

LEITH ACADEMY WELLBEING WEEK

Day #3 – MAKE

*“In order to be irreplaceable,
one must always be different.”* COCO CHANEL

*“Art washes away from the soul the dust
of everyday life.”* PABLO PICASSO

Today, we're encouraging you to make something. Finding a creative outlet to express yourself can help you de-stress and clear the mind, as well as give you a sense of accomplishment! You don't have to be brilliant at art to spend time making something. When we are young, we all draw and make things as a way to understand the world so don't let your inhibitions hold you back, you might surprise yourself!



In today's video, Amy from the Festival will show you how to make an origami sailboat. Origami is the ancient art of paper folding, usually associated with Japanese culture. The goal is to transform a flat square sheet of paper into a finished sculpture through folding and sculpting techniques. Follow the simple set of instructions to relax your mind and clear your thoughts! Daniel from S5 will also talk to you about how drawing can help your wellbeing, your focus and motivation.

Hassan in S5 has been researching the positive impact of drawing:

I found out that when we draw, we actively use both sides of our brain the right for creativity and the left for logical thinking. This strengthens both sides and helps develop the ability to focus and think strategically.

If you want to try more origami, there are loads to try on

<https://origami.guide>

If art is not your subject, there are other ways you can be creative. Baking is a fun way to do something creative that can take your mind off anxiety and stress whilst also making something tasty to treat yourself to for a job well done on study or classwork. Plus, you can share with your friends and family. Keeping things simple also means that it doesn't become complicated or stressful.

Chocolate Rice Krispie Cakes

Melt 150g chocolate (any kind, you decide) with 100g butter and 4 tbsp of golden syrup in a heatproof bowl over a pan of simmering water making sure the bowl doesn't touch the water. Get help from an adult using the hob if you need it.

Once the chocolate, syrup and butter is all melted together, take the bowl off the pan and mix in 100g of rice pops cereal until they are completely covered. Then divide into muffin cases.

Now is the fun stage where you can add in whatever you fancy. You can drizzle with melted chocolate, mix in some Smarties or mini marshmallows, or even be a little healthy and add in dried fruit and nuts.

Enjoy your krispie cakes, and if you like these, you can find lots more baking ideas online.