

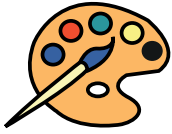


Creative Wellbeing Resource Pack

Welcome to your creative wellbeing pack, with activities to support your wellbeing, bring out your playful side and help you to get creative!

Wellbeing activities to do alone

Connecting with others through play and movement is a great way to improve wellbeing, build problem solving skills and develop closer relationships.



1. Draw what you hear

Draw / paint / write words while listening to your favourite song. There is no right or wrong, just a chance to enjoy the experience of listening and being creative. *5+ minutes*



2. Your perfect room

Imagine, write or draw your perfect room. How does it look, what sounds, smells and colours are there? What is in your room to comfort or energise you? *10+ minutes*



3. A different you

Put on a piece of clothing that you love or haven't been able to wear for a while. Now imagine you are someone who oozes confidence. Walk around the house, dance to music, enjoy being your most confident you! *10+ minutes*



4. Tea and take notice

Take a tea break outside - what do you notice? What colours / textures / smells / sounds are there? Just observe the world and sip. *5+ minutes*



5. To my future self

Write a note to your future self. It could be kind words or a joke - something to make yourself smile. Hide it away and set a reminder on your phone in two weeks time to dig it out and read it. This is also a lovely activity to do for a friend or loved one. *5+ minutes*



6. Grateful today

Write down something you are grateful for each day and put it in a jar. Each month, have a look back at the jar and all the things you are grateful for. This also works great for writing down little wins, such as sewing on a button or helping out a friend. *5+ minutes*



7. Stretch for joy

First, stretch your arms up to the ceiling. If you are able to, look up at the ceiling and go onto your tiptoes. Hold for a few seconds. Then put your feet flat on the floor, but keep your arms and head up. Then let your arms drop but keep looking up. Then look straight ahead and smile. You should feel looser, refreshed and your posture will be better. *2+ minutes*



8. Thank you

Think about someone who has helped you in a small or big way. Send them a message or give them a ring and thank them. *10+ minutes*

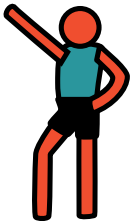
Wellbeing activities to do in pairs or groups

Connecting with others through play and movement is a great way to improve wellbeing, build problem solving skills and develop closer relationships.



1. Clothes swap

See who can find the silliest outfit to wear, or challenge each other to look like a famous person - or each other! Take it a step further and enjoy pretending to be that person - walk/talk like them. *20 - 30 minutes 2+ people*



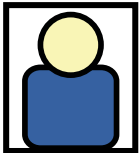
2. Charades plus

Get into two teams. Like charades, each person has to mime an action (e.g. playing piano). Then decide how they will do that action e.g. enthusiastically. Write down 20 actions and 20 ways of doing the action and put them into two bowls to pick from. Your teammates have one minute to guess both correctly to gain a point. *15 - 30 minutes 4+ people*



3. Who deserves the chocolate bar?

Get a chocolate bar (or a treat of your choice) and put it in the middle of everyone. One person is the judge. The other people have to argue why they really deserve the treat - you can be as silly and over the top as you wish! The judge decides who wins each time by giving a square of chocolate to that person. *10 - 20 minutes 3+ people*



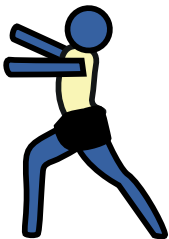
4. Copy the picture

Find a famous picture or use one of your own photographs. Try to recreate it with your bodies, clothes, props and facial expressions. The funnier the better! Take a picture and share with others to continue the laughter. *15-30 minutes 2+ people*



5. My arms or yours?

One of you has to tell a story or pretend to be someone talking, e.g. a news presenter. Your partner stands behind you and puts their arms through the gaps between your elbows. As you tell the story, they are pretending to be your arms - they may help you tell the story or be a menace - amusing either way for those watching! *10-20 minutes 3+ people*



6. Silly walks

Decide how you will move around in each room of the house. It could be on tiptoes in the living room, gracefully like a dancer in the bathroom or stomping like a dinosaur in the kitchen. As you enter each room, you have to walk the walk! *Ongoing 2+ people*

Disclaimer: Please note you are responsible for your own safety and that of others while undertaking these activities. Only do what you are able to do comfortably and safely.

General wellbeing tips



1. Be good enough

It's ok to do a 'good enough' job on hard days. Give yourself a break and remember you need to be kinder to yourself on hard days, not less. Come up with a mantra to help you, such as "I'm brilliant and never perfect" or "I deserve some mindful moments today".



2. Live by your values

Think about the things that really matter to you - kindness, honesty, humour? Read them back each morning to remind yourself HOW you want to do things today. Take the focus away from how much you get done today and onto the way you choose to do it.



3. Balance the scales

If you have a busy week one week, you need to balance it out with more chill time the next week. Schedule this in advance if you can to make sure it happens. We can only go at full pelt for so long before our bodies force us to take a break anyway.



4. Little things mean a lot

Research shows little kind acts each day build our wellbeing and self worth. If you're feeling a little slumped one day, try a little kind act for someone, like bringing a neighbour's bin back for them. This can really brighten someone else's day too.

Resources

How one act of kindness a day can change your life | Mark Kelly:

https://www.youtube.com/watch?time_continue=7&v=pGgnyj8Oyvo&feature=emb_title

How mindfulness changes the emotional life of our brains | Richard J. Davidson:

<https://www.youtube.com/watch?v=7CBfCW67xT8>

Playfulness is a superpower | Steve Gross:

https://www.youtube.com/watch?time_continue=9&v=7ysiE6POKbl&feature=emb_title

Free guided meditations and music:

<https://www.calm.com/>

Improvisation games and exercises:

<http://improvcyclopedia.org/games/>

This resource was created by Fall into Place Theatre in partnership with Minoti Parikh Consultancy, funded by Leeds Inspired and Arts Council England.

Email: creativewellbeingworkshops@gmail.com

Website: www.fallintoplace.co.uk

If you'd like to make a donation for this resource, please visit:

<https://gofundme.com/f/creative-wellbeing-workshops-for-leeds-communities>

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