

PHSG STUDENT COUNCIL SUMMER HOLIDAY NEWSLETTER

Week 3 - Thursday 6th August

Thank you very much, Ruby, for writing this fabulous newsletter on craft therapy. I thoroughly enjoyed reading it and seeing the pictures of what you have made. My favourite is the pebble picture!

I used to love craft and having read your newsletter, Ruby, I think I should try to do some more craft now. There are so many different things that can be made and so many benefits for us all!

It is now week 3 of the summer holidays and the weather seems to be ever-changing! A rainy day during the holidays is the perfect time to start some craft. I hope you enjoy reading this newsletter about craft therapy and are inspired to make something yourself.

Happy reading and happy holidays!
Zoe :)

Newsletter Writer: Ruby, 7GDN, Latimer

The topic for this week is...
CRAFT THERAPY!

Craft therapy consists of many different crafting activities. Craft therapy is a relaxing and enjoyable experience that can bring mental health benefits as well.

You can use any resources lying around the house to create and construct your handmade creation.

These include: paper, sticks, buttons, pebbles, material, pots, beads, clay, shells, string, wool... the possibilities are endless!

The image on the right was my first attempt at calligraphy. This shows you can learn new skills (through crafting) that you can use in the future.



Here are a few examples of craft projects that you can try: **door hangers**, **cactus plants from pebbles**, **decorative initial accessories** and **personalised pebble pictures**.

The instructions on how to create all these projects are in this newsletter.

CRAFT PROJECTS AND HOW TO MAKE THEM!

Door Hanger

This project is really simple and is a great way to recycle gift bags. If you don't have a gift bag then you can make the shape of the door hanger with card or paper. This craft project is the easiest and quickest of the examples.

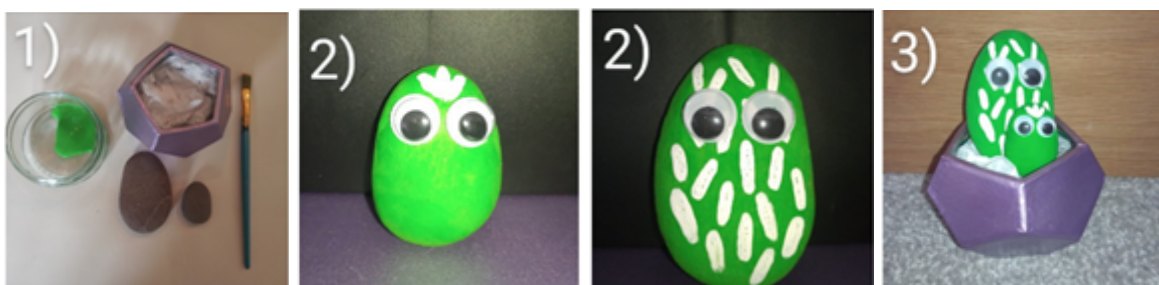
1. Create your wording on paper and glue it onto your bag
2. Cut out your door hanger
3. Here is an example of what the finished product could look like
4. Another finished product



Cactus Plants from Pebbles

This project can be showcased in any room and can be used as a cute display.

1. To create this, you will need: pebbles, green and white paint (or colours of your choice), paint brushes, googly eyes and a pot
 2. These images are the individual cactuses
 3. This was the end result
- To create these, I painted the pebbles with a few layers of paint, painted the spikes and super glued the googly eyes onto the pebbles



This project is relatively easy but it will take a couple of hours for the paint to dry as the pebbles will need a few coats of paint.

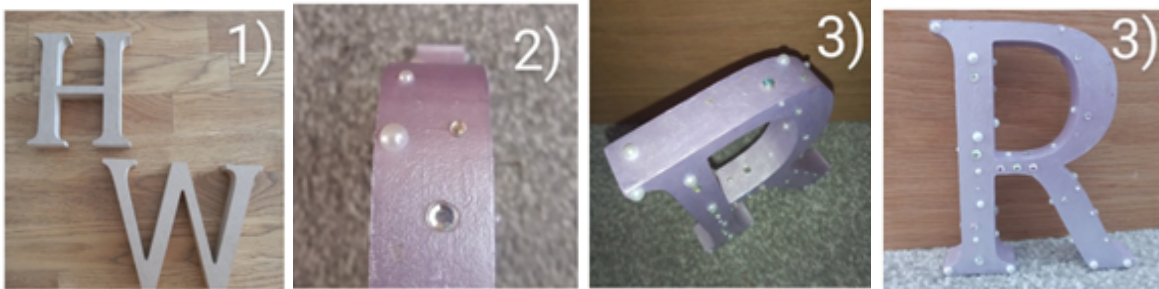
CRAFT PROJECTS AND HOW TO MAKE THEM!

Decorative Letter Accessory

This was created as an accessory for my bedroom a few years ago (it still has pride of place in my bedroom).

In addition, it is an easy and cost-effective way to decorate a room.

1. The items that you need to create this are: a wooden letter (which you can get from hobbycraft), paint (e.g. same as room colours to match), paint brush, sticky pearls, crystals and sequins
2. Once you have painted the wooden initial, you can add a few embellishments
3. These images are examples of what the finished product could look like



Personalised Pebble Picture

This craft project can be created as a personalised present for family and friends.

This simple process consists of: collecting pebbles which look like recognisable shapes (e.g long and thin pebble as a body and small round pebble as a head), sticking them onto card and framing them.



You can add colour by including a colourful frame.

What are the benefits of Crafting?

Crafting brings many mental health benefits.

It is a good way to improve your mental health. Some of these benefits include...

Reducing stress - Stress can contribute to many health problems, which can affect your body, thoughts, feelings and behaviour. Crafting can help reduce stress and create a relaxed mindset.

Helping to reduce depression and anxiety - By increasing your happiness, crafting can reduce depression and anxiety.

Helping to build self-esteem - Crafting can help build confidence in your abilities and encourage you to be more creative.

Helping with insomnia - Crafting can help you to sleep better. A light crafting session (such as knitting) before bed can help you to unwind and get an improved night's sleep.

Helping you to relax - Crafting can make you feel relaxed (which can reduce irritability and restlessness).

And many more - All these health benefits, as well as creating something beautiful!



DISCLAIMER: This newsletter was prepared and written by the students of Plymouth High School. All information in this newsletter was gathered by students of the PHSG Student Council. Any opinions expressed in this newsletter are from the students.