

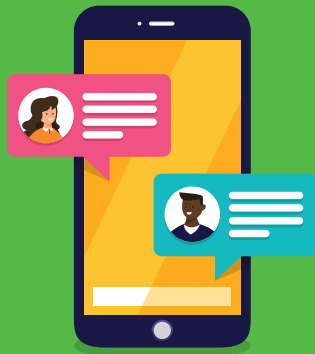
# CREATIVE ACTIVITY SIGNPOSTING

Being creative and taking part in simple, playful arts activities, has proven benefits like helping people to connect with others, helping people to focus on the present (and have a break from their worries) and helping people to explore new skills and have fun. Here is a list of things to try, if you'd like to expand your creativity, and improve your wellbeing, a little more:



## Connect with others

- Send a text/email to a friend or family member asking how their day has been
- Look for groups that you may be interested in such as an arts and crafts, cookery or photography group. A good place to start is by visiting your local library



## Be physically active

- Go on a short walk and try to spot artwork along the way
- Follow along with a workout video on the internet. There is everything from chair yoga to high intensity routines, so find something that works for you
- Make time for joyful movement, such as dancing



## Learn new skills

- Enrol yourself onto an art course
- Try out a new recipe
- Work on a DIY project



## Give to others

- Lend a book to someone you know
- Donate to a charity
- Volunteer in your community



## Pay attention to the present moment

- Download a mindfulness app or audio guide and try it out
- Write down something you feel grateful for today
- Take 10 minutes to observe the natural world around you



## Interested in volunteering?

If you'd like to know more about ways to get involved with Fluid Motion as a volunteer, please contact the team on [info@fluidmotiontheatre.com](mailto:info@fluidmotiontheatre.com)

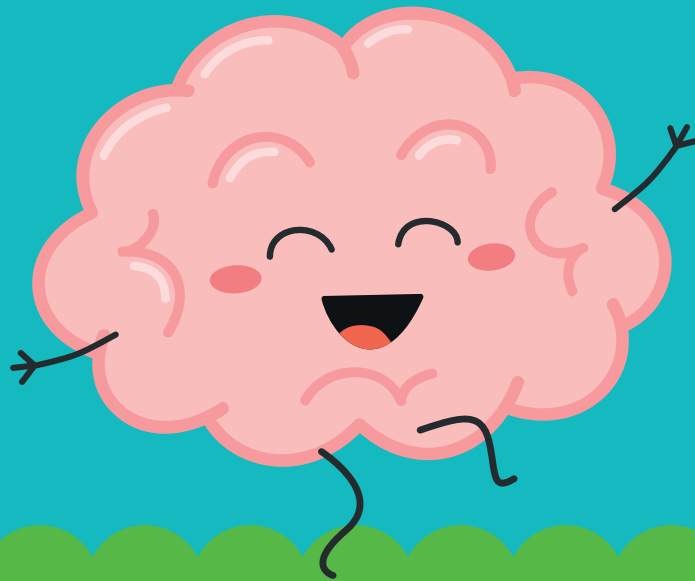




# WHO IS FLUID MOTION THEATRE COMPANY?

Fluid Motion is a theatre company and registered Charity that uses theatre and other creative activity to improve and support people's mental health.

We work with children, young people, and adults right across Hampshire and run workshops, courses, performances, plus lots more. Our work is fun but has an important role to play in helping make more happy brains.



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