

CREATE WEEK

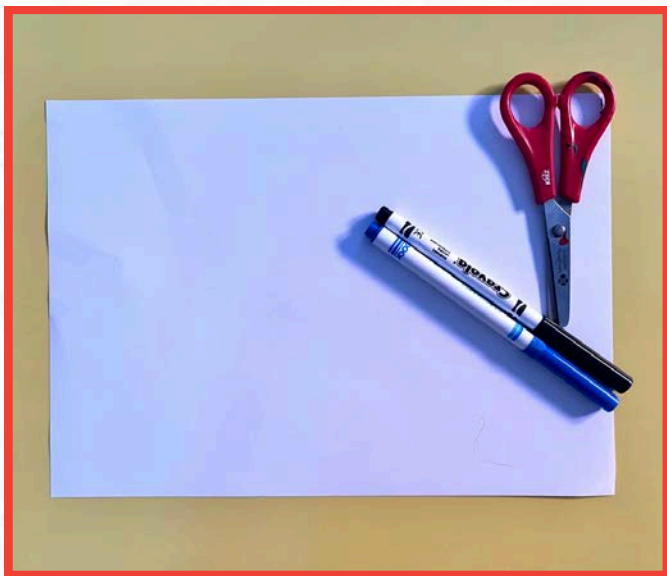
MINDFULNESS ZINES WITH AMY LEUNG

Connect with nature and yourself through zine making and a drawing-visualisation prompt to fill the pages with.

MATERIAL LIST

You will need

- A4 paper
- Scissors
- Drawing materials: pens, pencils



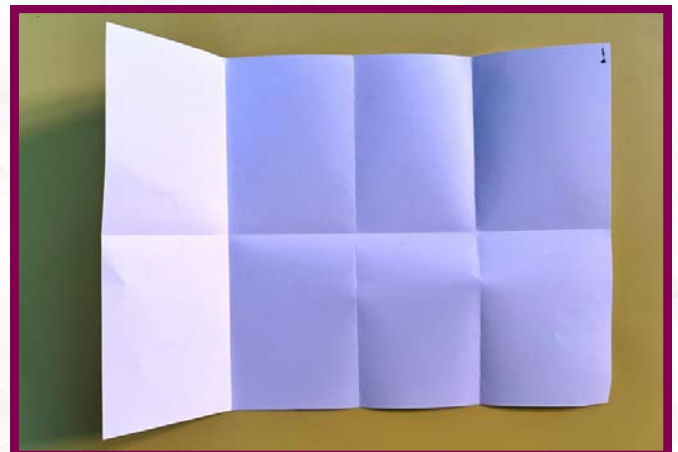
STEP 1

Gather your materials

Collect your materials and clear some space to make!

STEP 2

Fold your paper into 8 equal parts. Unfold it so you can see all 8 parts.

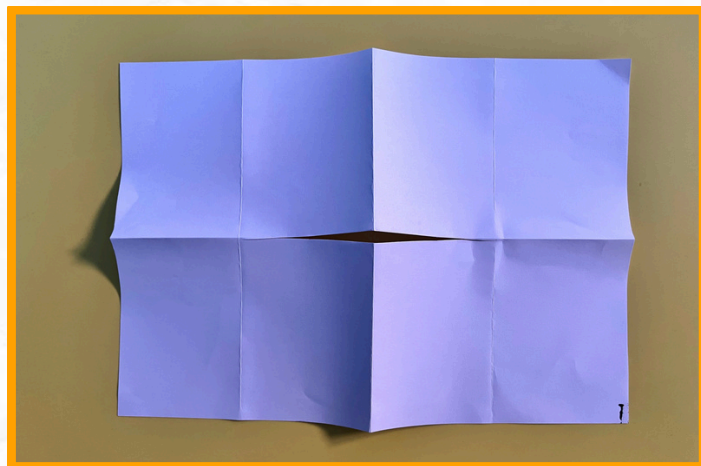
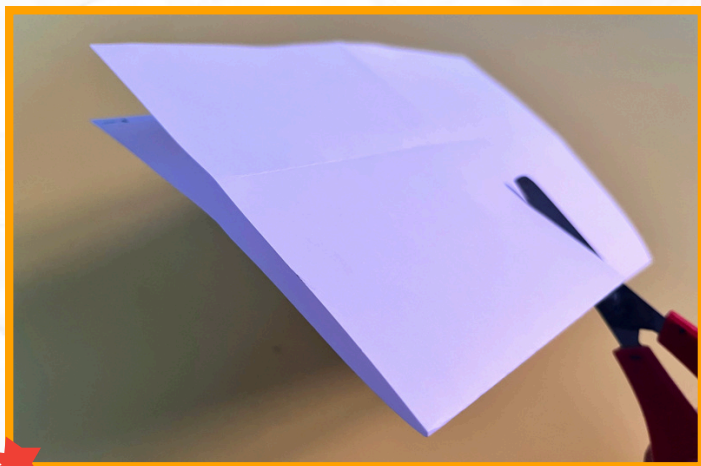


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STEP 3

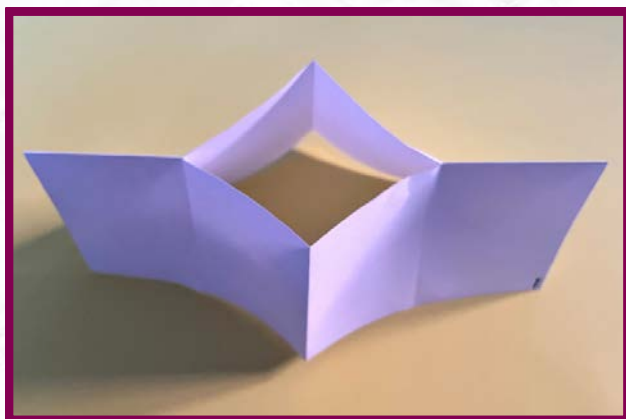
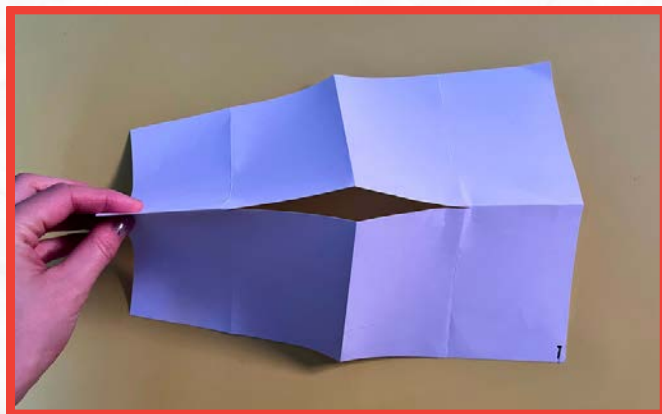
Fold it in half again, into an A5 book size, so you can see 4 sections divided by a creased cross.

Cut along the crease from the folded edge, to the mid-point of your creased cross. Make sure you cut from the folded side so when you unfold it back to A4, it should look like this!



STEP 4

Fold it lengthways, pinching with both hands at the edges.



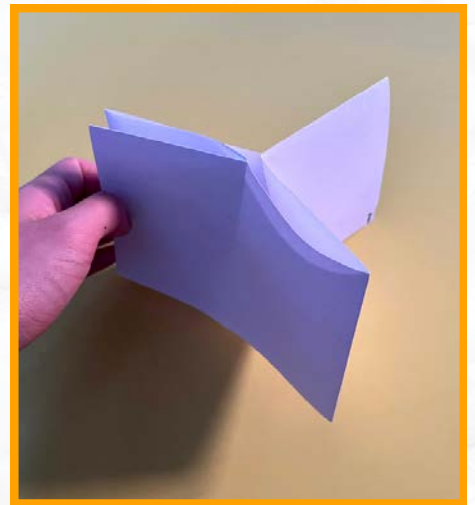
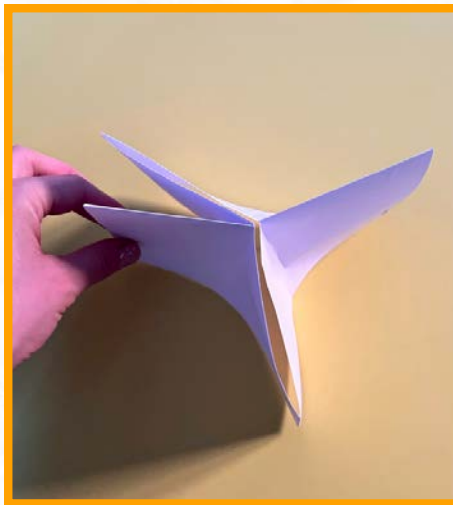
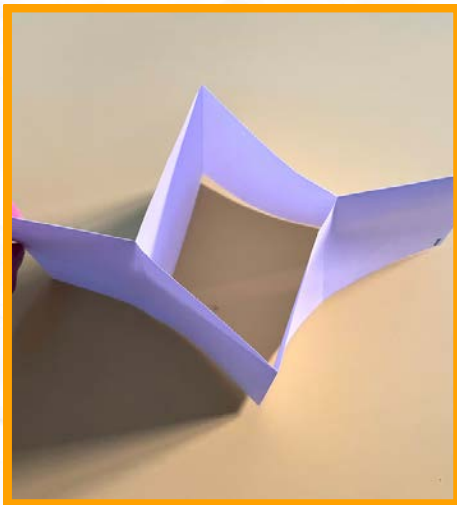
STEP 5

Push the ends together so the diamond shape in the middle becomes a cross.

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STEP 6

Fold and press along the creases so you have your pages. You may have to fold against some of your original creases. Now you have your zine!



STEP 7

Choose your drawing prompt

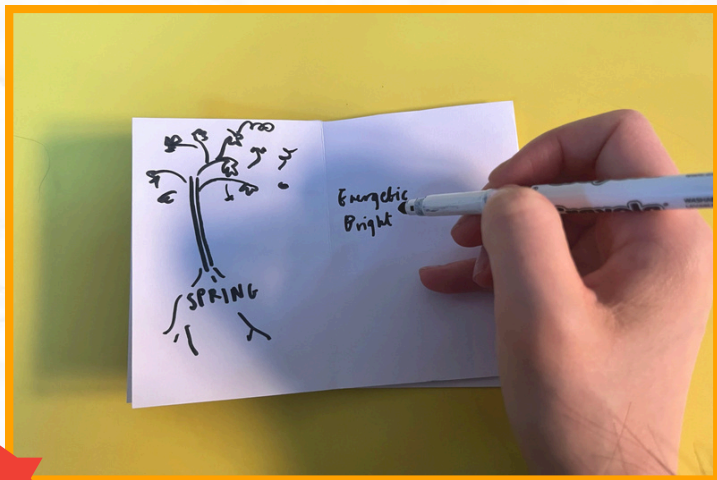
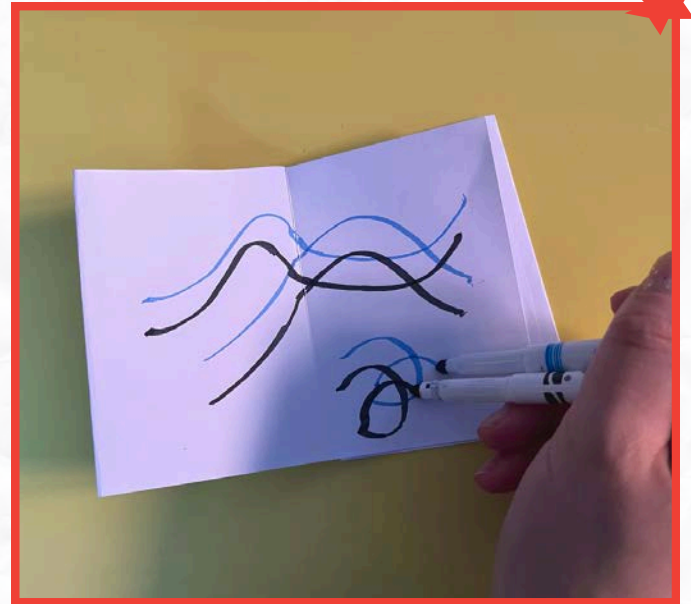
Let's fill our zine with drawings, here are 3 to choose from:

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PROMPT 1

Breathing deep:

Inhale deeply through your nose. If you can, breathe so your stomach expands. Exhale through your mouth, emptying out the breath. Continue this rhythm and when you are ready, draw a pattern that responds to this cycle of breath.



PROMPT 2

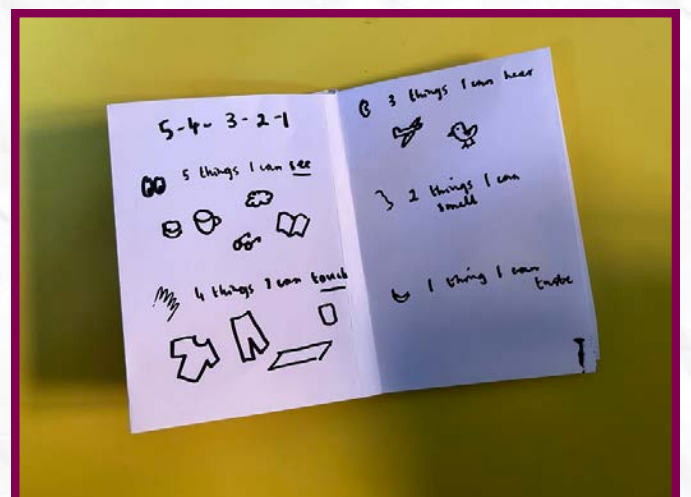
Tree:

Imagine yourself as a tree: what roots you and what helps you to grow? What season do you grow best in? Draw your tree in its best season, using words if you would like to.

PROMPT 3

5-4-3-2-1:

Notice and draw...
5 things you can see right now
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste



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OPTIONAL

Select another drawing prompt and fill more of your zine pages up or invent your own mindful visualisation drawing. This zine is a space to reflect and restore, use it however you would like to!

**DON'T FORGET TO TAG
YOUR CREATION
ONLINE USING
#CREATEWEEK SO WE
CAN SEE WHAT YOU
MADE!**

ABOUT THE ARTIST

Amy Leung is an artist who works with children and young people in museums, galleries and schools. She loves making and building things, drawing and messy materials. She works with Create on projects with Adult and Young carers and SEND schoolchildren.

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