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QUICK CREATIVE ACTIVITIES FOR WELLBEING.



Cut out cards
& place in an empty
jar, basket, or bowl.
Maybe decorate it!
Reach in when your
wellbeing needs
a boost.



**PAUSE
BREATHE
CREATE**

FLOWER POUNDING

Masking tape plucked
petals to some fabric.
Grab something heavy
and pound.

EARTH PALETTE

Collect soil,
add a little water
to make paint, and
make a landscape.

SHADOW DRAWING

Outline a
shadow
that catches
your eye.

MOON GAZING

Draw the moon
for a succession
of nights. See how
it changes.

HIGHER THINKING

Lie on the
grass and
observe the sky
for 5 minutes.

FOOD MILES

Open your refrigerator
and pick one
veggie or fruit.
Map its journey to
your kitchen in a
drawing.

TREE HUGGER

Press air-drying clay
onto the textured bark
of a favourite tree.
Leave to dry.

EAR WORM

Pause in your day
and pay attention to
the soundscape. Listen
and create a visual
or written way to
remember it.

TEMPORARY SCENE

Create a natural collage
out in nature. Find a
spot and use objects that
you find there.

A JOURNAL FOR NOW

Make entries in a
nature walks journal.
Write, draw, collage.

WINDOW REFLECTIONS

Sit at the window
& watch the world for
5 minutes. Write or draw
what you've observed.

FUN TO FIND

Fill in the Blank:
'You are Very _____.'
Stitch and leave in
a public place to pay
forward positivity.

JOURNEY STICK

Go for a walk with
a stick and some string.
Collect and tie scavenged
objects to your stick.

GO FOR A WALK & COLLECT A LEAF

Bring it home
and draw it.

TIME OF LIGHT

Take some time to
observe natural light.
Draw light & shadows.

MAKE A MAP

Go for a mindful walk.
Rather than take a walk,
let the walk take you.
Draw a map afterwards
or as you go.

EARTH IN REVERSE

Go for your
normal walk, but walk
the route in reverse.

COLLECT A RAINBOW

Stick double-sided to
card. Pick & stick a piece
of each plant colour you
find on a walk.

MINDFUL MUCK

On a walk, use your
phone to photograph as
many textures, rather than
objects, as possible.

POETIC LICENSE

Select a poem or song
and sketch the images
it evokes for you.