



We are pleased to bring you pack number 5 and hope you find this a welcome distraction during this tricky time. How have you been going lately? There's a lot to process when conditions are changing on a daily basis. It's understandable to be thrown out of balance. Art is an activity that keeps you centred and happy, so make it a priority. Creating art can help you relax, unwind and experience a balanced sense of well-being in stressful times.

Eventually this is going to pass. If you want someone to talk to, please reach out. We're here to help each other move through this. We are busy working on making an enjoyable program for term 4. We can't wait to get back to creating art together!

Keep calm and get creative.

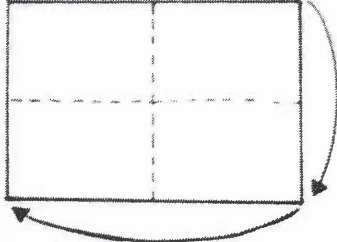
From your friends at Artworks.



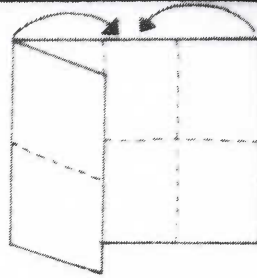


HOW TO MAKE A QUICK ZINE

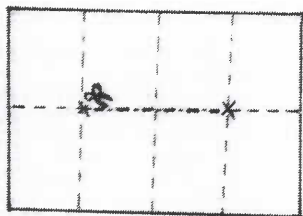
FIND A4 PIECE OF PAPER!!



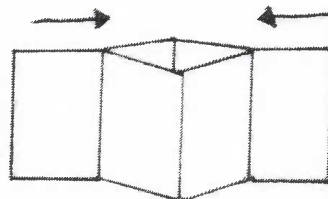
FOLD IN HALF BOTH WAYS.



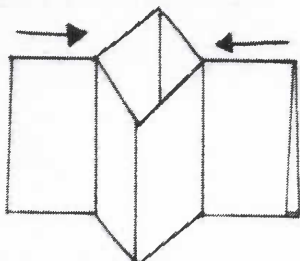
FOLD SIDES INTO THE CENTRE.



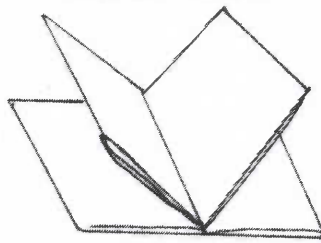
CUT ALONG THE CENTRE FOLD CAREFULLY WHERE INDICATED.



FOLD IN HALF THEN OPEN UP AT THE CUT IN THE CENTRE.



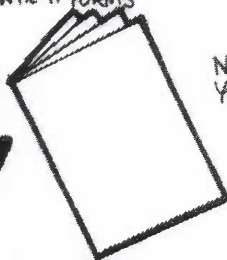
PUSH TOGETHER UNTIL IT FORMS FOUR PAGES.



FOLD SO IT FORMS A COVER ON THE OUTSIDE.

**TA-
DA!**

EMILY
2013



NOW YOU KNOW HOW TO MAKE YOUR VERY OWN MINI-ZINE!

FILL THE PAGES WITH WHATEVER YOU WANT!

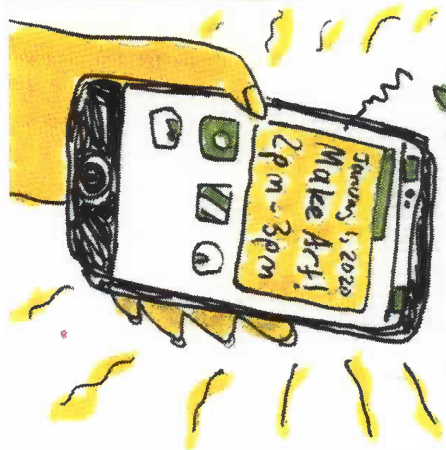
TRADE. SWAP. SELL OR GIVE AWAY YOUR ZINE AGAIN + AGAIN!



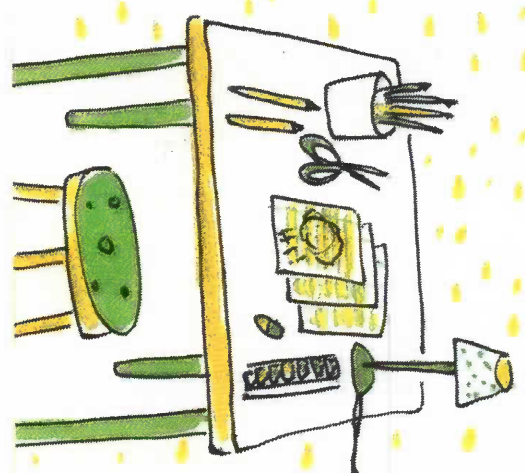
③ FOCUS ON THE **MAKING!**
 - YOU DON'T NEED TO FINISH
 - YOU DON'T NEED TO LIKE IT.



④ FEEL THE **FLOW**. IT'S THE SENSE OF LOSING ALL TIME AND PLACE WHEN YOU CREATE.

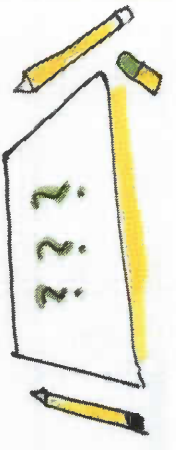


⑤ SET UP A TIME TO DO IT ON A REGULAR BASIS.
ZZZZTTT!



⑥ DESIGNATE A "CREATIVE CORNER" IN YOUR HOME.

⑦ IF YOU HAVE A CREATIVE BLOCK, CHECK IN WITH YOURSELF. WHAT'S REALLY GOING ON? TAKE DEEP BREATHS TO **R E S E T**... AND GET TO WORK!!!



① LET GO OF THE IDEA THAT YOU'RE NOT AN ARTIST.



② FIGURE OUT YOUR MODE OF CREATIVE EXPRESSION.



RICHARD OF YORK GAVE BATTLE IN VAIN

Find in your home 5-10 objects that are RED.

Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Find in your home 5-10 objects that are ORANGE.

Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Find in your home 5-10 objects that are YELLOW.

Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Find in your home 5-10 objects that are GREEN.

Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Find in your home 5-10 objects that are BLUE.

Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Find in your home 5-10 objects that are INDIGO.

Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Find in your home 5-10 objects that are VIOLET.

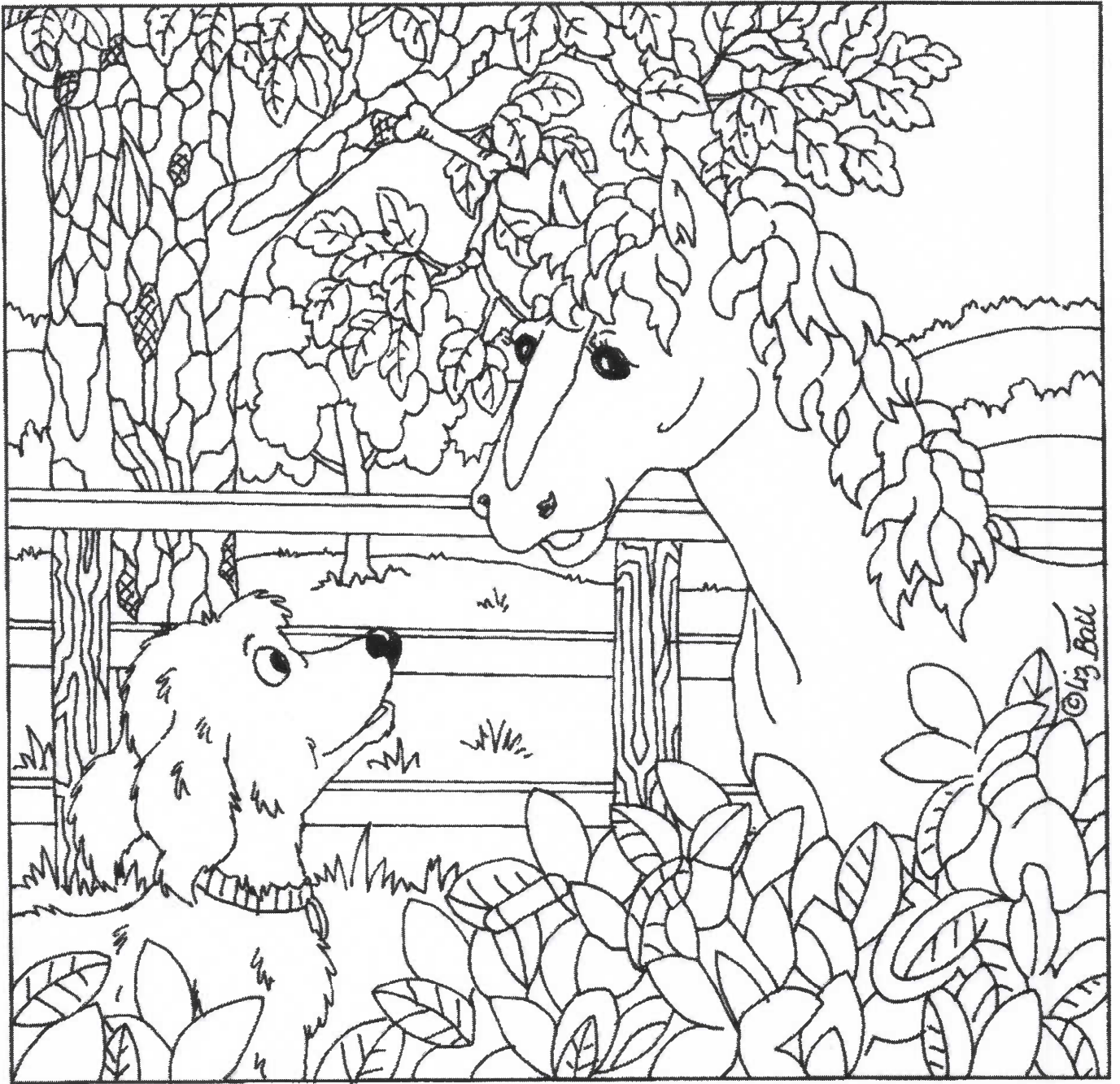
Take them to the kitchen table. Create a still life, by arranging the objects artfully in a creative display.
You can make a number of displays if you want. Take a photo of your favourite arrangement.

Share your photos with others.

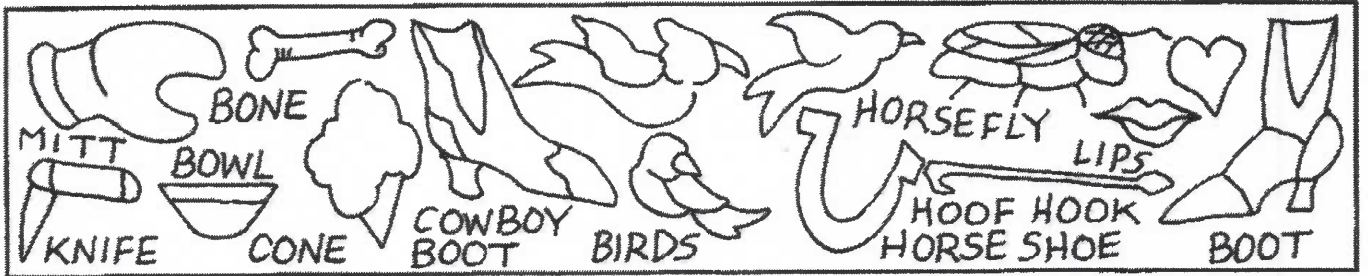
Cornelia Parker



KLM20



www.hiddenpicturepuzzles.com



CONNECT THE DOTS



Jean Auguste Dominique Ingres, *Joséphine-Éléonore-Marie-Pauline de Galard de Brassac de Béarn (1825–1860), Princesse de Broglie*, 1851–53, Metropolitan Museum Of Art



MAKE AN OP ART PLANT POT

Use lines, zig-zags and spots to paint a pot which makes your eyes go funny!

30 minutes



Bridget Riley is a British painter. The style of her painting is called op art. Op art is short for 'optical art'. Bridget puts colours, shapes and patterns together in clever ways to create an optical illusion. This can make an image look like its moving!

Here are some of her op art paintings ...





Bridget Riley
Untitled [Fragment 5/8] 1965
Tate

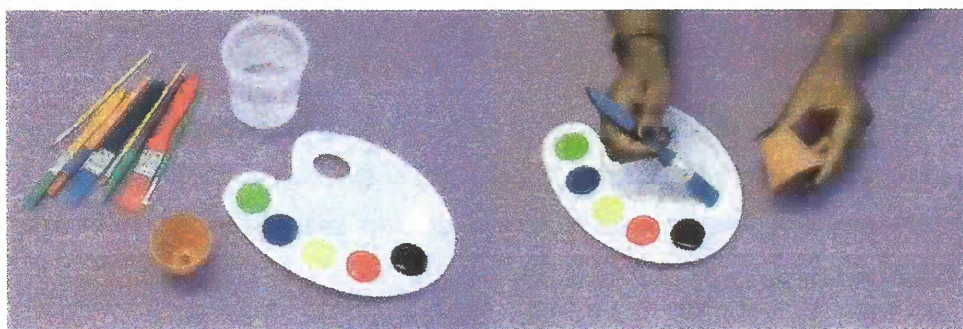
© Bridget Riley 2020. All rights reserved.

LET'S CREATE AN OP ART PLANT POT!

You will need:

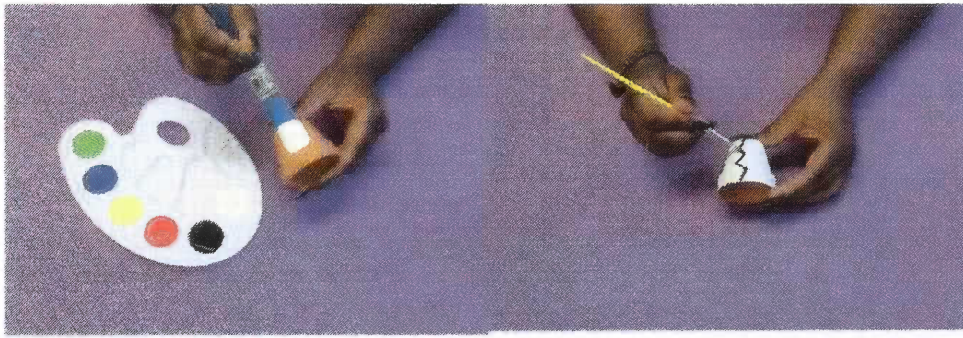
- Some paintbrushes. (Big ones are good for painting the background)
- A pot of water
- A small plant pot
- Some paints – the brighter the better!

LET'S GET STARTED



1. GET YOUR MATERIALS
READY

2. CHOOSE YOUR
BACKGROUND COLOUR



3. PAINT THE POT

4. CHOOSE YOUR NEXT
COLOUR AND START
PAINTING YOUR PATTERN



5. PAINT THE WHOLE POT 6. LEAVE TO DRY AND
WITH YOUR PATTERN YOU'RE DONE!



7. NEXT TIME, TRY A
DIFFERENT PATTERN

8. OR USE DIFFERENT
MATERIALS!

FOR ATTENDEES: Basic ZOOM Instructions

Getting Started

You do not need a Zoom account to attend a Zoom meeting/training session. Instead, when clicking on the Zoom link that you have been provided you will be prompted to download the software. You may also wish to create an account, but that is not required to participate in a Zoom meeting.

Join a Meeting

Join a meeting by clicking on a Zoom link provided by the meeting host → follow the prompts to download and run Zoom → enter the meeting ID (only if prompted/required) → click to **Join the Audio Conference**.

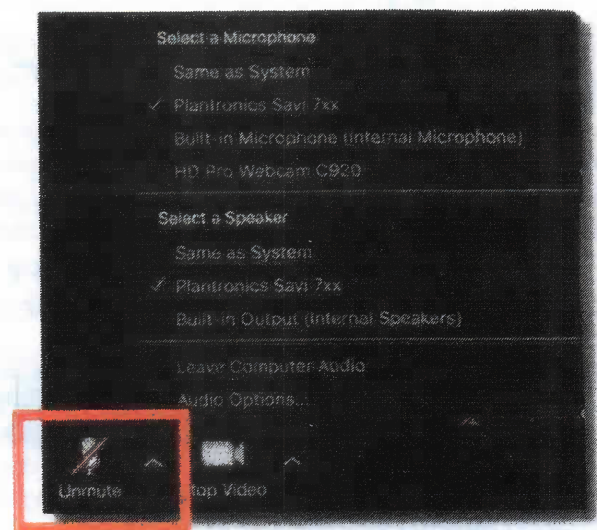
When you join a Zoom meeting hosted by another user, you are considered an **Attendee**. As an attendee, you have access to the full range of 'Attendee Controls' which are visible by hovering your mouse over the bottom of your active Zoom meeting window.



Mute/Unmute & Audio Settings

Mute and **unmute** your microphone using the microphone button (icon at the bottom left main Zoom screen). NOTE that the Host can also mute your microphone.

Clicking on the arrow next to the mute button shows additional options for audio settings. Select/change your microphone & speaker option, leave the computer audio, or access the advanced audio options.



Start/Stop Video & Audio Settings

Turn your camera on or off using the **Start/Stop Video** button (icon at the bottom left main Zoom screen). By clicking on the arrow next to the Start/Stop Video button, enables you to change webcams, access your Zoom video settings, or select a virtual background (if enabled).



Participants

Clicking on **Participants** allows you to see who is currently in the meeting. The participants list also gives you the option to raise your hand or rename yourself.

Raise Hand - notifies host and shows a prompt to simulate hand raise

Rename - hover over your name to change it as it is seen in the participants list and video window

Non-verbal interactions – will be displayed for use if the host has enabled them



Share Screen

If the host allows, you can share your screen in the meeting. The host has the ability to stop your screen share.

1. **SHARE YOUR SCREEN:** to show a PowerPoint file, video, a document, or launch the whiteboard, hover over the bottom of your Zoom screen and click on **Share Screen**—and additionally be sure to click in the tiny check box, lower left, for **Share computer sound**. Then click on **Share Screen** (lower right). Click on **Stop Share** when you are done sharing your screen (red button, top of your active window).



2. **ANNOTATE A SCREEN YOU ARE SHARING:** When in Share Screen mode, hover over (or push with your cursor) the green ID tab at the top of your screen → click on **Annotate** → click on any of the tools on the pop-up tool bar (Mouse, Test, Draw, Spotlight, Erase, Save) → click **Clear** to remove annotations. Click **Save** to take a screen grab of your annotations.



3. **ANNOTATE SOMEONE ELSE'S SHARED SCREEN:** Click on **View Options** at the top of your screen and choose **Annotate**. Then select from any of the tools.



Annotation tools →

Chat

Chat with individuals or everyone in the meeting. From the control bar click **Chat** to open the chat window and chat with other participants or view chat messages.



To change who you are chatting with, at the bottom of the chat panel select the drop-down next to the **To** field. Alternatively, click on a name of a previous message posted to chat to that participant or host privately.

Choose Video Layout

At the upper right of the Zoom window, you can switch between active **Speaker View** and **Gallery View**. You can also switch between a shared screen and the video by clicking on a button available in this location during a screen share.



Enter/Exit Full Screen

At the top right of the Zoom window, you can enter or exit full screen mode. You can also exit full screen by clicking **Esc**.



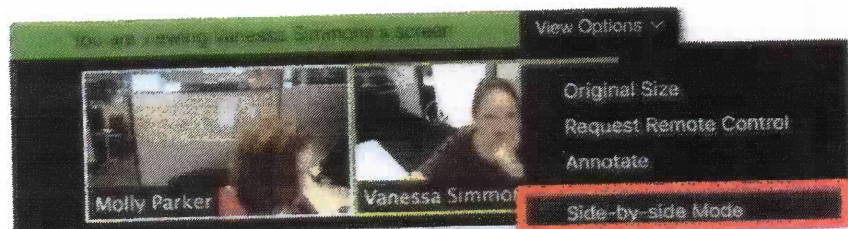
Pin Video

Pin video makes a user the primary speaker for you, instead of switching between the active speaker video. You can pin a video by right-clicking on the video of the person you want to pin or double click on their video window.

Viewing Shared Screens with Side-by-side Mode

When viewing a shared screen, click on the dropdown arrow that says **View Options**. Select the checkbox to enable side-by-side more, or deselect it to turn off side-by-side viewing.

Change the size of the side-by-side view by clicking and dragging the partition over to the left.



Leave Meeting

Leave the meeting at any time by clicking on the **Leave Meeting** option at the lower right corner of the Zoom window.



Coronavirus Mental Wellbeing Support Service

 1800 512 348

 Chat online

(<https://cmwssonline.beyondblue.org.au>)



(<https://coronavirus.beyondblue.org.au/>)



Home



(<https://coronavirus.beyondblue.org.au/>)

Managing my daily life



(<https://coronavirus.beyondblue.org.au/managing-my-daily-life.html>)

Coping with isolation and being at home



(<https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home.html>)

The importance of eating well during the coronavirus pandemic

The importance of eating well during the coronavirus pandemic

There are many ways in which food plays a vital role in maintaining our physical and mental health. Here, we look at three of these – the basics of eating well, emotional eating, and cooking as a form of meditation.

Back to basics

Eating a nourishing, balanced diet helps with our overall sense of wellbeing, and while the pandemic continues to affect everyday life, a healthy approach to food is more important than ever in terms of supporting our mental health.

During challenging times, it can be tempting to sideline healthy eating. To help support both your physical and mental health, try to follow these **Australian Dietary**

(<https://www.eatforhealth.gov.au/guidelines>)

guidelines on a daily basis:

- Eat plenty of fresh vegetables, legumes and fruits
- Eat plenty of cereals, preferably wholegrain, such as breads, rice, pasta and noodles
- Include lean meat, fish, poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives
- Drink plenty of water
- Limit intake of foods containing saturated fat, added salt and sugars
- Limit intake of caffeine and alcohol.

Keep things simple

Given the current situation, it's understandable if you've lost your mojo in the kitchen, as well as your appetite at times. If cooking and maintaining a healthy diet is tough for you right now, try and keep things as simple as possible. Here are some handy tips.

- Meal planning can help take the stress out of cooking. Write a weekly shopping list – minimising the number of times you need to go to the shops – and try and stick to your plan.
- Learn how to prepare simple, quick, healthy meals and use frozen pre-cut vegetables and fruit and good-quality canned foods, such as beans and lentils, to save time
- Make use of online shopping and home-delivered groceries to help with physical distancing restrictions and to knock going grocery shopping off your to-do list.
- Batch cook large quantities of food to freeze. Put into separate containers to avoid waste.
- Make the most of quick and easy cooking methods such as stir-frying, oven tray bakes, pressure cookers, grilling and microwaving.

Emotional eating

As we continue to navigate this tricky time and spend so much time at home, it can be tempting to use food as a form of comfort and/or distraction. People with existing – or emerging – anxiety or depression,

may be finding it hard to eat properly right now.

Whether due to loss of appetite, comfort eating, lack of motivation, feelings of boredom, loneliness or low self-esteem, food can become an emotional crux.

For people experiencing anxiety or depression who comfort eat, regularly turn to unhealthy foods, and who aren't physically active, putting on weight gain is common. Conversely, loss of appetite, skipping meals and weight loss is also common in those experiencing low mood, stress, anxiety and/or depression.

Sticking to your usual daily routine and eating mindfully can help in addressing emotional eating and unhealthy eating habits. By bringing your attention to how food makes you feel, both physically and mentally, you are more likely to notice when you're full or eating for the sake of it.

This article by Smiling Mind offers [ways to eat mindfully in five easy steps](https://blog.smilingmind.com.au/how-to-practice-mindful-eating-in-5-steps)

(<https://blog.smilingmind.com.au/how-to-practice-mindful-eating-in-5-steps>)

, while [Food & Mood Centre](https://foodandmoodcentre.com.au/)

(<https://foodandmoodcentre.com.au/>)

offers plenty of information about how our diet affects our brain, mood, and mental health.

If you feel that your relationship with food has become unhealthy, or you're struggling with a mental health condition that's affecting your appetite, contact your GP or a dietitian.

Cooking for peace of mind

Many people have embraced the opportunity to dust off their cookbooks and brush up on their skills in the kitchen while staying at home during the pandemic.

As well as being an enjoyable way to pass the time, cooking can be a form of meditation too. It offers us a chance to escape the worries and stresses – at least for a while – while we solely focus on creating something delicious. And while for some, cooking may simply be a means to an end, many people (including those with anxiety and depression) find that taking the time to prepare healthy, tasty meals from scratch does them the world of good.

Here are some ways to maximise your cooking experience:

- Clear your kitchen. To remain focused on the task at hand, try to make sure your cooking space is clean and clear.
- Listen to soothing music. Relaxing, feel-good vibes may help you focus and unwind.
- Choose fresh, healthy & seasonal ingredients. A healthy brain has been linked with several crucial nutrients, including omega-3 fats, B vitamins, iron, zinc, magnesium and amino acids. Learn more about what foods are best for your mental health [here](https://headspace.org.au/blog/the-best-foods-for-mental-health/) (<https://headspace.org.au/blog/the-best-foods-for-mental-health/>)
- Enjoy your creations. Mealtimes are important. Take the time to sit down and really enjoy your food.

Stay in touch with us

Sign up below for regular emails filled with information, advice and support for you or your loved ones.

Sign me up

(<https://beyondblue.secure.force.com/c19signup/>)

If you need support during the coronavirus pandemic, we're here for you.



Call 1800 512 348

24 hours / 7 days a week



Online forums

24 hours / 7 days a week

(<https://www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak>)



Chat Online

24 hours / 7 days a week

(<https://cmwssonline.beyondblue.org.au>)



(<http://www.facebook.com/beyondblue>)



(<http://www.youtube.com/beyondblueofficial>)



(<https://twitter.com/beyondblue>)



(<http://www.instagram.com/beyondblueofficial>)

I need support now

(<https://coronavirus.beyondblue.org.au/i-need-support-now.html>)

> Languages other than English

(<https://coronavirus.beyondblue.org.au/i-need-support-now/information-in-languages-other-than-english.html>)

I have coronavirus

(<https://coronavirus.beyondblue.org.au/i-have-coronavirus/managing-your-mental-health-when-you-have-the-coronavirus.html>)