to give
up because I
have not tried
all ways
possible*

- MULAN

Our Poetry

The next few pages showcase our poems about our mornings at home.

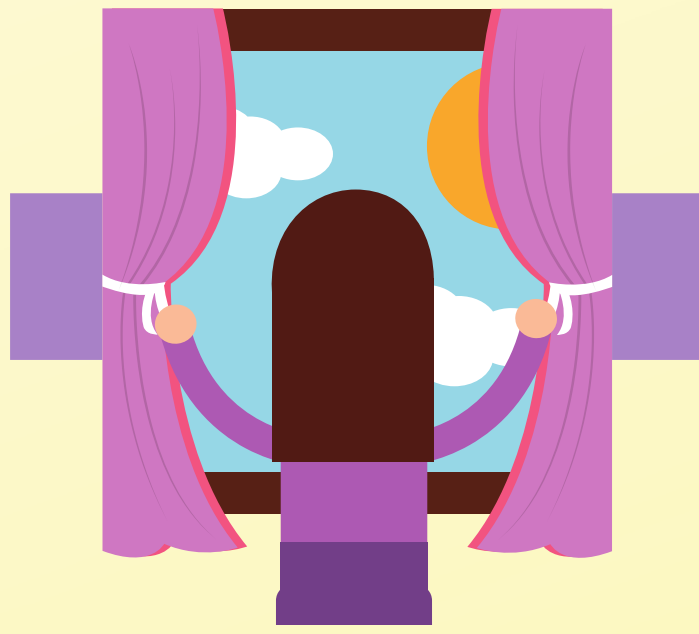
Why don't you have a go at writing your own? You can use the template below or make your own.

A scroll of parchment with a torn left edge, unrolled to reveal a poem template. The text is written in a simple, black, sans-serif font.

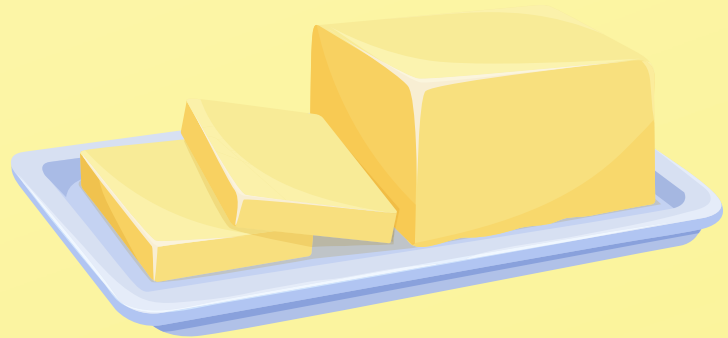
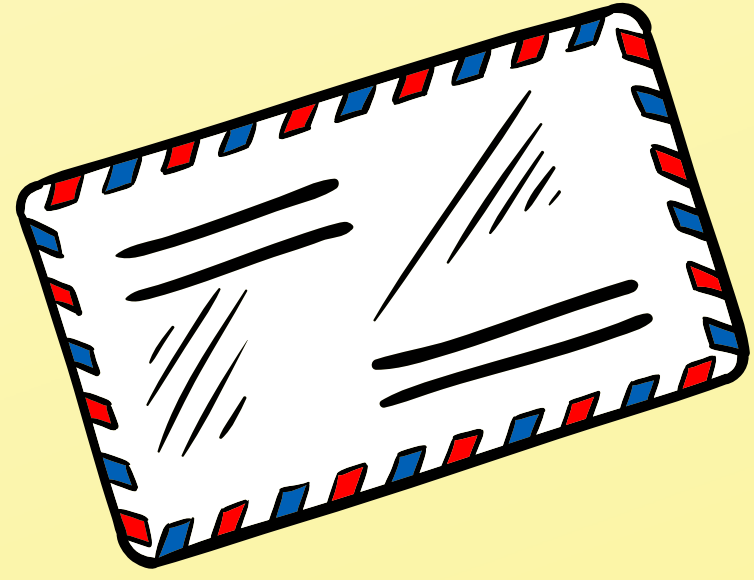
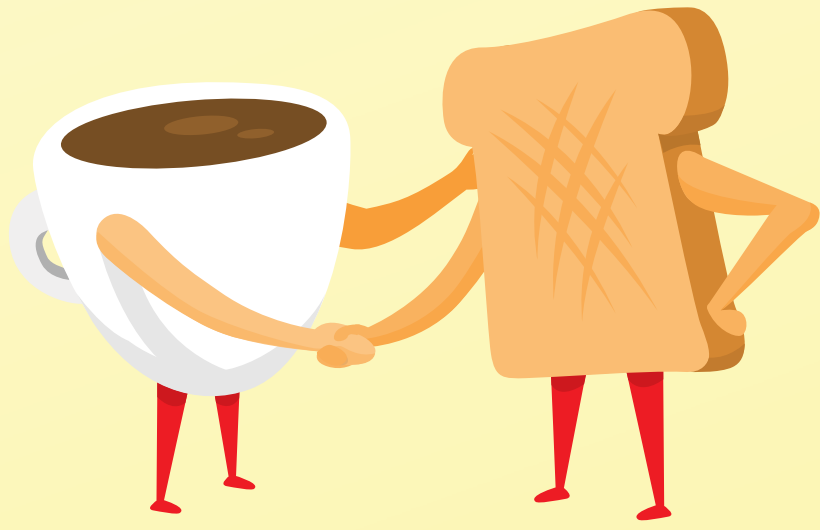
It feels like...
It sounds like...
It tastes like...
It looks like...
It smells like....

These are my mornings at
home.





It smells like coffee
and toast,
It sounds like,
here's the post,
It tastes like Lurpak
butter,
It looks like there's
lots of clutter,
It looks like my
grandchildren have
been here,
Mornings at home.



Written by
Sharon





My dog waiting happily
at the bottom of the stairs

with love in his eyes

Warm sugar cookies

draw me into the kitchen

Cereal, bananas & tea

so filling a breakfast for me

Cars rushing by the window

but quieter inside

Relaxing and unhurried

My Mornings at home



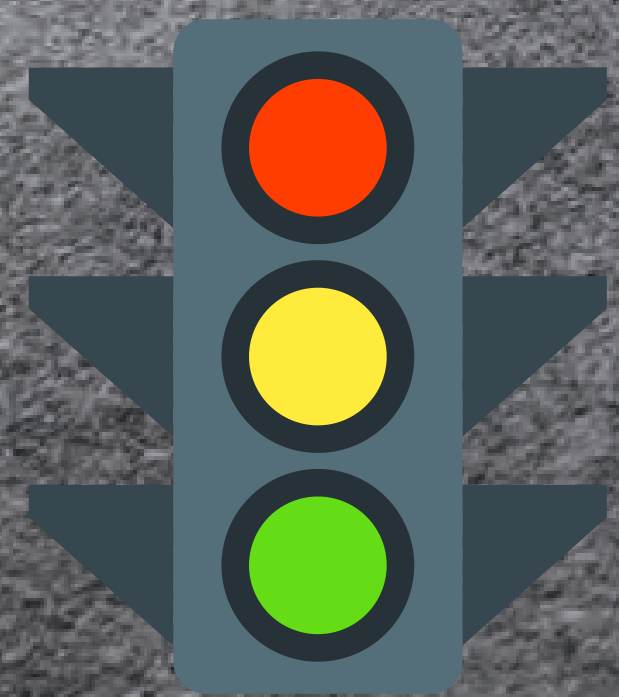
**GOOD
MORNING.
WORLD!**

**Written by
Jill**



It smells like food burning,
It sounds like a bus sneezing
outside the window,
It tastes like Sunday dinner,
It feels like a cuddly toy,
It looks like funny moments,
Mornings, at home

By Jack





I hear the birds singing and tweeting,
Friends and neighbours, I hear them meeting
Of course they don't, at the moment
Because our social lives are sort of dormant.

The sun shines in, it looks so bright
It's bouncing off the windows and impairing my
sight

It feels like im lucky that my day has begun
I've opened my eyes and the birds have sung
Not everyone's been blessed with such luck
So, I am eternally grateful that my day doesn't suck

The smell of toast and coffee drift in
I get out of bed, i stumble and fall in the bin.

Oops!

These are my mornings at home

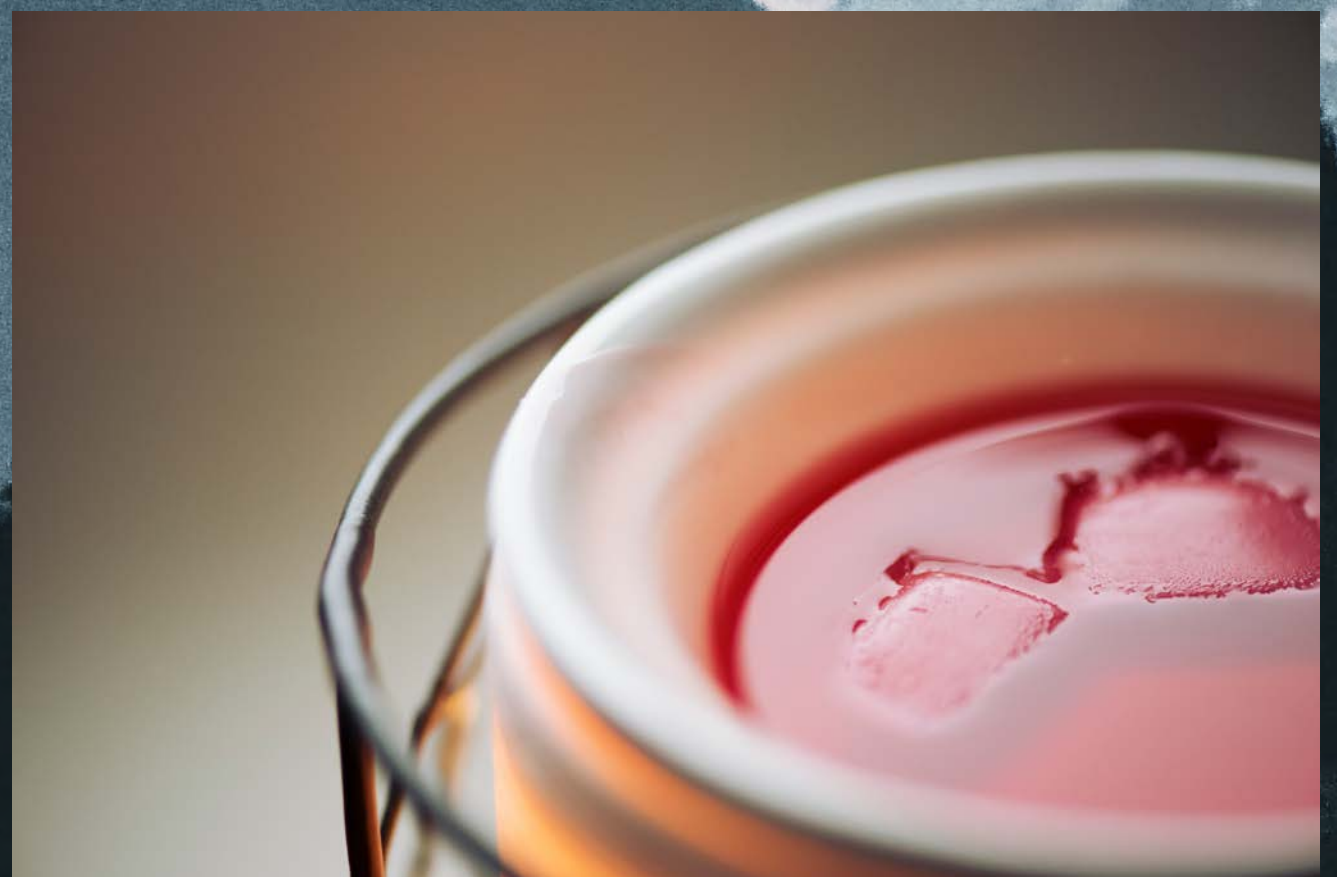
By
Sara-Louise



MORNINGS

It feels cold and sounds quiet,
It looks very messy because I may
be moving,
It smells of wax melts and tastes
of wax melts too.

By Lauren





WHEN IT RAINS

*Look for
rainbows*

WHEN IT'S DARK



*Look for
stars*

Positive Word Search

Can you find the words in the puzzle below?

P R I N T A N D F I L L I N

V H K E D M J U E L U F P L E H X W E K Q D R V G O F U Q E
R C C V F G U T Z L D I L I G E N T N U G M F W X R K G H G
L Y Y I Z P I H T P B C R E A T I V E F A N Q V I M N G N D
N J R T N X H D T A P A O Y T H F O R R H V I E E I B I N Q
W T R A S I I G Z L Q S I P K U A V G E X T N V M A K G L D
W A Q N A A R U N U G K J M Q R U Y E P E D J R I R K O I Y
P J M I L I K A B L E R V U A E R A T X L R A C O G Y H O H
N T G G S A V O D O E E E W D B E B I Y G H W W J A X J D W
B E Y A Y A P Z N N H W G G M E I U C J C M D Z L J D R T U
Q S R M C Q O Q X A L T F V A C T T N P Z R S F M R K X N U
A F U I R M L G B S C Q P R Y R M E M B A G N B N M U A W Z
R U R O E Z I S I P L Q C N J F I W R H A O N Y L I W G J H
P G Y Y R J F J L F N A F S K P P O I M P U K C E S U L G B
U A T B B E J E F X F Y N N U F Z C U W I R W M D V X X L C
M K T B D R N H O F M Q P T A V O N C S V N V G B T B V K D
W E C I I X D E E G L G P S E S H X E T X L E P W H L R Q Y
R E D V E J A C G F H F V Q Z M D L C I Y D C D R X V J O S
I U N U G N T O Q F U L E L B A E E R G A P K E L P L M Q Z
U W D R S I T C J Q X C O E W T V D W U I R P X K Q O B M V
D X A A O C D I N K E L D C N V V G U Z H X M Y R Y O U O N
J H X N T S R X U M V Y I K P Q T L P N M R S Y T U Y S J D
D V A Z G C U T K X B M P M J H I B T S E I T Q D L Q X D N
K T Y Q O M T N I S D D L K L D H G E T N T A F H B R J Y K
E E Y G E Z J T Q F P T O D F V U I I C J C A U D W J T N B
O F G N X W O I L W O S M N D M O L E A Y Q N C G B V H A R
N B T C W I Q Y V K F D A I X K O R E H O A E O E G O G M J
W D R P X A U S M V C Y T K H P E D G L Y G S I V E R I I H
F P Y X H U V Q H E Z F I W D R D N W R M Y U N C V E R C T
F C X Y S J D F W H B Z C C N J D E G Z C K L D H D L B O X
C A K F D I U B B I I Z A C L T A O I Q G W G H O I S Q U L

Affectionate

Agreeable

Amiable

Bright

Charming

Creative

Determined

Diligent

Diplomatic

Dynamic

Energetic

Friendly

Funny

Generous

Giving

Gregarious

Hardworking

Helpful

Imaginative

Kind

Likable

Loyal

Patient

Polite

Sincere

Positive Word Search

A N S W E R S

V H K E D M J U E L U F P L E H X W E K Q D R V G O F U Q E
R C C V F G U T Z L D I L I G E N T N U G M F W X R K G H G
L Y Y I Z P I H T P B C R E A T I V E E F A N Q V I M N G N D
N J R T N X H D T A P A O Y T H F O R R H V I E E I B I N Q
W T R A S I I G Z L Q S I P K U A V G E X T M V M A K G L D
W A Q N A A R U N U G K J M Q R U Y E P E D J R I R K O I Y
P J M I L I K A B L E R V U A E R A T X L R A C O G Y H O H
N T G G S A V O D O E E E W D B E B I Y G H W W J A X J D W
B E Y A Y A P Z N N H W G G M E I U C J C M D Z L J D R T U
Q S R M C Q O Q X A L T F V A C T T N P Z R S F M R K X N U
A F W I R M L G B S C Q P R Y R M E M B A G N B N M U A W Z
R U R O E Z I S I P L Q C N J F I W R H A O N Y L I W G J H
R G Y Y R J F J L F N A F S K P P O I M P U K C E S U L G B
U A T B B E J E F X F Y N N U F Z C U W I R W M D V X X L C
M K T B D R N H O F M Q P T A V O N C S V N V G B T B V K D
W E C I I X D E E G L G P S E S H X E T X L E P W H L R Q Y
R E D V E J A C G F H F V Q Z M D L C I Y D C D R X V J O S
I U N U G N T O Q F U L E L B A E E R G A P K E L P L M Q Z
U W D R S I T C J Q X C O E W T V D W U I R P X K Q O B M V
D X A A O C D I N K E L D C N V V G U Z H X M Y R Y O U O N
J H X N T S R X U M V Y I K P Q T L P N M R S Y T U Y S J D
D V A Z G C U T K X B M P M J H I B T S E I T Q D L Q X D N
K T Y Q O M T N I S D D L K L D H G E T N T A F H B R J Y K
E E Y G E Z J T Q F P T O D F V U I I C J C A U D W J T N B
O F G N X W O I L W O S M N D M O L E A Y Q N C G B V H A R
N B T C W I Q Y V K F D A I X K O R E H O A E O E G O G M J
W D R P X A U S M V C Y T K H P E D G L Y G S I V E R I I H
F P Y X H U V Q H E Z F I W D R D N W R M Y U N C V E R C T
F C X Y S J D F W H B Z C C N J D E G Z C K L D H D L B O X
C A K F D I U B B I I Z A C L T A O I Q G W G H O I S Q U L



Remember
something
amazing
and
wonderful
happens
every day

#RELEASINGPOTENTIAL

OUR FEEL GOOD PLAYLIST



HERE COMES THE SUN - NINA SIMONE
SUMMER OF 69 - BRYAN ADAMS
HOLD MY HAND - JESS GLYNN
MR BLUE SKY - ELO
NEW ATTITUDE - PATTIE LA BELLE
THINKING OF YOU - SISTER SLEDGE
CAN'T STOP THE FEELING - JUSTIN TIMBERLAKE
I'M COMING OUT - DIANA ROSS
WILD HEARTS CAN'T BE BROKEN - PINK
ITS RAINING MEN - THE WEATHER GIRLS
GREAT BALLS OF FIRE - JERRY LEE LEWIS



Using the Spotify app, click
'search' (magnifying glass),
click on the camera and
scan the code opposite



PUPPET BUILDING



You will need:
 Tin foil
 Scissors
 Masking tape
 A cocktail stick with an elastic band wrapped around one end
 Fabric/ wool scraps
 Glue
 Optional: brown baking/parcel paper



Roll up tin foil without squashing it too tightly.
 2 long (legs and head)
 1 long and wide (body)
 1 shorter (arms)



Thread the arm piece through the legs piece



Wrap the wide piece around to create the body



Start to mould by squashing the foil into shape. Add more foil where it's needed



Cover the whole thing in masking tape



Place your elastic band on the long piece of foil



Wrap the foil around the stick, start to mould features



Add extra pieces of foil to build up features, secure with masking tape



Cover in brown paper and glue on hair



Draw on features



Make a hole in your fabric to make a poncho



Secure fabric around the waist to make a dress



Accessorise and there you have it!

OUR PUPPETS





LOOK FOR SOMETHING

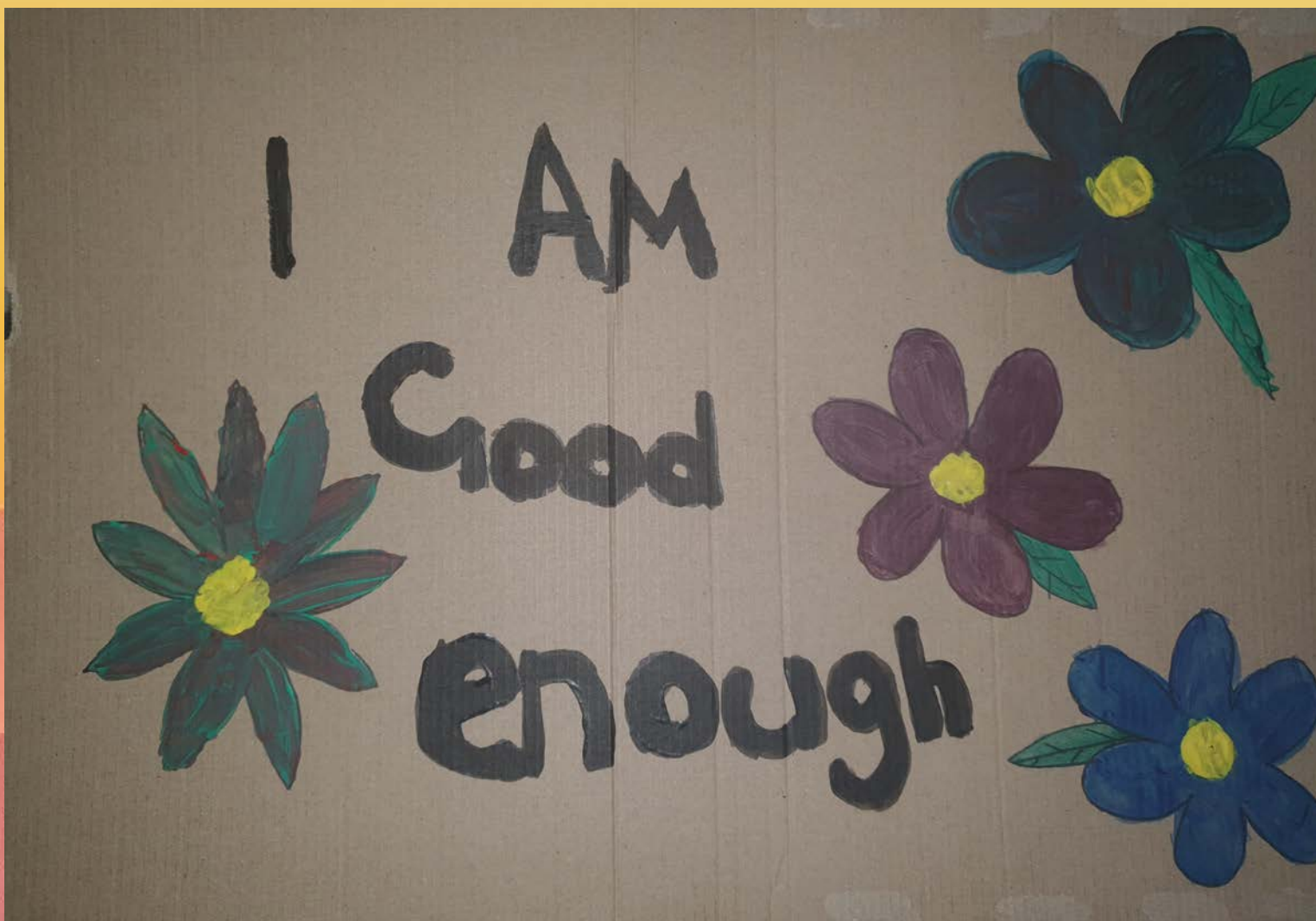
Positive

IN EACH DAY, EVEN IF
SOME DAYS
YOU HAVE TO LOOK A
LITTLE HARDER

Our Affirmations

How To Use Affirmations:

1. The first step to using affirmations is to start with a few that resonate with you.
2. Take Deep Breaths. After you have selected your affirmations, it's time to get into a relaxed state by taking deep breaths.
3. Say The Affirmations Out Loud.
4. Feel Each Affirmation.
5. Repeat Until You Feel Better.




Good Vibes

Remember Something
Amazing and Wonderful
Happens Every Day

I AM GRATEFUL
FOR MY
FAMILY

Be Kind



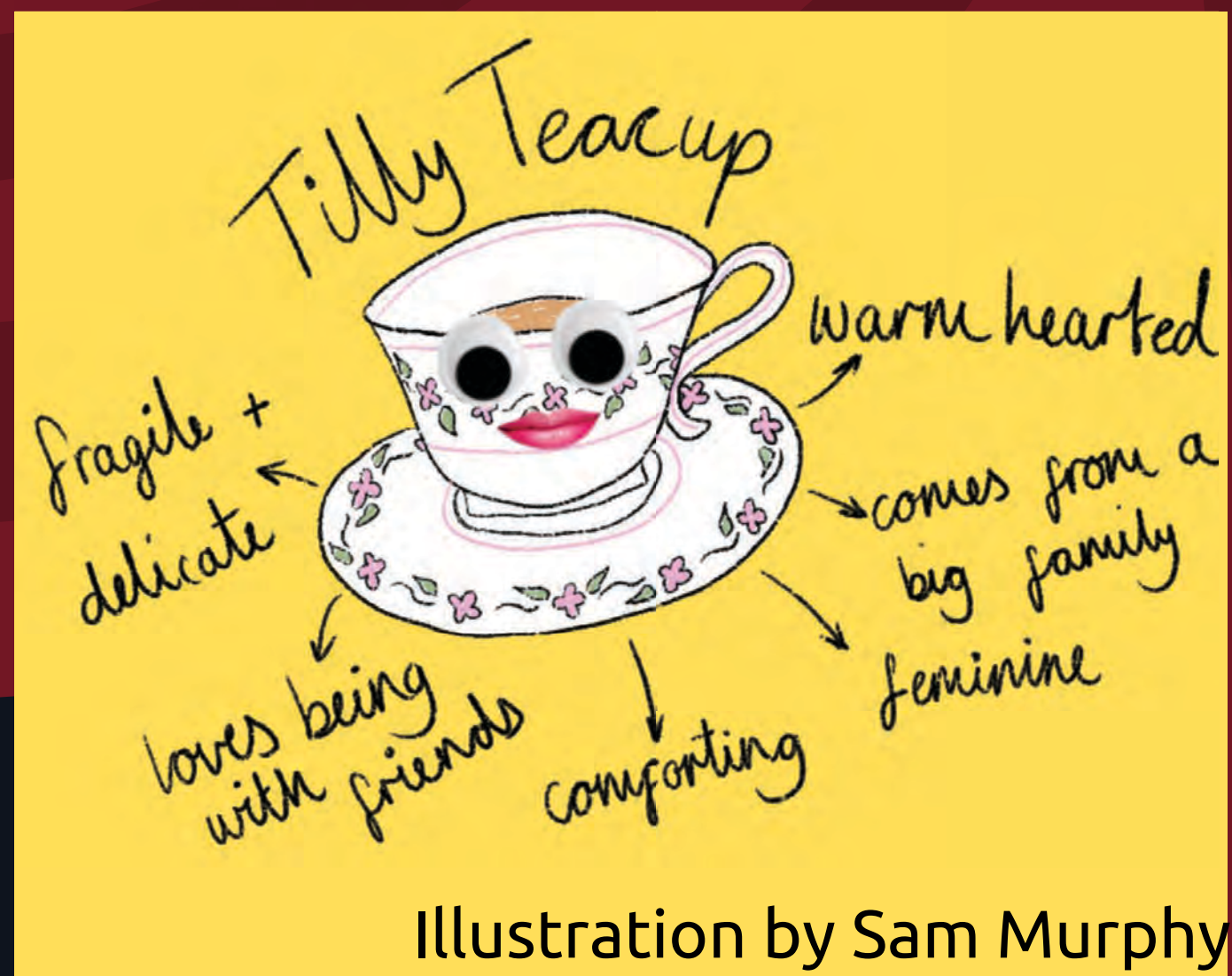


Positive things
come from
Positive thoughts!



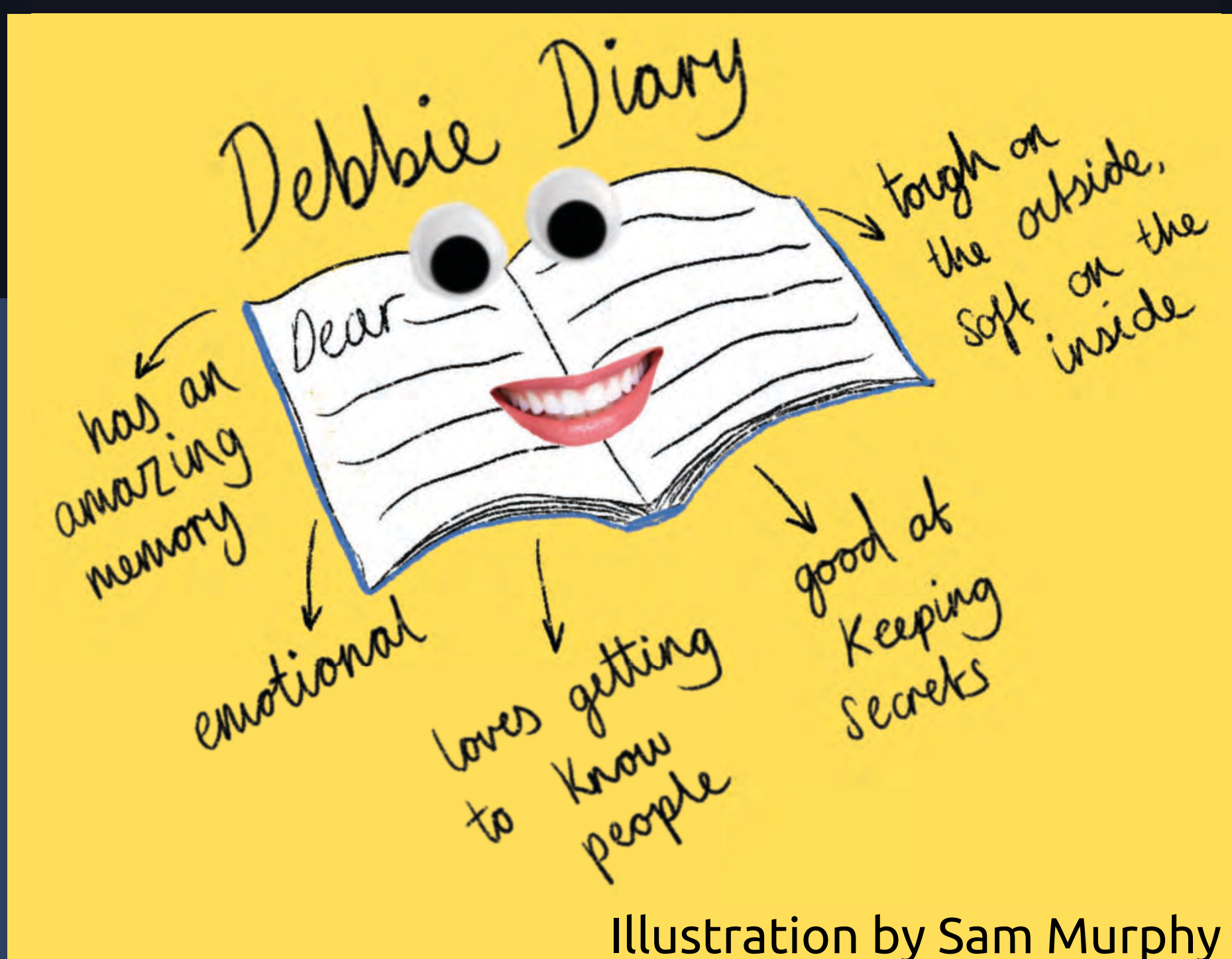
Object Casting

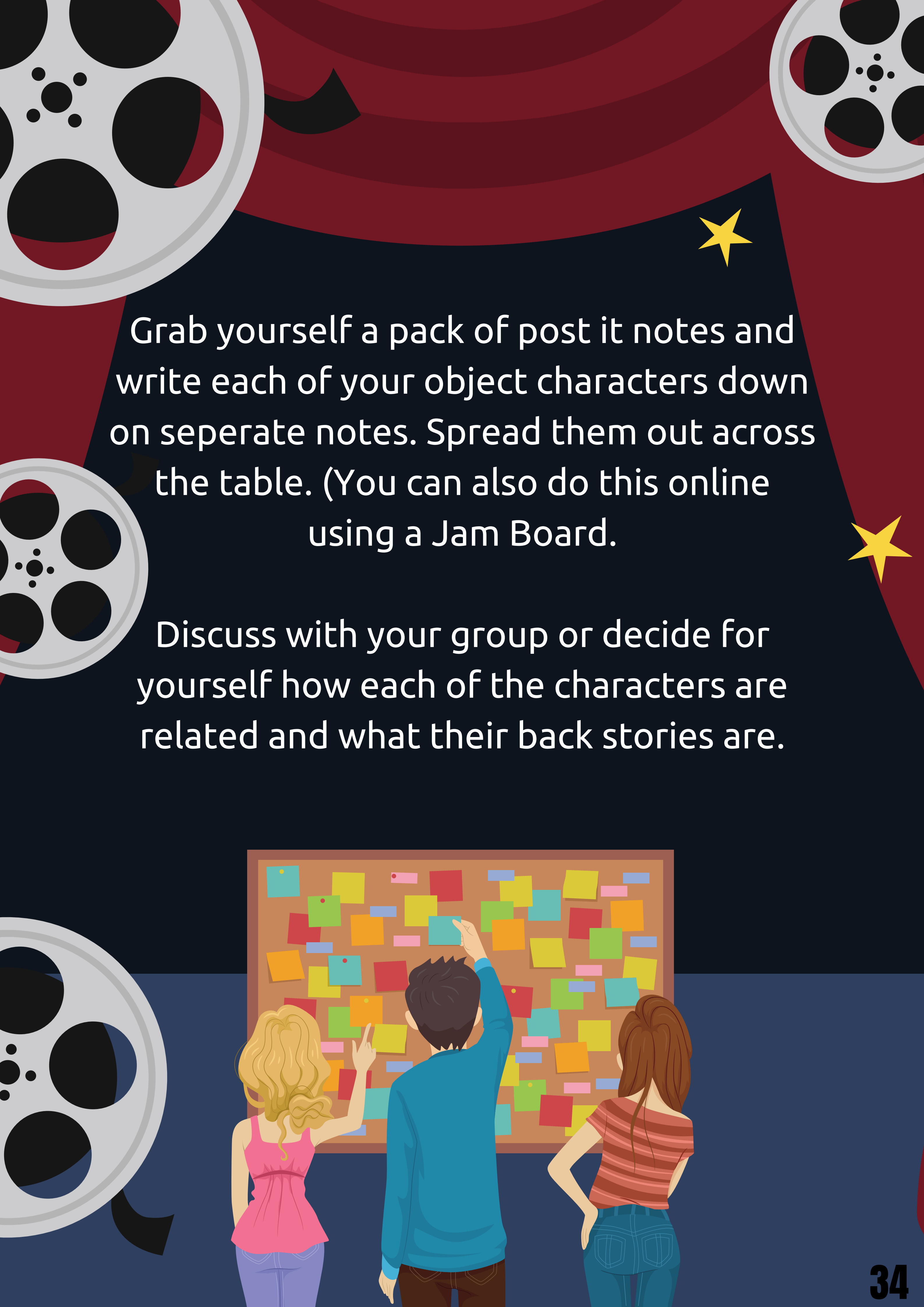
**OBJECT CASTING INVOLVES
FINDING LIFE IN
INNANIMATE OBJECTS. YOU
CAN DO THIS BY YOURSELF
OR WITH YOUR FAMILY /
FRIENDS. ONCE YOU
START, YOU WON'T BE
ABLE TO STOP!**



Firstly, chose an object at random from around your house. Now imagine it as a living person. Does it give you any personality clues or does it scream a certain profession? Do you get a sense of its age or gender? Can you give it a name?

The next part of the activity involves working out how all of your characters are connected.



The background of the page is a dark blue gradient. It is decorated with three large, stylized film reels in the corners (top-left, top-right, and bottom-left) and two yellow five-pointed stars on the right side. The text is centered in a white, sans-serif font.

Grab yourself a pack of post it notes and write each of your object characters down on seperate notes. Spread them out across the table. (You can also do this online using a Jam Board.

Discuss with your group or decide for yourself how each of the characters are related and what their back stories are.



A full-page background image of a majestic mountain range. A sharp, rocky peak rises prominently on the right side, partially shrouded by large, white, billowing clouds. The lower slopes of the mountain are covered in patches of snow and dark, rocky terrain. In the foreground, a dense forest of evergreen trees fills the valley, their dark green foliage contrasting with the lighter tones of the mountain and sky.

REMEMBER HOW FAR
YOU'VE COME

*Not just how far
you have to go!*

YOU ARE NOT WHERE YOU WANT TO BE

*but neither are you
where you used to be*

- Rick Warren



You have been reading

A collaboration between

Releasing
Potential



BE
BOLD

BE
BRAVE

BE
YOU!