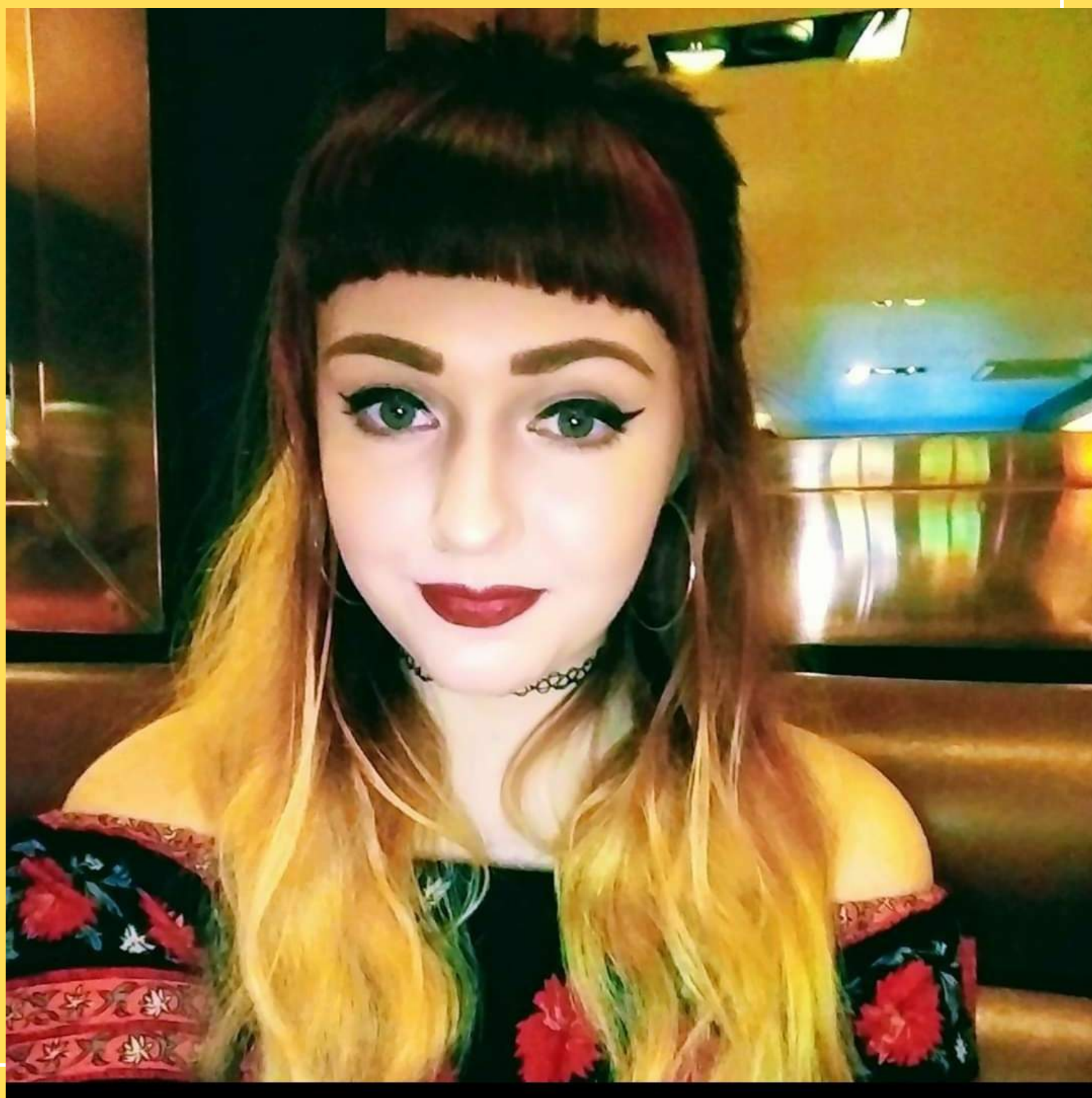


WELLBEING WEDNESDAY



Click through to find out ways to
boost your creativity during
lockdown.



Handmade card!

Make yourself feel good by making others feel good. Make a card for a family member or friend and make their day. Get creative! I made a rainbow out of lipstick kisses! Feel free to add some homemade baked goods to go alongside your card too. Leave them on the doorstep of an elderly neighbour to keep their spirit up.





Bob Ross - Winter Night (Season 3 Episode 4)

3,424,193 views

31K

1.1K

SHARE

SAVE

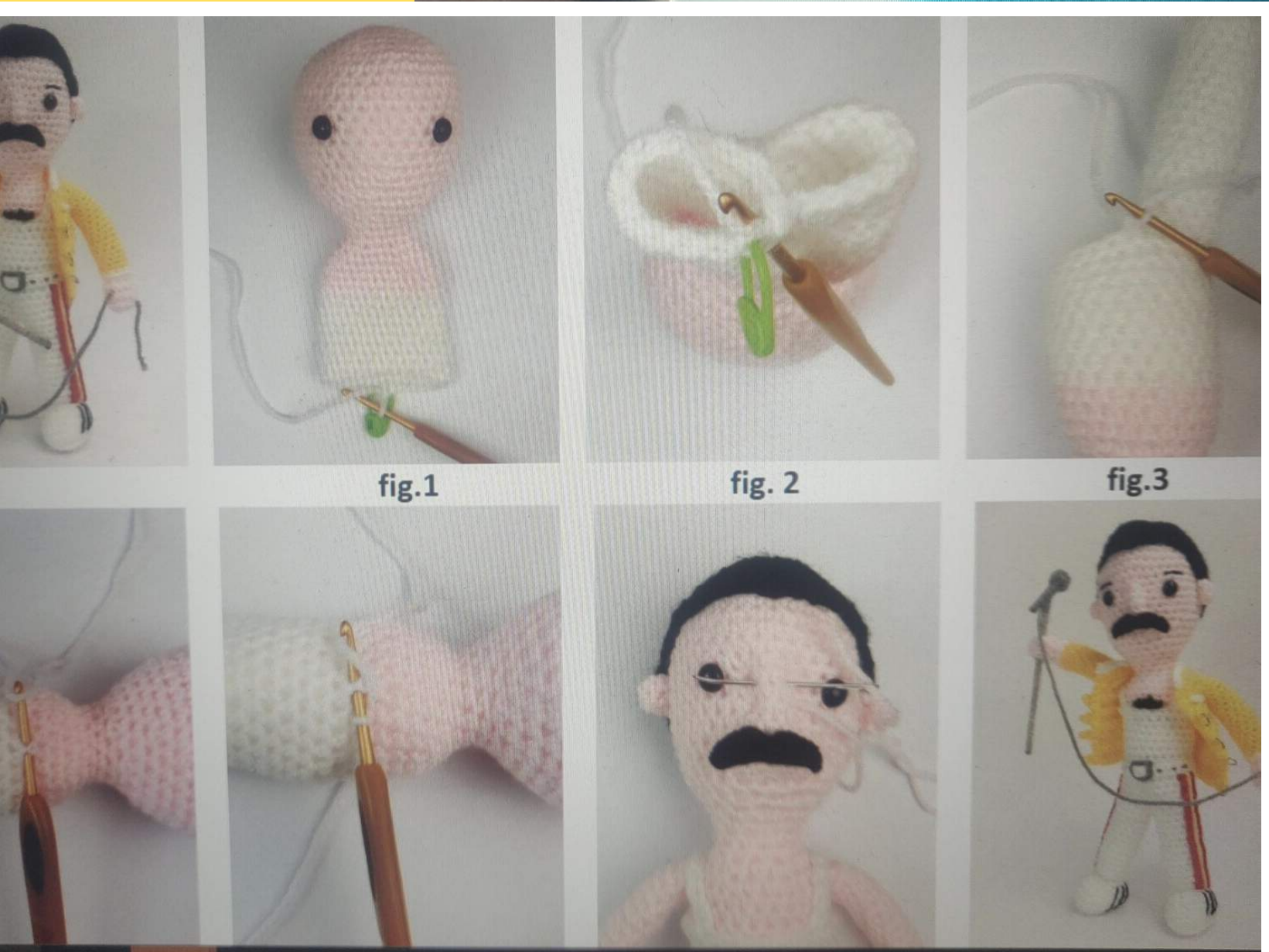
...



Painting/ colouring

Even if traditional art is not your calling (same) you can still destress and be creative. Have a go with some adult colouring books, adult paint by numbers or even paint with Bob Ross on Youtube! Do some research there are some great options out there.

[HTTPS://WWW.ICREATIVE
EIDEAS.COM/HOW-TO-
DIY-ADORABLE-SOCK-
TEDDY-BEAR/](https://www.icreativeideas.com/how-to-diy-adorable-sock-teddy-bear/)



Amigurumi

Try something different!
Amigurumi is the Japanese art of crocheting small characters. I've left a link to a free pattern to make this adorable Freddie Mercury. I've also left a link to make a teddy bear out of a sock! Share with your friends and family or make it for yourself!

[HTTPS://APP.BOX.
COM/S/YVQ0444X
GRSUYECW27VWB
U522D6R1QJ0](https://app.box.com/s/yvq0444xgrsuyecw27vwbu522d6r1qj0)

CHECK OUT BBC
WRITERS ROOM
FOR
OPPORTUNITIES



Write!

A song, a novel, a play, a cookbook, a screenplay. Whatever takes your interest! There are lots of lockdown competitions happening at the moment too. This will give you something to work towards and the opportunity to get your creative work seen.

SHARE YOUR
WORK WITH
FRIENDS AND
FAMILY

Top Tips

Tip 1. Do what interests you

Do something you enjoy or that you've always wanted to try or learn. Now is the time to develop your creative skills and give it a go!

Tip 2. Finish a project you start

Don't give up half way! Get your endorphin fix from the satisfaction of finishing a project and learn from your mistakes.

Tip 3. Share your creativity

On social media, with family and friends, with your pets even! It will boost your confidence and give you the satisfaction of a job well done. You may even inspire others!



**Show me your
creative
lockdown
projects!**
