

Art and wellbeing for the home & work.

Brought to you by Arts at Imperial Health Charity



SUPPORTING THE ARTS IN HEALTHCARE

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

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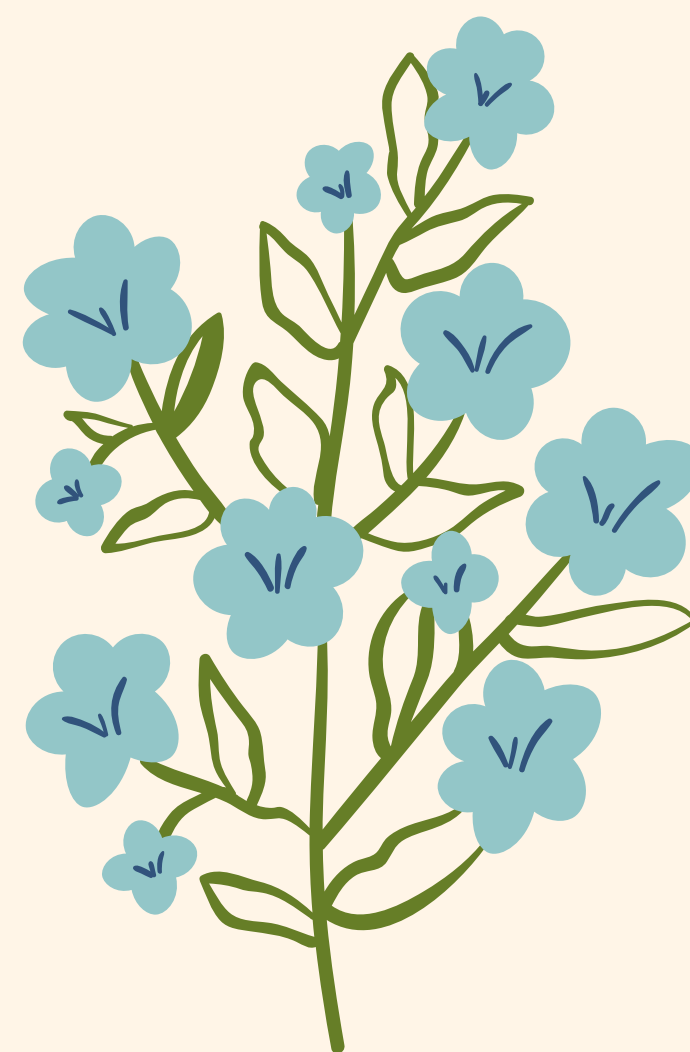
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Introduction

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*



Theatre to see and do

There is so much theatre online of amazing quality! Why not switch up your movie nights with a musical or shakespeare play?! Or, make your very own mini-theatre with our shadow puppet guide...



Globe Player

Rent from over 130
filmed productions
performed at
Shakespeare's Globe
from as little as
£3.99

Digital Theatre

Subscribe
monthly or rent
individual
productions from
all over the
world!

National Theatre Home

Watch a different
professional show
from the NT every
single week for FREE
on their YouTube
channel

Sadler's Wells

The dance company
are offering FREE
recorded footage of
their dance
performances; as
well as dance
workshops for
families and over
60's

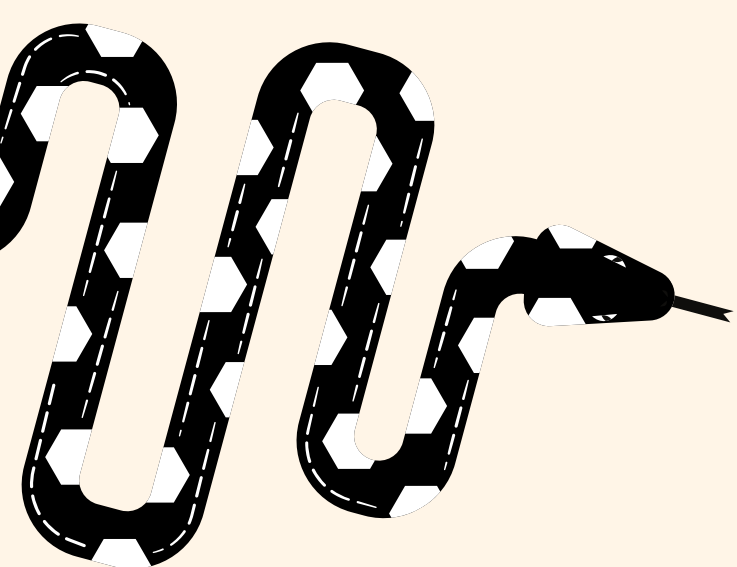
To see

Shadow Puppets - Put on your own show!

To do

YOU NEED:

- Sellotape
- Black card or dark coloured card/paper
- Scissors
- Split pins
- Puppet sticks e.g.: lollipop sticks, pipe cleaners, straws, chopsticks...
- A story!
- A sheet
- A torch/phone with torch



STEP 1:
Choose your story. An old fabel... your favourite book or poem... or make up your own!

STEP 2:
Draw your characters & scenery and cut them out! Remember- light will shine through holes and the characters will be behind a sheet. Cut off arms or legs and re-attach using the split pins so they can move like joints

STEP 3:
Rehearse and put on your show! Hold your characters and scenery behind the sheet in a dark room and shine the torch behind the sheet. The result being a magical, starlight show!

Visual Examples



Mindfulness on the go

It can be hard to find a moment of calm, whether you're rushing around or relaxing, we all know it's not always easy to switch off. Our minds don't always know how to take a break. However, there are a few things we can do to help us find a moment of still, where ever we may be.



1) Colour Breathing

Take a moment to close your eyes and breathe. As you breathe in through your nose, imagine you're breathing in a sweet cloud of your favourite colour; when you breathe out of your mouth, imagine letting out your least favourite colour and see it float away. Repeat this for as long as feels comfortable

2) Name your surroundings

Mind racing? Take a moment to look around the room and in your head, say what you see: "a chair, the door, a desk, a notebook, an apple". Breathe in and out through your nose and mouth as you list everything around you. This can help you feel grounded and in control.

3) Body scan

Take a quick moment to move your attention slowly through different parts of the body, starting from the top of your head moving all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body. It can help to imagine a warm light moving through your body.

4) Mindful Eating

This involves paying attention to the taste, sight and textures of what you eat. For example, when drinking a cup of tea or coffee you could focus on how hot it feels on your tongue, how sweet it tastes or watch the steam that it gives off.

Staff Arts Club

The Staff Arts club is a benefit for Imperial College Healthcare NHS Trust staff that includes a monthly newsletter full of opportunities to go to art galleries and museum exhibitions for free. We will be changing the format of these newsletters and for a limited time, we will be allowing other people, such as our volunteers and engagement programme participants, to sign up to the mailing list as well as NHS Staff.

At the beginning of each month, we will send you a newsletter with one wellbeing top tip and one creative activity challenge. We then invite you to send us your challenge creations which we will share in a second newsletter at the end of the month - the result being our very own virtual creative community!



Email arts@imperialcharity.org.uk with the subject 'Newsletter Signup' to join our mailing list!

Website Links

Page 5 - Theatre to See:

- <https://globeplayer.tv/>
- <https://www.digitaltheatre.com/consumer>
- <https://www.nationaltheatre.org.uk/nt-at-home>
- <https://www.sadlerswells.com/whats-on/2020/digital-stage/>

Pages 9-10 - Mindfulness on the Go:

- <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>



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