

Art and wellbeing for the home & work.

Brought to you by Arts at Imperial Health Charity



SUPPORTING THE ARTS IN HEALTHCARE

Our **third** edition of tips and tricks to help you stay calm and creative during lockdown

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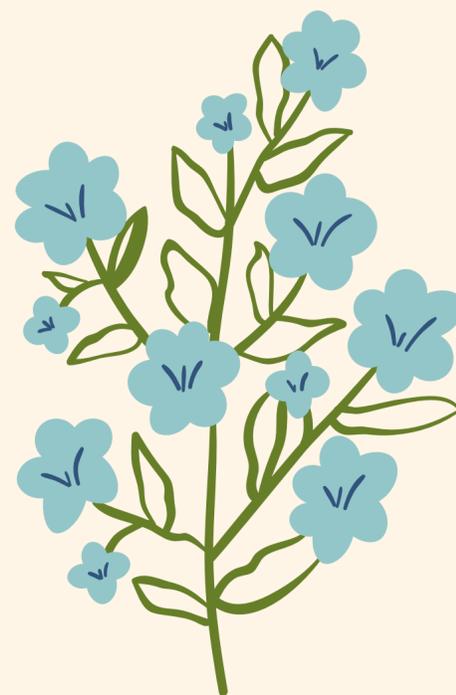
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Introduction

This is a little guide to help you and your loved ones stay creative, entertained and calm in the home or at work. Whether you're having to work from home, need tips for on the go, or need something to aid your well-being during days off - we hope this will help you fill those moments with imaginative activities.

We believe that through this period of change it's super important to promote kindness, creativity and human connection! We hope this guide can help provide you with these three things - or at least a starting point!

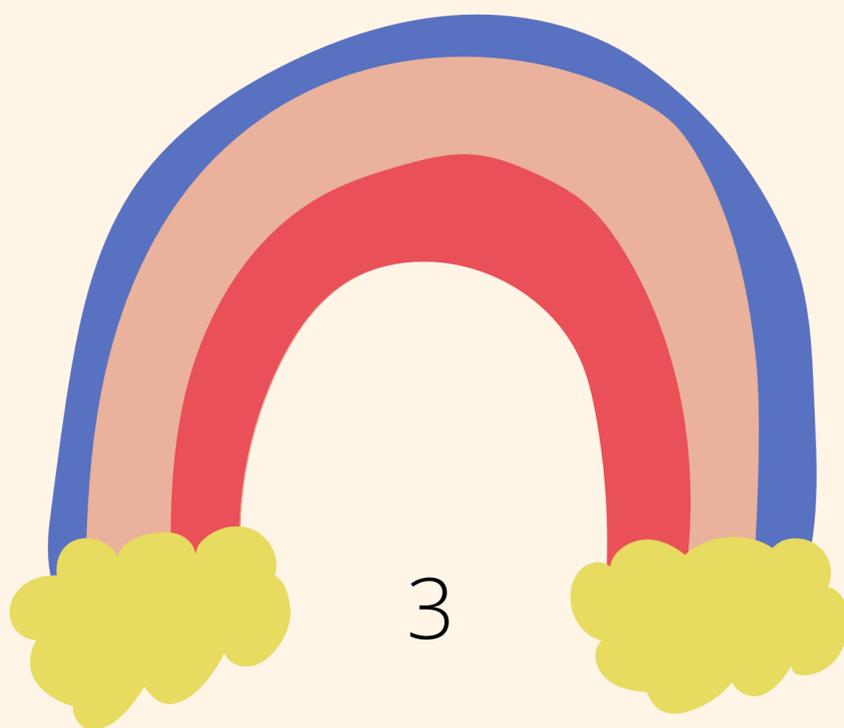
*Warm wishes,
The Arts Team*



Absolute Nonsense!

Everyone needs to learn how to get a bit silly from time to time! Creative writing is a great tool for encouraging us to think outside the box while making something entirely unique to you.

The following 'Nonsense Poetry' activity can be done on your own or as a group! Try it at work with colleagues, at home with the family, or even on your commute. It only takes 10/15 minutes and is simple to follow - with very silly results!

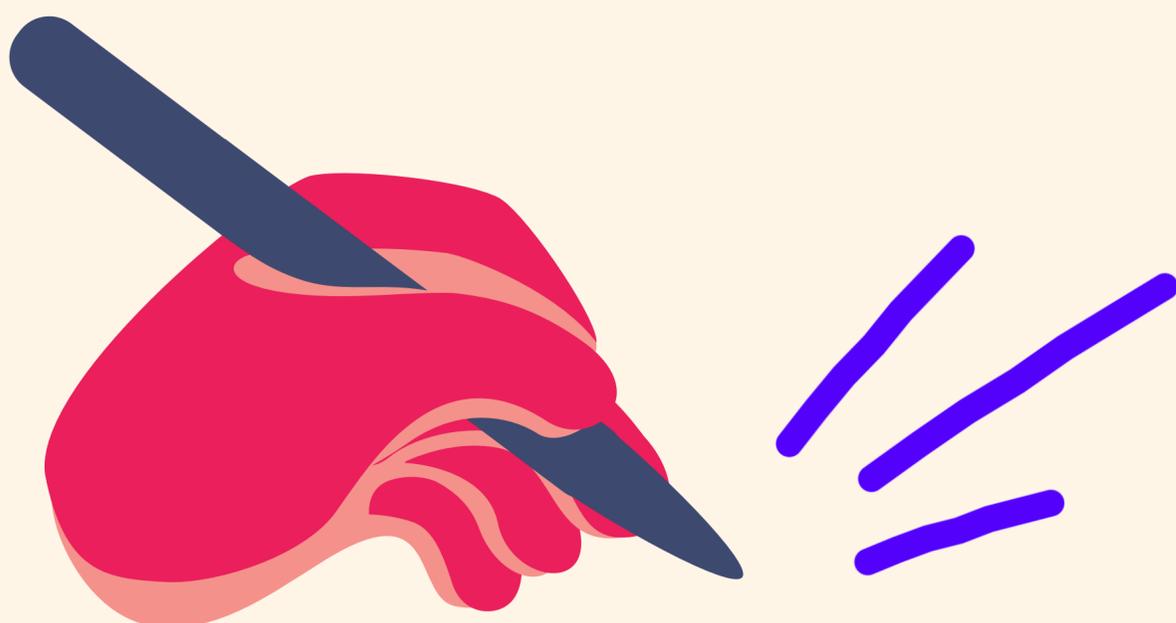


STEP 1 - Draw the moon or write the word 'moon' at the top of your page (This is your stimulus for later - a.k.a: your inspiration!)

STEP 2 - Set a timer for **2 minutes**. Under your moon, create and write 3 entirely new and made-up words.

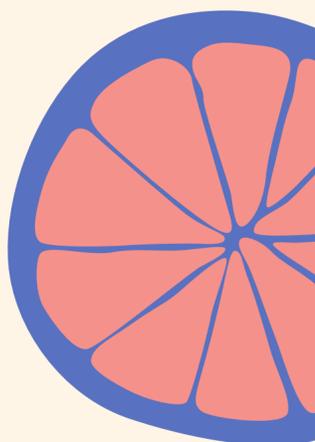
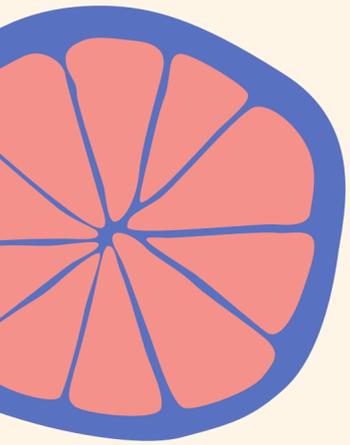
STEP 3 - Now, set a timer for **3 minutes** and write whatever comes to mind and don't stop - using your moon as inspiration. Don't think too much - just write! But, remember to include each of your made-up words at least once.

STEP 4 - Finally, set a timer for **2 minutes 30 seconds**. Circle any 10 words from your piece of moon writing that you fancy. Create a poem with your remaining time, using all your 10 words and nothing else (you can repeat your words if you like)



Free Arty Workshops and Classes

Museums, galleries and studios all over the country are adapting and working hard to bring free art classes, activities and workshops straight to your screen. We have a handful for you to get stuck into and enjoy!



**Imperial Health
Charity:
Recorded short
classes, ranging
from art, to poetry.
to dance!**

**Royal Academy of
Arts:
You Tube art
tutorials for the
family, guided tours
and more!**

**Museum of Modern
Art:
Free online course
about art history,
exhibition design
and contemporary
art collections!**

**Little Angel Theatre:
Online recorded
puppet shows for
children with
accompanying craft
and puppet
tutorials!**

Taking time to streeeeetch

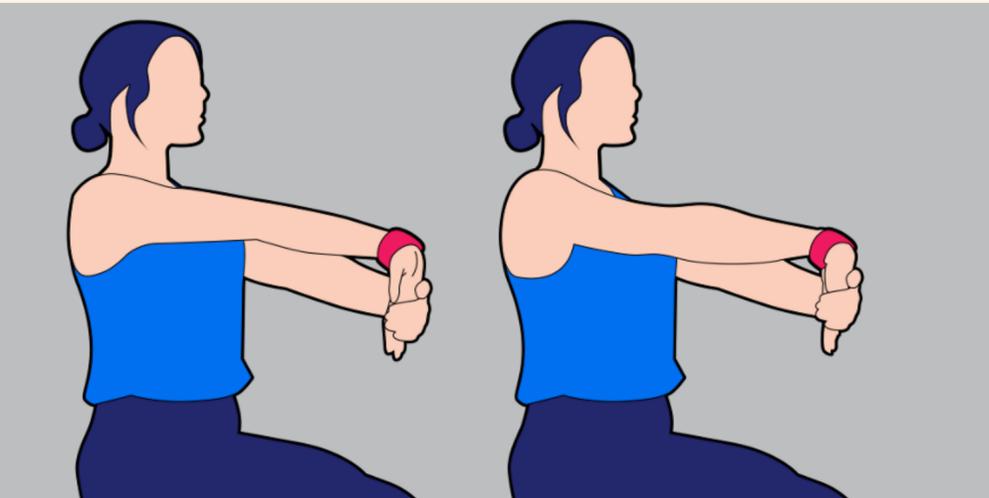


Stretching is a great way to release endorphins, find a moment of relief and joy, as well as reset your muscles. Whether a quick stretch on your lunch break, first thing in the morning or after a long day - there are loads of ways to do it. We have a nifty guide to easy chair stretches, as well as free yoga resources for you to check out!



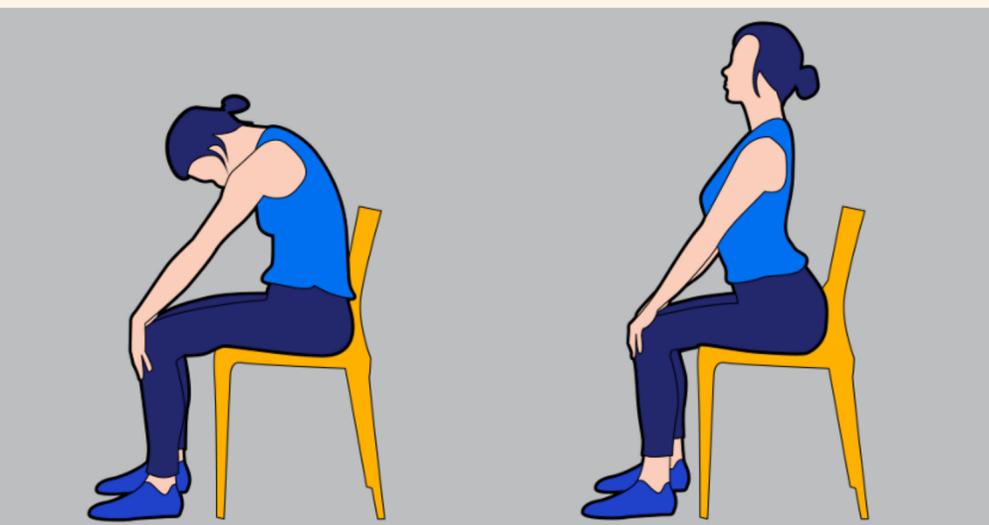
Chair Stretch Routine

Activity



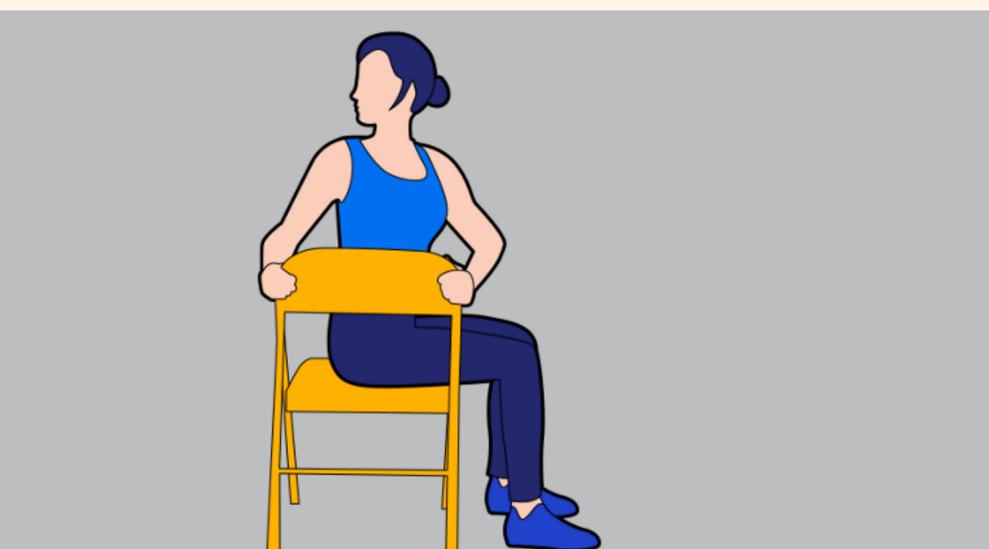
Wrist and finger stretch

Sit on a chair extend your right arm in front of you – like you're pushing something away with your palm. Keeping your arm straight in front, spin your hand so your wrist faces up and your fingers point towards the floor. Now take your left hand and gently pull your fingers back towards you, whilst keeping your arm straight. You should feel a slight stretch in your wrist, palm and fingers. Take five deep breathes then do the same on your other side.



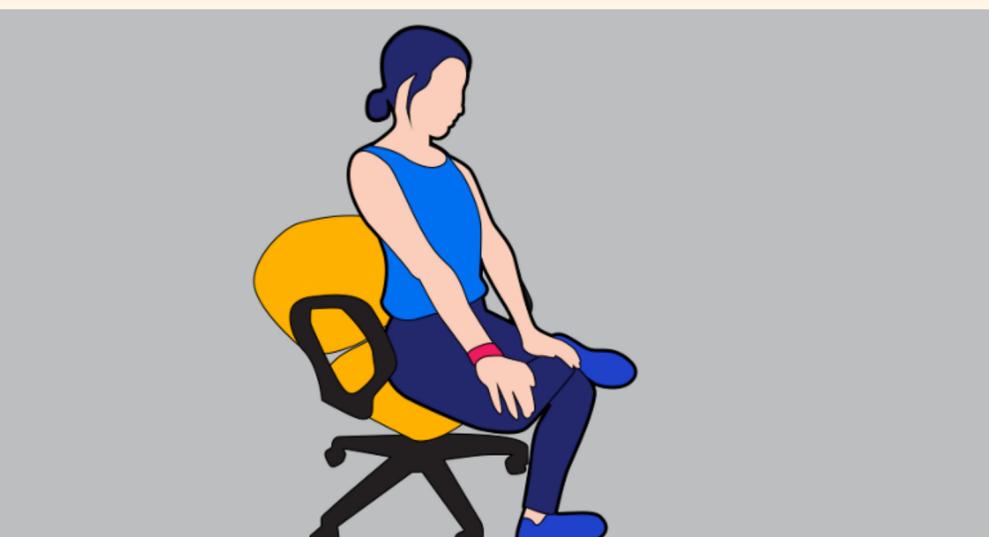
Seated cat-cow stretch

Sit in your chair with your legs hip-width apart and your feet flat on the floor. Place your hands on your knees inhale and slowly arch your back, rolling your shoulders back and down. As you exhale, slowly reverse the position, rounding the spine, letting your head drop as your chin moves towards your chest. Now repeat these two movements for another three to four breaths.



Seated spinal twist

Sit sideways in your chair, so the back of the chair is on your left side of your body. Sit with your legs hip-width apart and your feet flat on the floor. Inhale, and as you exhale slowly twist your upper body left towards the back of your chair. Pulling your right hip back gently and making sure your spine stays tall. Only going so far as feels comfortable. Inhale holding the pose, then exhale and slowly twist back to your seated position. Turn yourself around so the back of the chair is on your right side and repeat these movements, turning to the right.



Hip Openers

Sit in your chair with your legs hip-width apart and your feet flat on the floor. Bring your right ankle on your left knee and flex your right foot. The weight of your leg should softly pull the right knee towards the floor. But if your shin is not parallel with the floor, no stress – Make sure your hips are level and all of your bottom is touching the chair (don't lift one side!) Hold this pose for five breaths then repeat on your left side. You may find one side is tighter than the other – and that's okay!

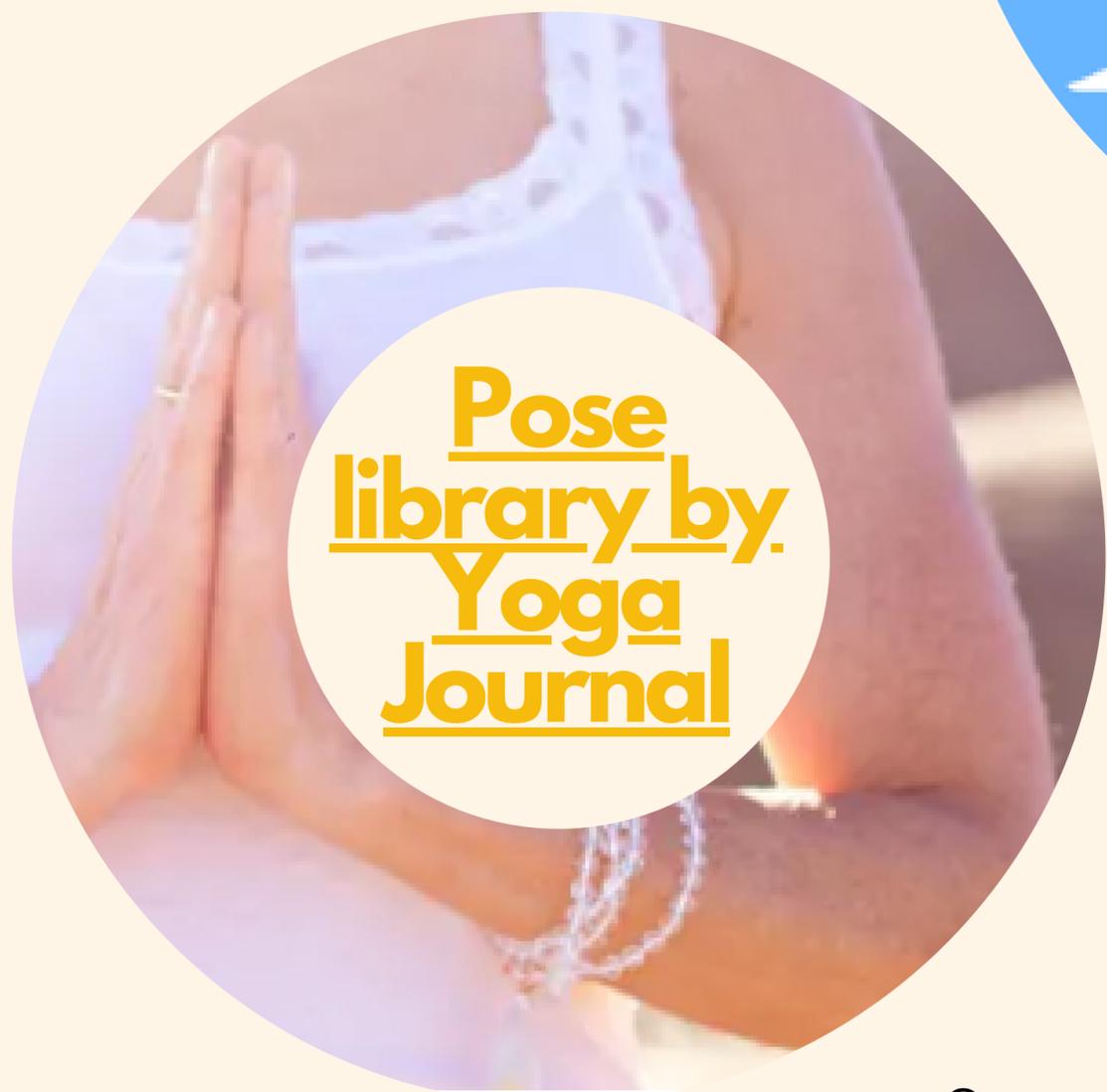
Free Yoga Resources



Yoga with
Adrien



5 Minute
Yoga



Pose
library by
Yoga
Journal



Website Links

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- <https://www.imperialcharity.org.uk/arts/patient-engagement-programme/virtual-workshops>
- <https://www.youtube.com/c/royalacademy/videos>
- <https://www.moma.org/research-and-learning/classes>
- <https://littleangeltheatre.com/online-shows-and-activities/>

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- <https://www.beyondblue.org.au/personal-best/pillar/wellbeing/five-desk-yoga-poses-to-incorporate-into-your-work-day>

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- <https://yogawithadriene.com/free-yoga-videos/page/2/>
- https://play.google.com/store/apps/details?id=uk.co.olsonapps.fiveMinYoga&hl=en_US
- <https://www.yogajournal.com/poses>



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