

YOUR MAGAZINE

Creativity

ISSUE 1, APRIL 2020





Welcome to your magazine

It is a magazine for you to enjoy
each week

We hope it helps you to feel better
and gives you fun ideas and things to
keep you busy

Each day has different activities and
this week they are linked to being
creative

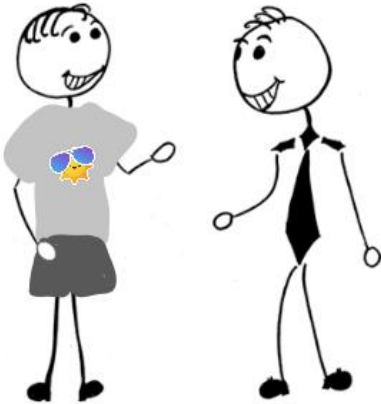
So let's start being creative!



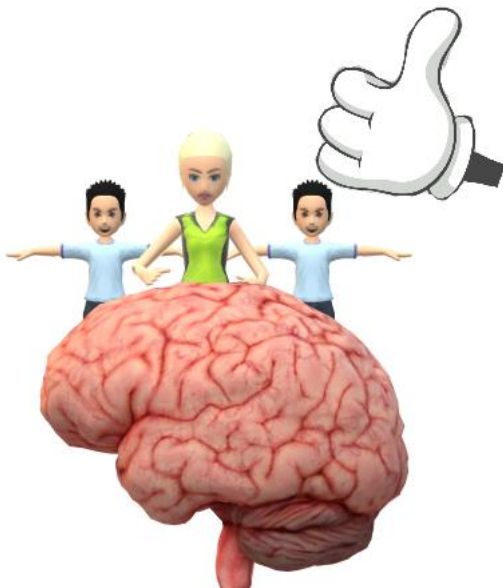


Creativity is doing something new and useful

Creativity is about using what we have



Creativity is making something happen with what we have



Creativity is good for the brain

Creativity gets all the bits in our brain working as a team



This feels good and calms us down

Everyone can be creative



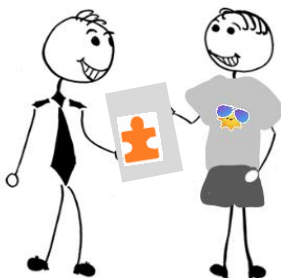
There is no right or wrong

It is a great way to show how we are feeling



It can make you feel proud

You can share creativity with someone else





Monday

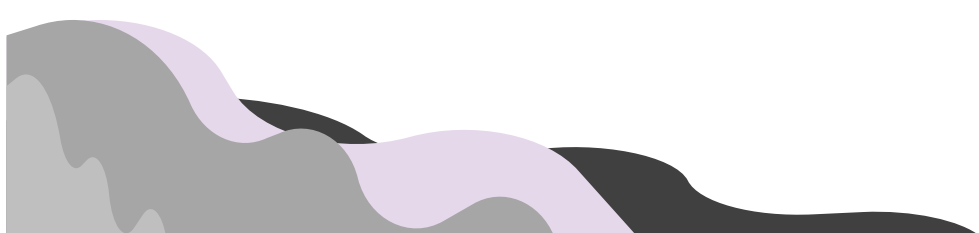
Move Creatively

**Have you ever tried
tapping?**

**We tap on parts of the body to help
move feelings that are stuck.**

**This is something that has been done for
1000's of years**

**Warriors used to tap on these points to
help them when they went to war.**





Look at the tapping points on the picture.

Gently tap on these points of your body

Tapping on these points can make you feel calm and happy.

Try tapping on these points 20 taps on each point.

How do you feel when you have finished?

MONDAY'S COLOUR CHALLENGE



Tuesday

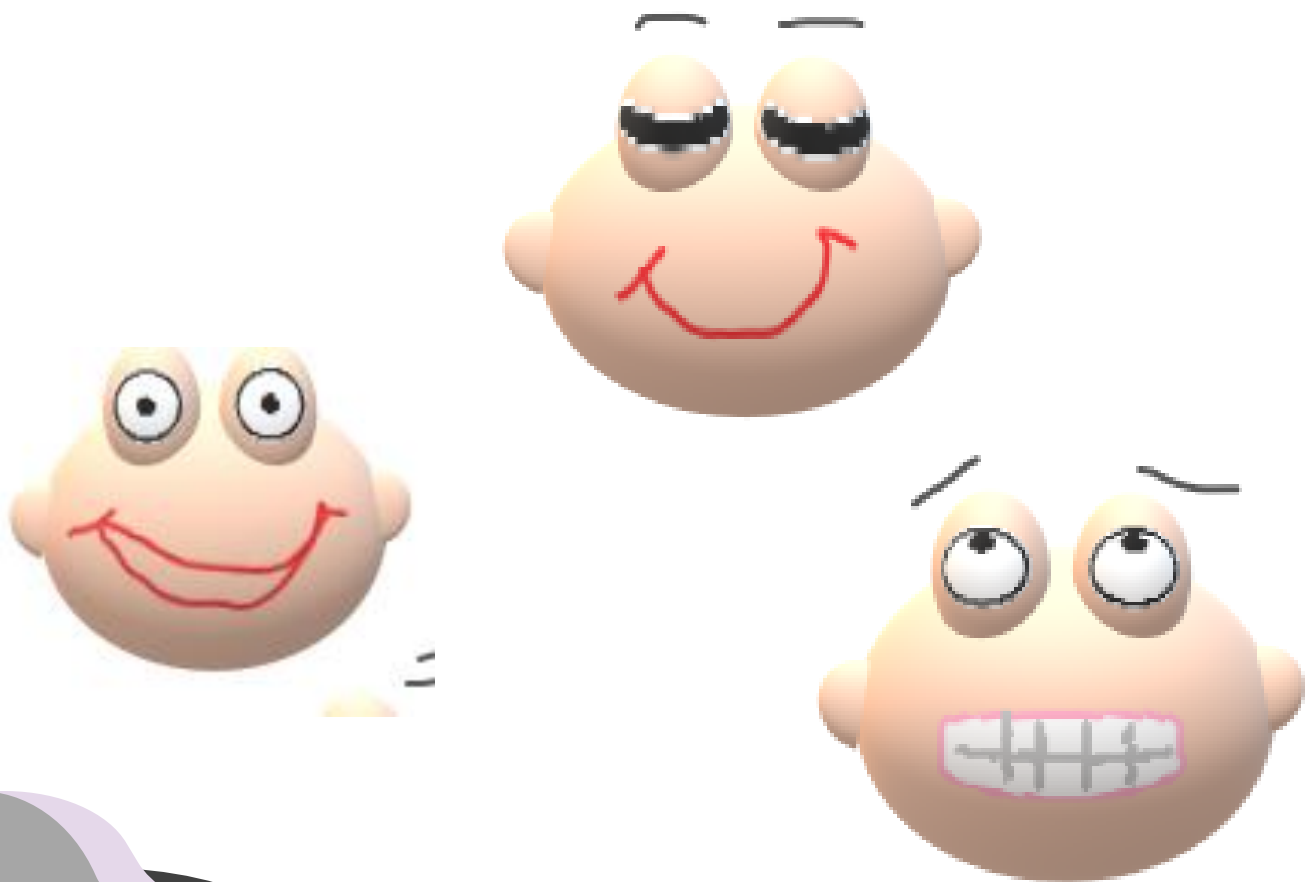
KEEP YOURSELF BUSY

IT WILL HELP YOU FEEL GOOD



Draw
something
that will
make you
smile ...
a pet,
friend,
food or a
place?

Now when we look at
this picture remember
there are always things
in life we can feel good
about



Find all the hidden words

[illegible]

FUNNY
PAINTING
CREATE
HAPPY
EMOTIONS
THOUGHTFUL
SMILING
EXERCISE

CHALLENGE
PICTURE
INK
PRESENT
CALM
DOODLE
BRAIN

DRAWING
TRACE
PENCILS
TAPPING
CARING
POEM
WISE

Wednesday

As humans our brains have grown in a way that means we need other people

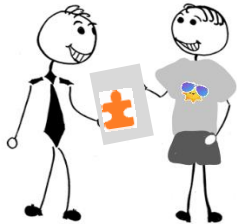
When we are with people we trust who make us feel safe this calms us down

Even if we think about people we trust and make us feel safe this calms us down

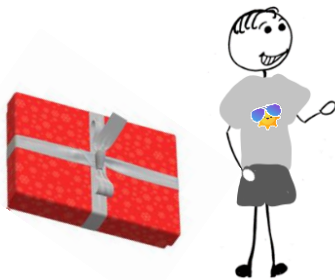
Doing nice things for others helps us connect and makes us feel good

Creative Connection

You can connect with someone by:



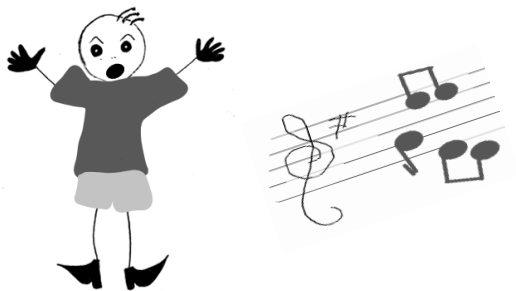
Drawing them a picture



Making them a gift



Write a short poem



Make up a song for them

Color me in





Thursday

Creative feelings



We all have feelings. We need them for lots of reasons

All feelings are useful although some feel nicer than others

Have a go at these feelings puzzles

They can help you look at feelings in a creative way



Feelings

Unscramble the words. Write the correct number next to the word

PPYAH OEDSKHC.....

DIUTSGDSE GRYNA

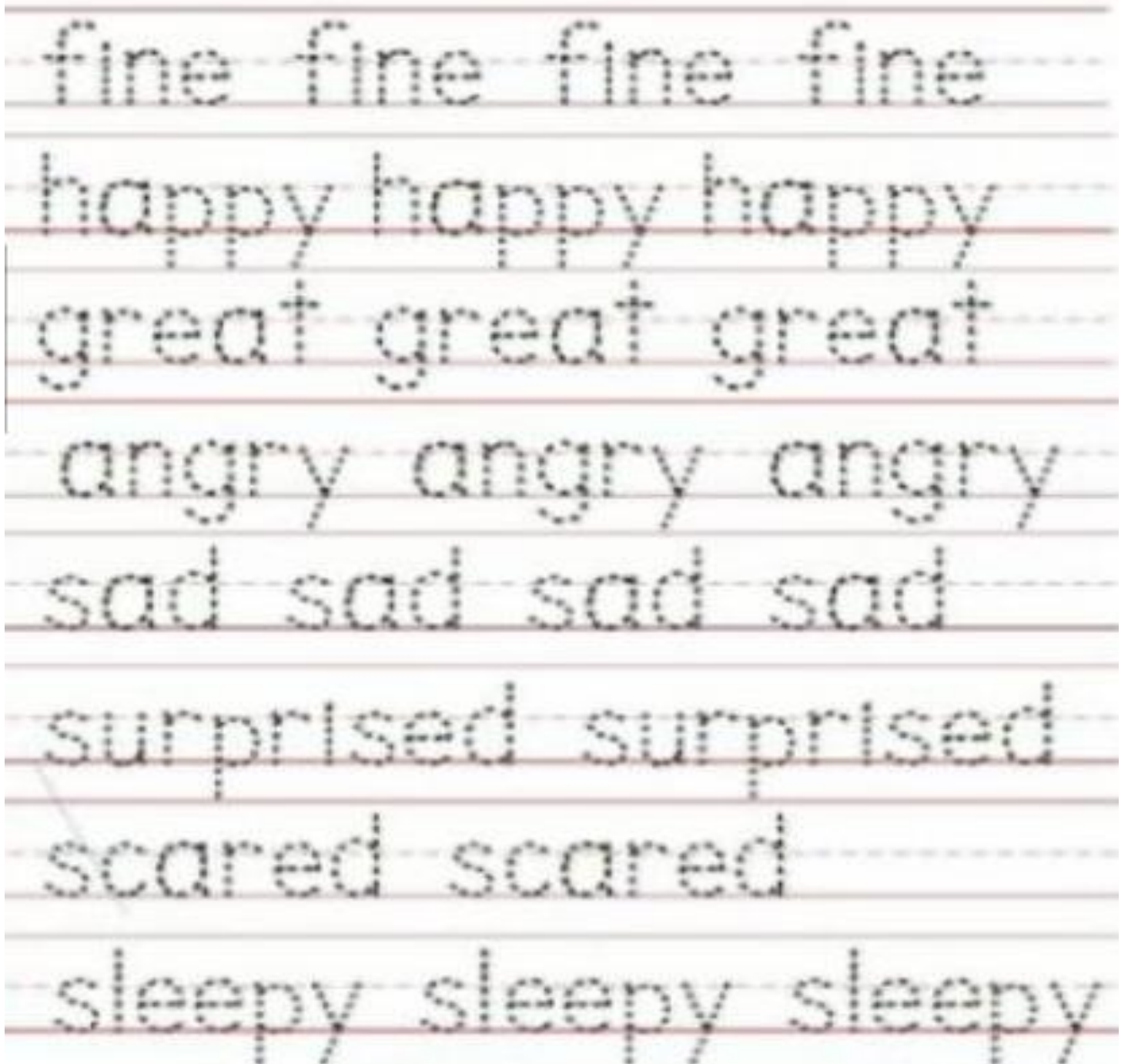
SUTPE RPUOD

SDA OJDVERJYE

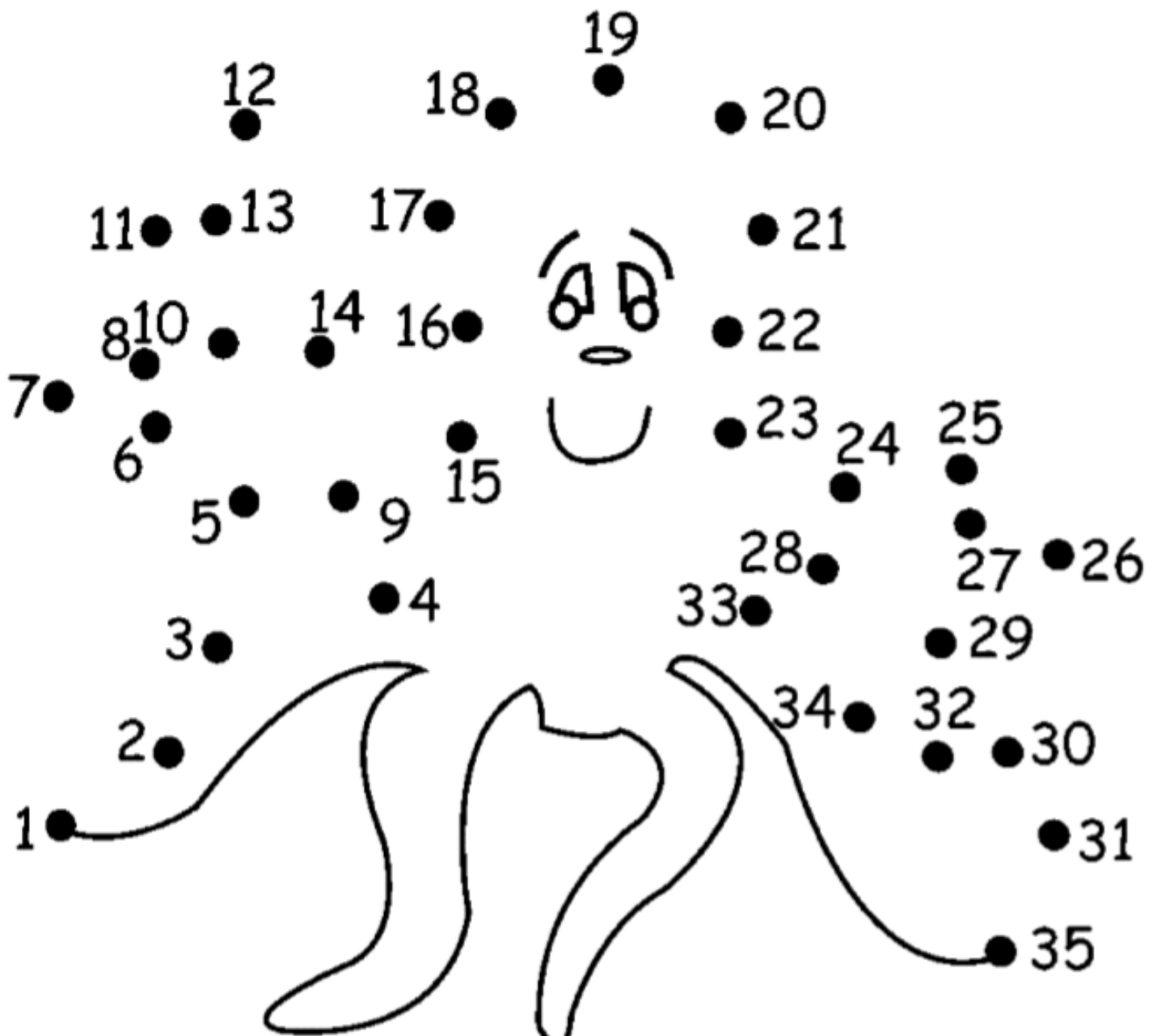


Write over these 'feelings' words.

Practice how the word looks and sounds



Connect the dots



Friday

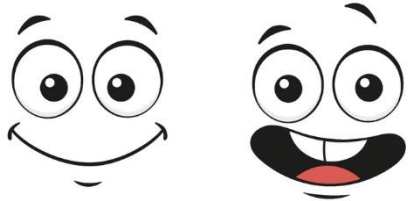


Using our voice in different ways
can change how we feel.

Get creative with your voice.

To relax.

Make humming sounds and feel the sound in your
body



To laugh

Pretend to sound like someone who makes you
laugh. Is their voice loud or deep?



To smile



Sing your favorite song

Make a dance move to go with it



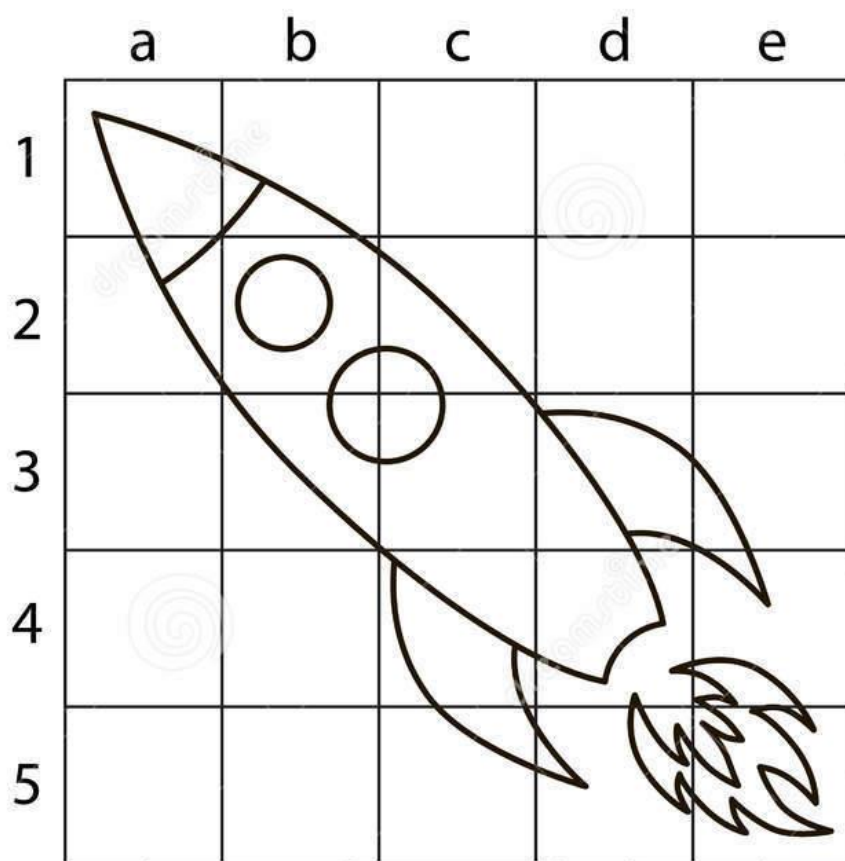
Your story matters

Stormzy has set up a publishing company for the next generation of voices.

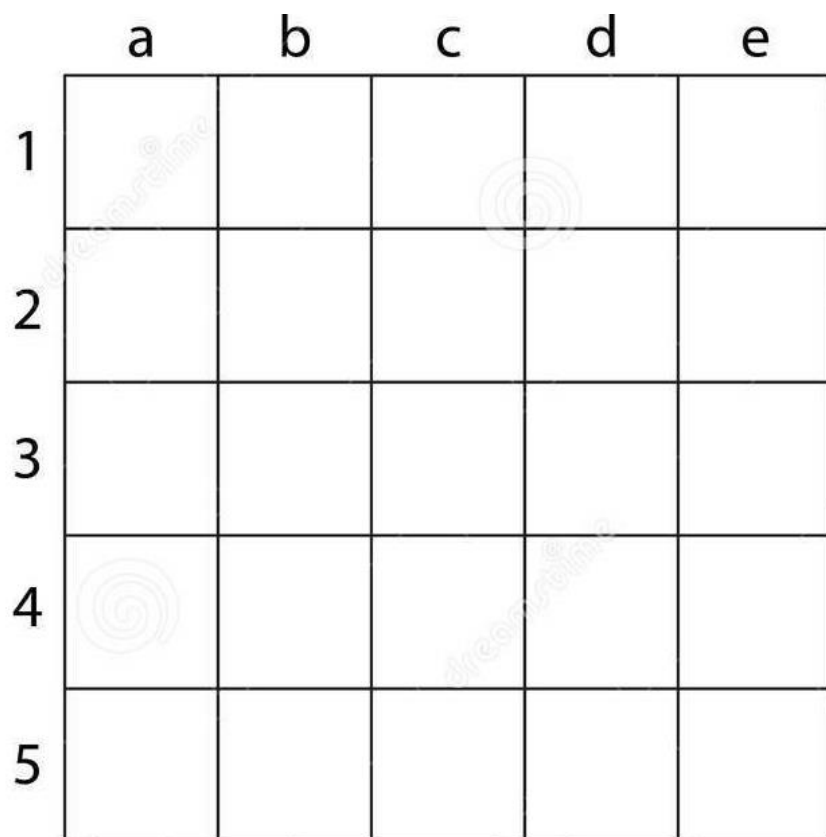
Could write a book or a poem?

What would you write about?





Have a go
at drawing
the rocket.



Take it
square by
square

Now colour
it in!

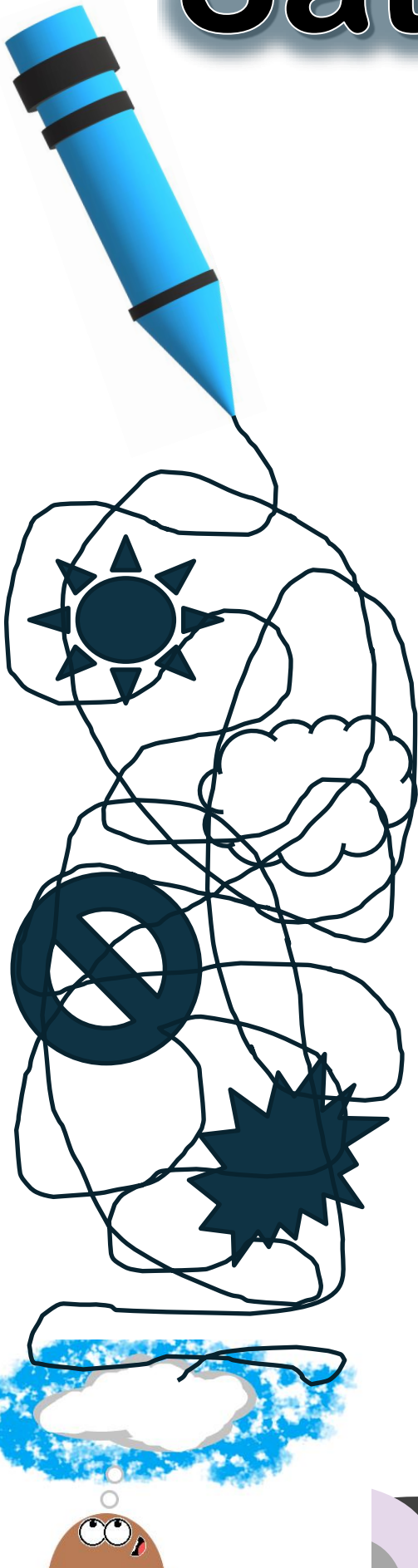
Saturday

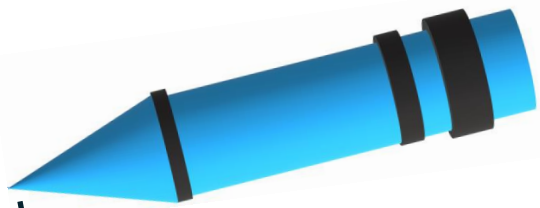
Have a go at doodling
while you watch TV

Put your pencil on the
paper and just make
shapes and silly pictures -
see what comes out

As you doodle it may help
you relax

You can doodle your way
to happiness!





The word DOODLE mean simple.

Doodling is when you make shapes and drawings at the same time you are doing something else.

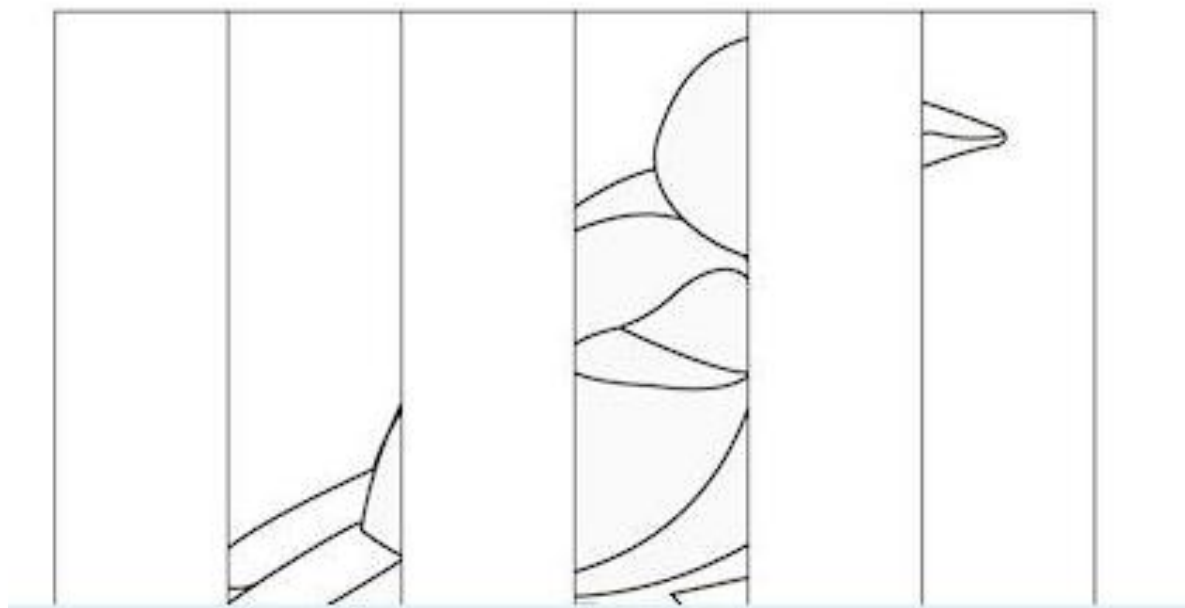
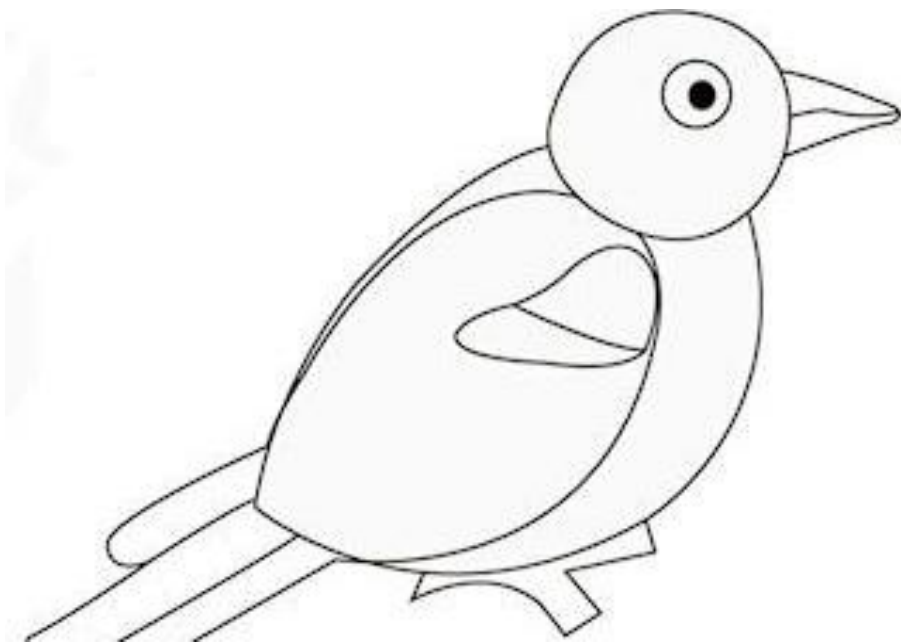
You could doodle pictures whilst

- ✓ Watching TV
- ✓ Listening to music
- ✓ Talking to someone

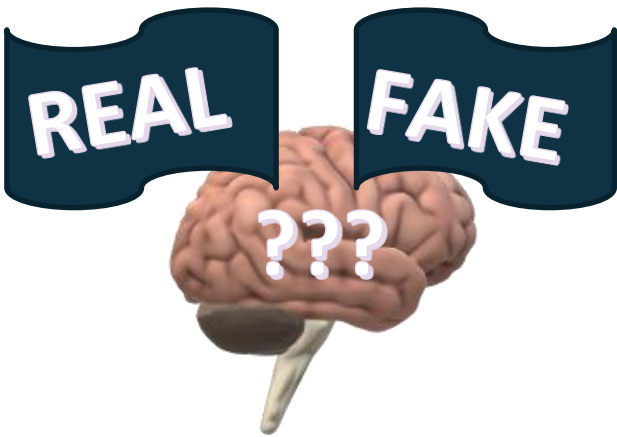
Doodling is good for the brain.

It helps us to concentrate

Complete the picture

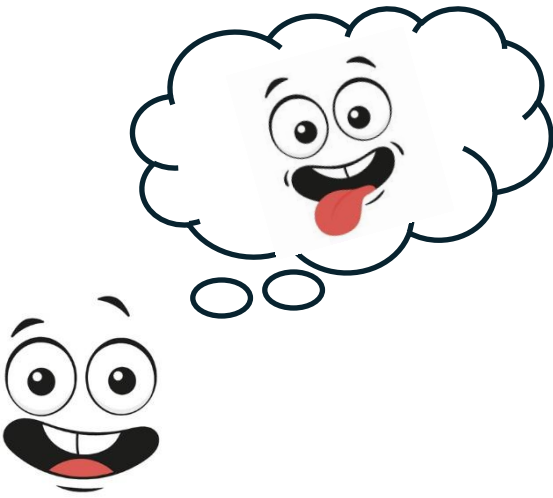


Sunday



Our brains don't know the difference between what is real and what is not.

If we have a picture in our head of something funny it still makes us laugh, even if it is only in our head.



Let's have a go at tricking our brains



Relax on the bed or in a
chair

Close your eyes



Bring up pictures of your
funniest memory - are you
laughing yet?

Now bring up a picture in
your head of your favorite
pop group or football team.

Play in your mind like a film
or a match you've seen or a
gig you've been to - Enjoy!

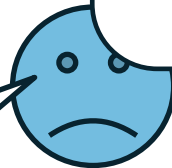


Your Week

Storyboard - record your last six days in any way you like.



I love
Sunday'



I'm missing
family today

