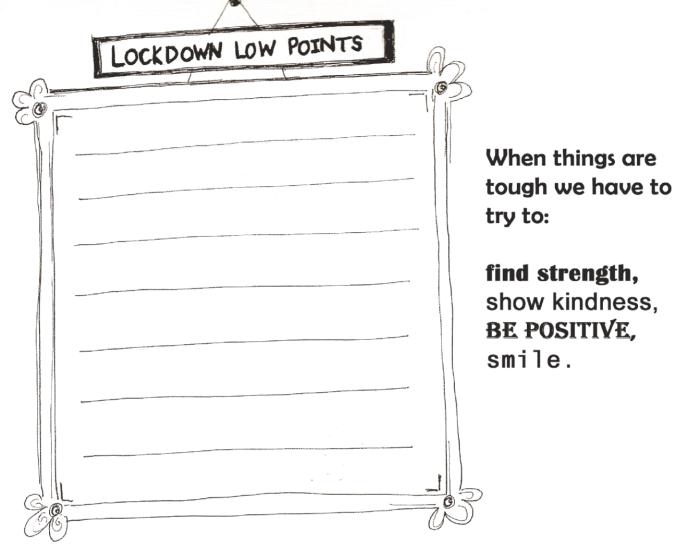


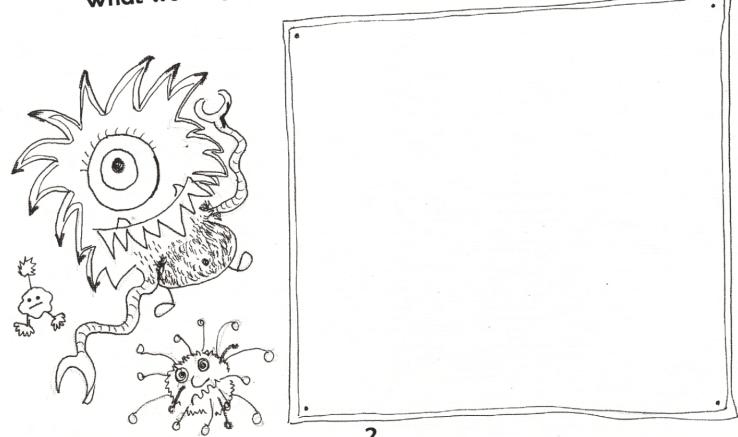
Draw, collage or paint the front cover for a book called "Together We Are Stronger"

## What things have you and your family found hard during lockdown?



Imagine each low point is a creature : What would your lockdown creature look like ?

DRAW HERE.



To be able to recover from hard things is to be ...



When things are tough we have to be resilient to get through them
Other people can help us get through hard times, who has helped you?
Who has been your Hero? Draw a picture of your helpful
heroes winning over your worry monsters
Try using photos and magazines cut-outs in your art work.

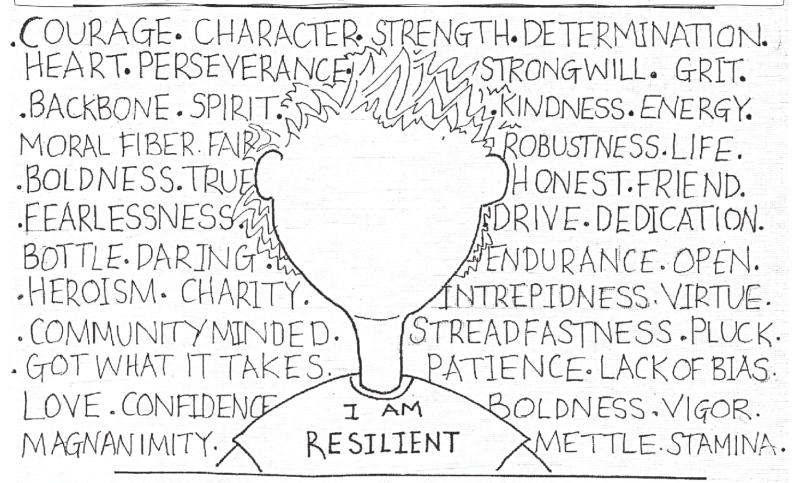


Scan the QR code to link to podcasts or visit www.yeovilartspace.uk/together

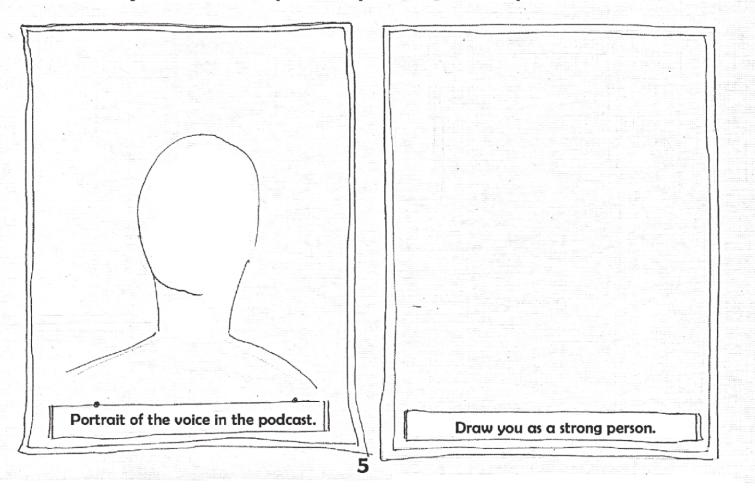
With a felt tip pen circle the words that know describe you now!

With a different colour pen underline the words that you want to be described as.

Doodle your face on the drawing and wear the "I am Resilient" T shirt with pride!



## What do you think the person speaking in the podcast looks like



The voices in the pod casts belong to elderly people who live in Somerset. They have a wealth of life experiences and real stories to tell. They share moments of happiness, sadness, tales from the past and advice for the future. Their stories share wisdom and hope. Can you write a story, poem or song where one or more of the voices from the pod casts are the main characters? Use the words from the previous pages. Think about how your writing will make the people in the podcasts feel when they read your story about them. Is there a second character? Who is your main Are they a friend or enemy? character? Where is your story or poem set? Use the pod cast to start your story. What are the character's challenges? What will happen next? How will the characters deal with their challenges? What are their solutions? The end! Happy ending? Where do your characters end up?



# Together we are.....

We would like to make a window display FULL of your photos of messages of kindness and togetherness.

PLEASE SEND YOUR PHOTO TO US

You need...

A4 paper or card

A camera



Image by artist Natasha Rand, which is made during lockdown in April 2020, inspired by Gillian Wearing's 'Everything is connected in life...' (1992-93)

#### WHO IS THE ARTIST GILLIAN WEARING????

Well, Gillian created a series of photographs called Signs in 1993. Wearing asked passers-by, whom she selected at random, to write their thoughts on a piece of paper and then photographed them holding it. Wearing challenges social stereotypes and assumptions, and often works in collaboration with members of the public as a means of 'interrupting the logic of photodocumentary and snapshot photography.'. She has said "A great deal of my work is questioning handed-down truths."

www.tate.org.uk/art/gillian-wearing



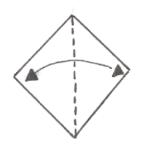
We would love to see what you produce from the activities found in this booklet. All artwork and creative writing pieces can be photographed and emailed to <a href="mailto:togetheryeovil@gmail.com">togetheryeovil@gmail.com</a> or returned to Yeovil Library.

'Sharon Paying It Forward' from Creation Generation Challenge 2020

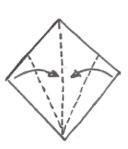
## ORIGAMI BIRD INSTRUCTIONS "Bird of Hope"



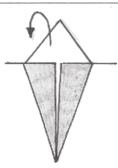
Follow these instructions. 12 simple steps and you will create a little bird of hope. On page 11 you will find a square of paper for this activity. You will also find some questions. Write your answers on your paper each time you fold. The paper becomes stronger with each fold. Just as you can become stronger and more resilient as you go through life.



1. Start with a square of paper. Fold in half as shown.



2. Fold the outside corners into the centre line. and crease well.



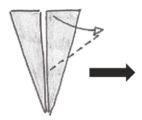
3. Fold the top triangle backwards.



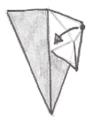
4. Fold the corners of the model in toward the



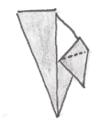
5. Bring the highlighted corner up and outward



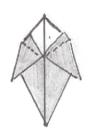
down toward the centre line and flatten.



Then bring the highlighted corner back



6. Repeat this step on the opposite corner...the model should now look like this.

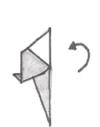




7. Fold the outermost corners backwards on the angle shown and crease well.



8. Mountain fold the model in hall. (Fold

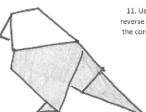


9. Rotate the model slightly so you can see the bird forming



10. Make these creases and unfold.

We hope you enjoy making your paper bird. Make as many as you can using a square piece of paper. Use old wrapping paper, newspaper, or paper you have decorated. Send your origami creations to us so we can create the community flock of birds in the exhibition window to show we are stronger together.



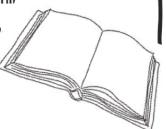
11. Using these creases, inside reverse fold the head, and reverse the tail by pushing it in. If you have folded the feet at the correct angle (in step7), the model should stand up. You can refold the feet if you need to.

> 12. Before you start folding why not decorate the square piece of paper. Do not forget to read page 11 and the statements.

# SUGGESTED READING

Want to learn more about becoming a more resilient family

Somerset Libraries have loads of books that can help



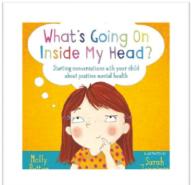
Check out our Reading Well collections for Children, Young Adults and Adults Mental Health. Reading Well supports you to understand and manage your health and wellbeing using helpful reading. The books are all recommended by health experts and are available to borrow for free as e-books, books and some as e-audio books.

For a full list of the Reading Well collection www.reading-well.org.uk

To join the library for free and request books visit www.librarieswest.org.uk

For e-books visit <u>www.somersetreads.com</u>

You may also want to visit <u>www.empathylab.uk/2021-read-for-empathy-collections</u> and <u>www.littleparachutes.com</u> for other books to help children.



#### What's Going on Inside My Head?

Molly Potter, Sarah Jennings

We all know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? What's Going On Inside My Head? is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies.

Something Bad Happened: A Kid's Guide to Coping with Events in the News

Dawn Huebner, PhD, Kara McHale

Full of advice for children who may be worried about events in the news, this guide from best-selling author Dawn Huebner offers advice for having tough conversations with 6–12-year-olds about world events such as natural disasters, terrorism and war. It addresses common questions and provides tools to calm fears.

## TOGETHER WE ARE STRONGER

Audio intergenerational narratives: Reducing isolation during Covid-19 experiences



#### What is this all about?

"Together We Are Stronger" is a project to record stories of isolation, bravery, and kindness during lockdown to reconnect generations and foster a sense of community (during the Covid-19 pandemic) via digital storytelling.

Artist Natasha Rand interviewed residents and staff from Somerset Care and local elders from Yeovil to ask how they have been coping and to share their life experiences of difficult times from their past.

The podcasts will be shared in the care homes, alongside the response from young people, families, and creatives, including artworks and writing from workshops, this activity pack, and commissions; followed by a range of creative responses to share with the public, including window displays in Yeovil Town Centre and an exhibition at Yeovil Art Space.

The aim of the "Together We Are Stronger" project is to create more opportunities for intergenerational work in Yeovil and support cohesion and new partnerships, linking different groups and organisations together. We would like to thank, for their generous support, the individuals and organisations who have made this project possible.



Created by Natasha Rand (Creation Generation), Eastville Project & Yeovil Art Space. Working in partnership with Somerset Care, Yeovil Library, Quedam Shopping Centre, Love Yeovil, Yeovil College & Buckler's Mead Academy.

Supported by The National Lottery Community Fund, Somerset Community Foundation,

Somerset

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GENERATION GENERATION

Care Group





In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND



## www.yeovilartspace.uk/together

We want you to connect with the voices of the "Together We Are Stronger" podcasts. By listening to their stories and creating lovely things and writing super stories you will be connecting with the older generation, valuing their lives and experiences. We want to share with the elderly of Yeovil and residents at Somerset Care your wonderful creativity.

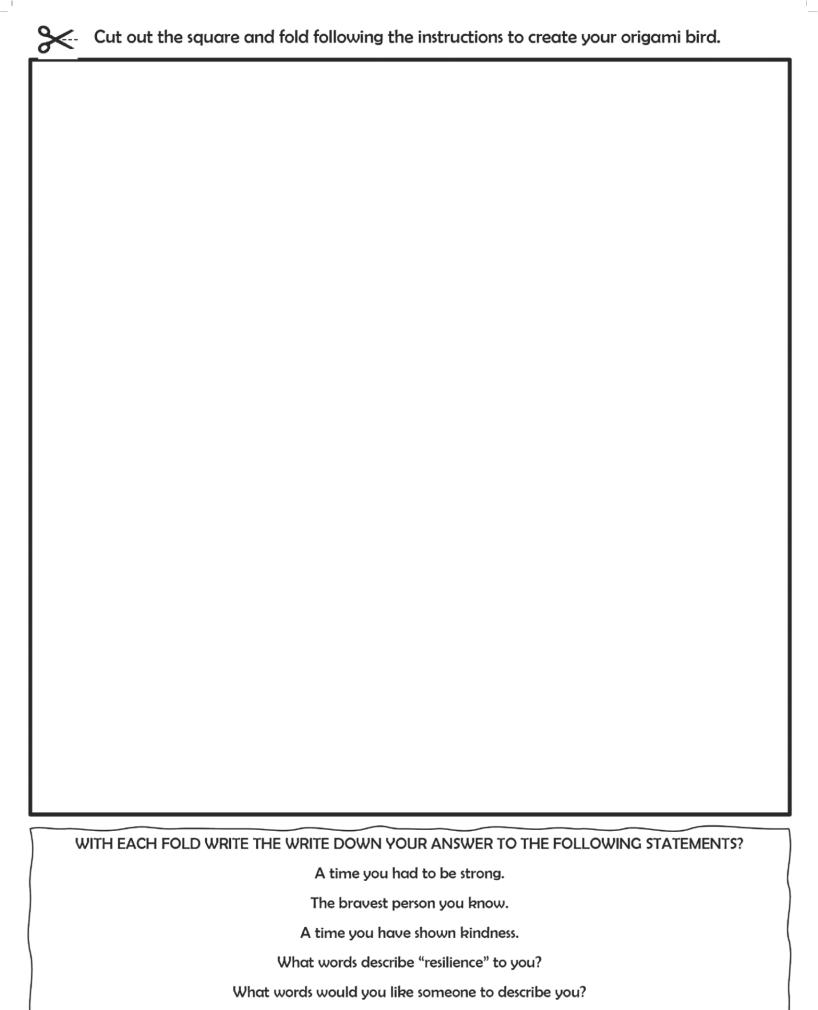
Simply because it is lovely thing to do. Old or young we are all stronger together.

#### SHOWCASE and PLEASE SHARE

Please share your artwork and writing with Yeovil Art Space and Yeovil Library so we may act of your behalf to show the older people involved in this project.

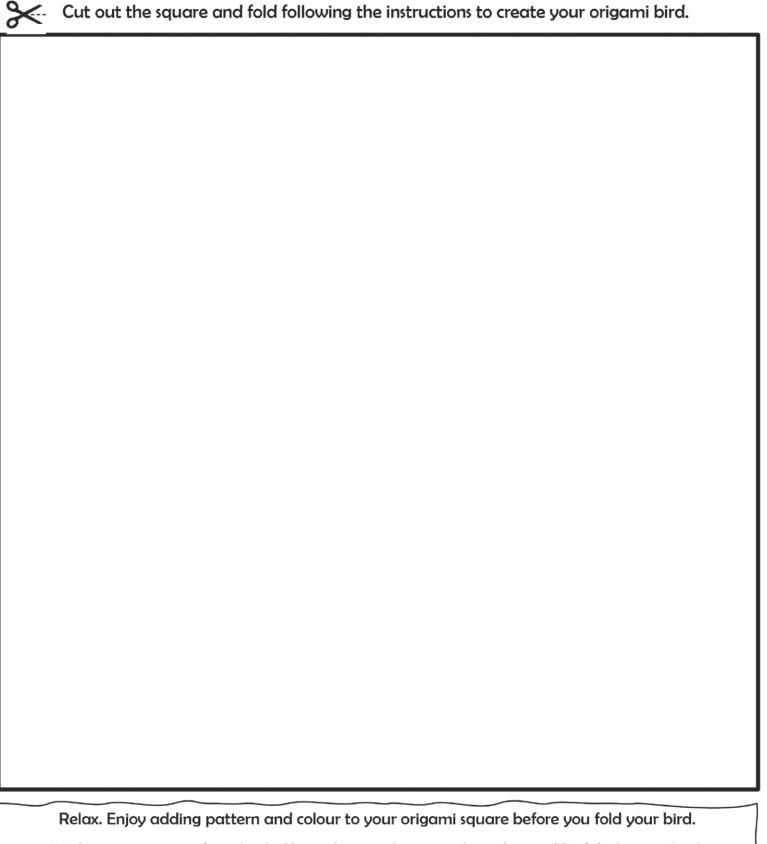
There is also a chance for you to have your work in the webpage above and have your work displayed in the Yeovil Library Window and the Yeovil Art Space "Together We Are Stronger" exhibition in April 2021

Project updates will be shared on partners social media platforms. See back page.



Something that has inspired you from the podcasts.

With each truthful answer you fold, with each fold the paper gets stronger. With each answer so do you!



We hope you can make a bird of hope for your home and one for our "flock" of paper birds representing community strength as we fly together.

#### Send your work to us between 1 March - 30 April 2021

Details on how and when to share your creative work will be found on our social media platforms.

## www.yeovilartspace.uk/together



@veovilartspace @somersetlibrariesuk @somersetcare



#TogetherWeAreStronger #YeovilArtSpace #Somersetlibraries #Somersetcare