

ART PACK

This is a collection of arty resources, brought together by mental health charity Sheffield Flourish, and CAST.

In this art pack you will find:

1. **Origami:** instructions for making an origami bird
2. **Three illustrations:** these can be coloured in, which is really helpful for letting your mind relax.
3. **Resources for support and fun:** this includes 2 covid-19 self help cards, and idea cards for creative relaxing fun
4. **About you:** a page that you can fill in to think about your life. You can keep this. If you want to, you can also send it to us and we can talk to you about sharing it on the Sheffield Flourish website.

Materials you might want to use with this pack:

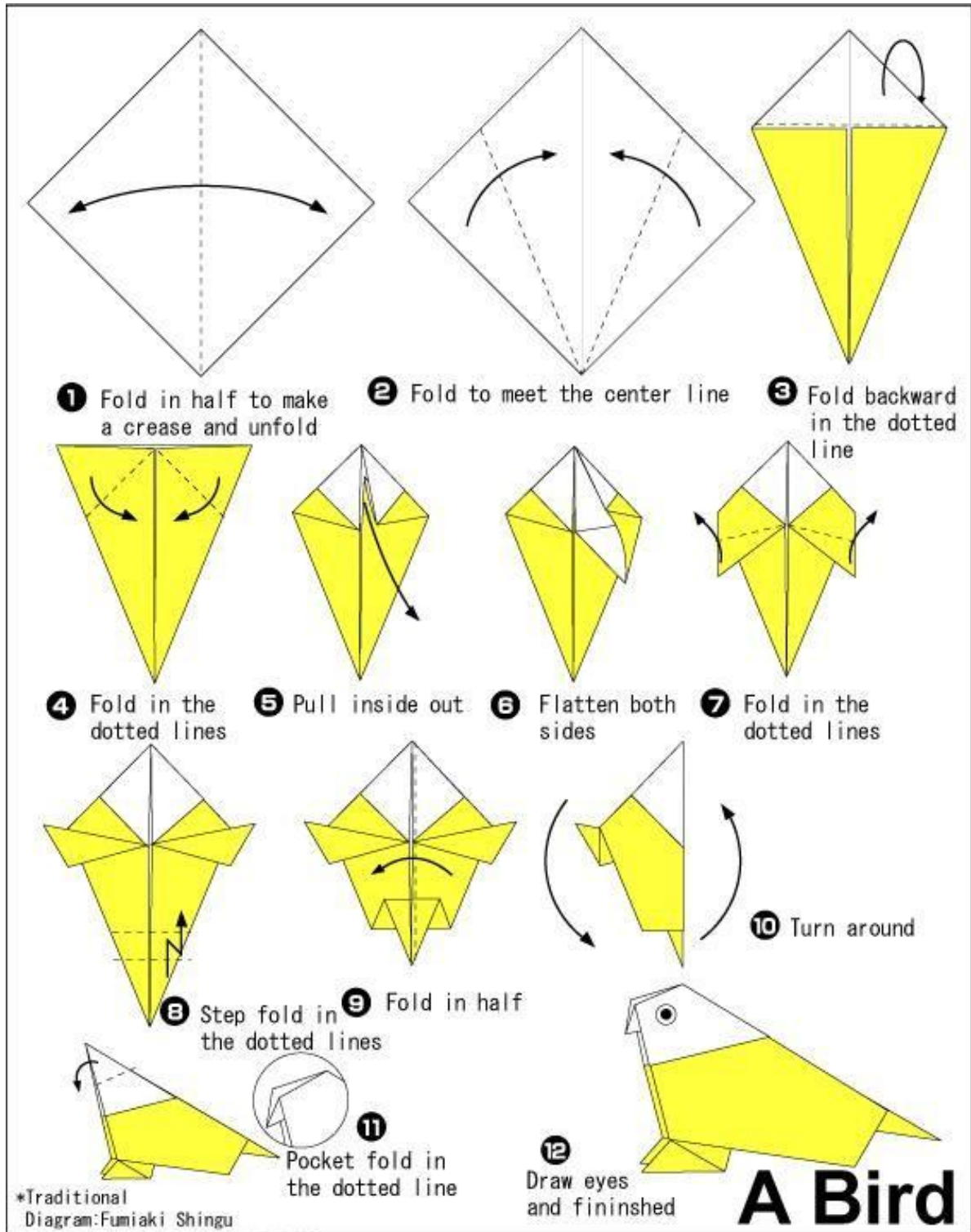
- Paper
- A couple of squares of normal paper for the origami
- Coloured pens or pencils

Take care, and if you need help finding the right support for your mental health, get in touch:

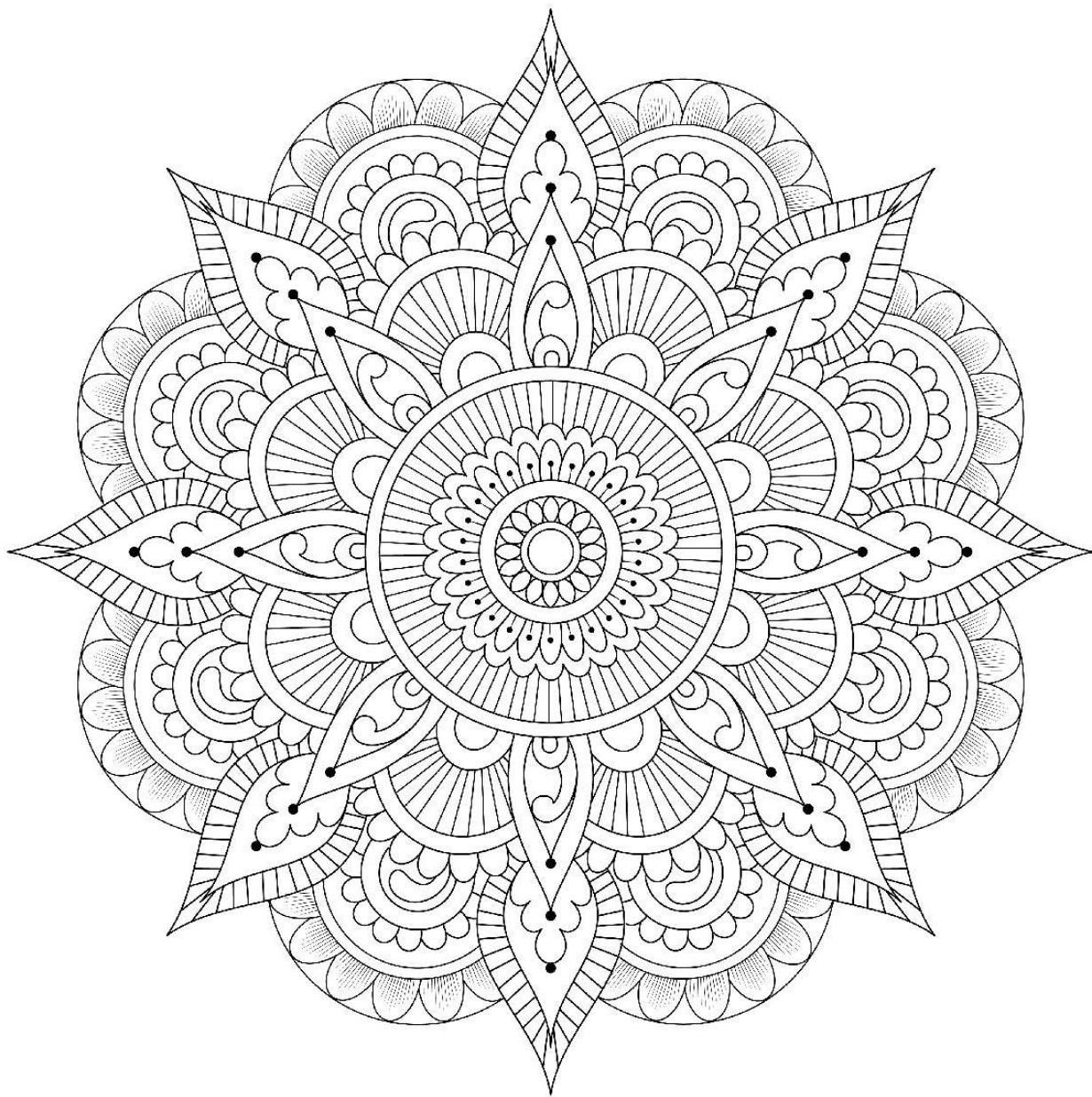
0114 273 7009

mhguide@sheffieldflourish.co.uk

ORIGAMI INSTRUCTIONS

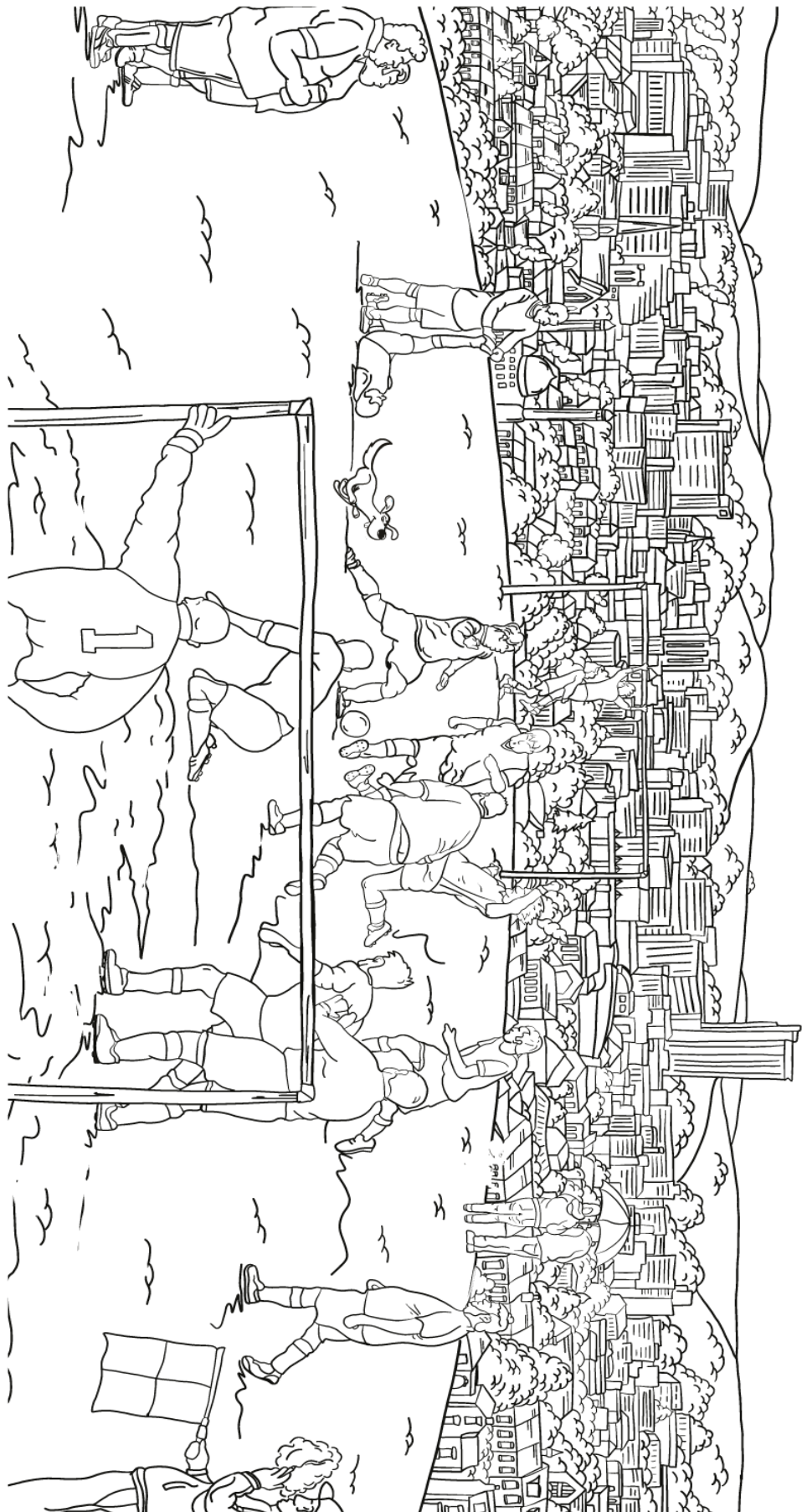






Only Dreaming

More coloring pages at
mondaymandala.com



STUDS AND PUBS

BY MATT COCKAYNE

COVID-19 CARE CARDS

• doodle + write in me
• daily + **SHARE ME** with others ♥

hey you! **GOOD MORNING** dear human!

Something I'm looking forward to today...

Something I'm going to do to look after myself today...

Something I'm going to do to look after someone else today...

= Mmm **LUNCH TIME**

Something that makes me happy in my home...

♥♥♥ **BEFORE BED** zzzz...

3 things I'm grateful for...

psst... sleep tight. see you tomorrow

Something I learned today...

Made by: Madeleine McGivern (Instagram: @adventuresofmum + Twitter: @madeleinejm) and Rosanna Cooper (Instagram: @drawitoutdaily + Twitter: @ArtTherapyToday)

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DRAW A CIRCLE.
THEN DRAW A
BIGGER CIRCLE
AROUND IT



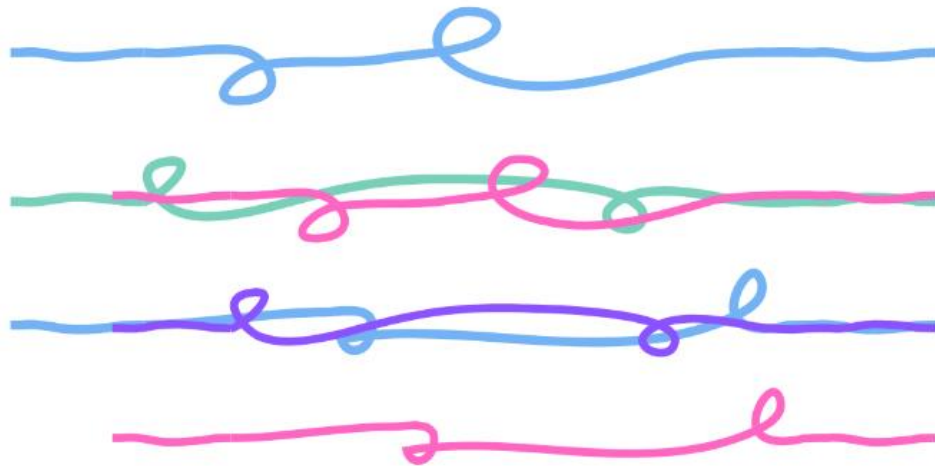
Inside the big circle, draw and write out
all the things you can't control. The
inside circle is your place of power: in
the inside circle draw and write out
everything you can control.



This is a great way to release energy and let
yourself go...try and make the ugliest art you can!

DRAW YOUR STRESS

What would your stress look like? Does it have a colour, or a shape? Does it live somewhere, and has it got a texture or even a smell? You might like to write about it too.



Pick a relaxing song and let it flow, and see what you create to the sound of the song.



ABOUT YOU

Have you ever felt like it would be helpful to think about your life, or on the ways you've dealt with challenges and learnt to manage your mental health better? On this page, we've put a few ideas to help you think about this. If you'd like to share this with us, please let us know.

Tell us about something that has happened to you that was really important to you:

Tell us about something you've done that was really hard, but you did it anyway:

Tell us 3 things, big or small, you'd like to do in the future:

How are you managing to stay positive during the coronavirus lockdown?

Tell us about something you are learning to get better at: