

User guide for referrers

Prospective Start2 user will need

- Internet access, preferably broadband
- Sound facility on your computer
- Ideally you need a printer in order to print off and fill in activity worksheets
- Ideally you need a little experience of using a computer, for example, how to use a mouse and download files

All exercises can be printed and done away from the computer, except for our interactive features – The Recipe For a Good Mood Animation generator, Media Album, Wellbeing Thermometer, some aspects of the Virtual Gallery and Virtual Museum

Where do I start?

Practical choice

Suggests what you would be doing in an exercise; how much time an exercise takes or what equipment is necessary and whether the activity is writing or making.

Wellbeing benefits

All of our creative exercises are designed with wellbeing in mind. The exercises are tailored to meet different aspects of wellbeing, so some may benefit you more than others.

A guide to finding the exercise for you

Below demonstrates how this guide allows you to find the exercise that's right for you.



Start by finding the type of exercise you want to complete. These are demonstrated with an orange badge down the right hand side of the page like this one.

Mixed Media –

The first thing you will see is the subject title. This is in bold, and you will see that each subject has its own colour. Note that some exercises listed under these main 'Subject' headings are quite general – for example, 'Textiles – Notice What I like' is an observation exercise that happens to sit inside the Textiles course.

Collage -

You'll then see the path to follow, this is shown in black.

Taking Rubbings

The title of the exercise is colour coded.

For example

Exercises you can do outside

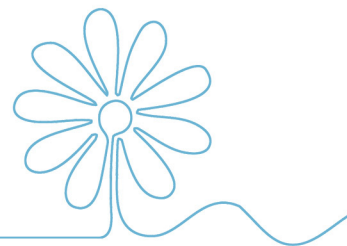
Creative Self Help — Mindfulness – A Short Walk
— Ten-Minute Walk

Connect To Nature — Winter Walk

Mixed Media — Collage - Taking Rubbings

Textiles — Notice What You Like





Practical choice

Exercises that are likely to be less than an hour long

Animation — Create Your Animation (online)

Connect To Nature — Sound Map

Creative Self Help —

- Goal Setting
- Problem Solving
- Mindfulness - Observing a Flower (audio download)
- Mindfulness - A Mindful Walk (audio download)
- Mindfulness - A Brief Pause (audio download)
- Mindfulness - Body Scan (audio download)
- Mindfulness - Posture Awareness (audio download)

Creative Writing —

- Flower Acrostics
- Sculpted Poetry and Triolets
- Free Writing
- Word Association
- Poetry Appreciation

Drawing and Painting —

- Make a Quill
- Mark Making to Music
- Doodling

Mixed Media —

- Say It With - Gut Feeling Part 1 to Gut Feeling Part 2
- Paper Crafting video/instruction - Parts 1-5 (online)
- Collage - Taking Rubbings

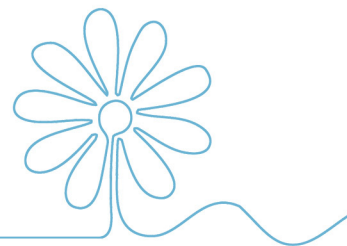
Textiles —

- Four Seasons - Notice What You Like
- Four Seasons - Make and Use a Viewfinder
- Four Seasons - Draw a Scene
- Four Seasons - Draw a Flower

Photography —

- Learning About Body Language - Observing Others - Anger
- Learning About Body Language - Observing Others - Fear
- Learning About Body Language - Observing Others - Joy
- Learning About Body Language - Observing Others - Love
- Learning About Body Language - Observing Others - Sadness
- Learning About Body Language - Observing Others - Surprise
- Learning About Body Language - Body Language Key Elements

Less than
an hour
exercises



Very short exercises (less than 10 minutes)

Creative Self Help — Health Rocks Trail
— Wellbeing Trail

Mixed Media — Say It With - Take a Minute

Photography — Learning About Body Language - Body Language In Art
— Learning About Body Language - My Body Language - Mirroring Exercise
— Learning About Body Language - My Body Language - Embodied Emotion - Anger
— Learning About Body Language - My Body Language - Savouring a Pleasant Experience

Home page — Send an e-card

10
minute
exercises

Exercises that give you the opportunity to look at works of art and do exercises connected to them

Creative Self Help — Virtual Gallery - Change The Mood With Music (online)
— Health Rocks Trail
— Wellbeing Trail

Creative Writing — Virtual Gallery - Who am I? Part 1 and Part 2 (online)
— Virtual Museum - Imaginary Lives (online)

Drawing and Painting — Visiting a Gallery
— Virtual Museum - Observing an Object

Photography — Learning About Body Language - Body Language in Art -
— Unspoken Wellbeing Trail

exercises
looking
at art

Online exercises

Home Page — Ownzone - Wellbeing Thermometer (online)
— Send an E-card (online)

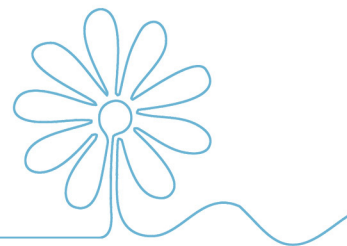
Animation — Recipe For a Good Mood - Create Your Animation (online)

Creative Self Help — Can You Bottle Happiness? (online and offline)
— Mindfulness - A Brief Pause (audio download)
— Mindfulness - Body Scan (audio download)
— Change The Mood With Music

Photography — Learning About Body Language - Observing Others

Videos - Watch — Drawing and Painting - Tools and Techniques, Making Marks to Music, Observed Drawing Using Texture; Textiles - Felt Making and Stitching; Mixed Media - Collaging Video; Mixed Media - Paper Crafting; Photography - Photographer's Body Language, Posing Your Sitter, Lighting.

online
exercises



Exercises you can do partly online

Creative Self Help — Media Album
— Ten-Minute Walk

Photography — Learning About Body Language - Body Language in Art

online and
offline
exercises

Exercises completed outside

Creative self help — Mindfulness – A Short Walk
— Ten-Minute Walk

Connect To Nature — Winter Walk

Mixed Media — Collage - Taking Rubbings

Textiles — Notice What You Like

exercises
completed
outside

Making/creating

Exercises that you can do with basic materials

For example, scissors, glue stick, paper, pencil, biro, newspapers or magazines

Connect To Nature — Sound Map

Creative Self Help — Virtual Gallery - Change The Mood With Music (online)
— Can You Bottle Happiness?
— Goal Setting
— Problem Solving

Creative Writing — All Exercises

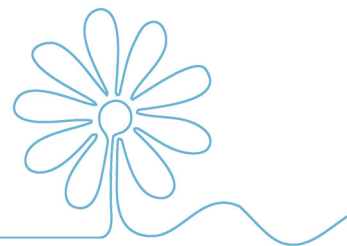
Drawing and Painting — Tools and Techniques - Pencil and Biro
— Making Marks To Music
— Virtual Museum - Observing An Object
— Doodling
— Drawing Video - Observed Drawing Using Texture
— Drawing Video - Tools and Techniques - Part 2 and 4 (online)
— Drawing Video - Making Marks To Music

Mixed Media — Collage - Exploring Words
— Expressing an Idea
— Taking Rubbings
— Say It With - Take a Minute
— Paper Crafting Video - Part 1 and 2 (online)

Photography — Portrait Photography - Self Portraiture - Three Things I Did Well Today

Textiles — Four Seasons - Notice What You Like
— Four Seasons - Make a Viewfinder

using
basic
materials



A little bit each day - exercises that guide you to do one small thing a day for a few days

Creative Self Help — Can You Bottle Happiness?

Photography — Learning About Body Language – Observing Others - Joy – What next? Start a Thank You Book
— Learning About Body Language - My Body Language - Body Language Workbook
— Portrait Photography - Self Portraiture - Three Things I Did Well Today

a little bit
each day

Exercises that need specialist materials

For example, coloured and textured papers; needle and thread; coloured pencils

Animation — Recipe For a Good Mood - Create a Collage
— Recipe For a Good Mood - Creating Collage Papers

Creative Self Help — Mindfulness - A Short Photographic Walk (use of a camera)
— Ten-Minute Walk (use of a camera)

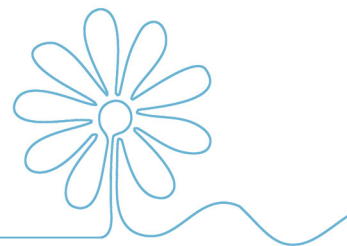
Drawing and Painting — Tools and Techniques (if using a range of materials)
— Make a Quill
— Making Marks To Music (if using a range of materials)
— Virtual Museum - Observing an Object (if using a range of materials)

Mixed Media — Collage - Expressing an Idea (if using coloured papers)
— Collage - Portrait of You
— Collage - Collaging Videos – Parts 1-5 (online)
— Say It With - Take a Minute
— Say It With - Paper Crafting Videos - Make a Paper Crafted Daisy (online)

Photography — you will need a digital camera or 'phone and ideally a printer

Textiles — Four Seasons - Draw a Scene
— Four Seasons - Draw a Leaf or Flower
— Four Seasons - Make Felt
— Four Seasons - Felt Making Video
— Four Seasons - Stitch On Felt
— Four Seasons - Stitch Doodles
— Four Seasons - Stitching Videos (online)

you'll
need
specialist
materials



Wellbeing benefits - where do I start?

All of our creative exercises are designed with wellbeing in mind. But wellbeing encompasses a great many things. The exercises are tailored to meet different aspects of wellbeing, so some may benefit you more than others. Here are some suggested exercises to get you started.

I would like to feel more relaxed

Balance, harmony, calm, slower breathing and heart rate, are just some of the benefits of feeling more relaxed.

Animation ————— Recipe For a Good Mood (all exercises)

Creative Self Help —————

- Mindfulness - Observe a Flower (audio)
- Mindfulness - Mindful Walk (audio)
- Health Rocks - Preserve a Memory (audio)
- Can You Bottle Happiness?
- Mindfulness - Body Scan (audio)

feeling
more
relaxed

Textiles ————— Four Seasons - Notice What You Like

I would like to feel more optimistic

Hopeful, positive, upbeat, energised and having things to look forward to, are all feeling states of optimism.

Animation ————— Recipe For a Good Mood - Create Your Animation (online)

Creative Self Help —————

- Goal Setting
- Problem Solving
- Can You Bottle Happiness?
- Media Album - Ten-Minute Walk (offline/online)

feeling
optimistic

Mixed Media ————— Collage - Portrait Of You

Photography —————

- Learning About Body Language - My Body Language - Savouring a Pleasant Experience
- Learning About Body Language - Observing Others - Joy
- Learning About Body Language - My Body Language - Mirroring Exercise
- Portrait Photography - Self Portraiture - Personal Strengths Inventory
- Portrait Photography - Self Portraiture - Three Things I Did Well Today

I would like to feel more useful

Having a sense of purpose, accomplishment, achievement, and connecting to others, are all positive aspects of feeling useful.

Creative Self Help —————

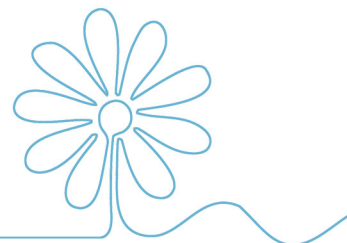
- Goal Setting
- Problem Solving
- Can You Bottle Happiness?
- Media Album - Ten-Minute Walk (offline/online)

feeling
useful

Drawing and Painting —————

- Tools and Techniques
- Observing an Object
- Virtual Gallery - Visiting a Gallery

Mixed Media ————— Collage - Taking Rubbings



I would like to be dealing with problems better

Self-reliance, empowerment, resourcefulness and confidence are qualities that can be developed by solving problems.

Animation ————— Recipe For a Good Mood - Write Your Recipe

Creative Self Help ————— Goal Setting
— Problem Solving
— Can You Bottle Happiness?

Mixed Media ————— Collage - Portrait of You
— Collage - Expressing an Idea
— Collage - Exploring Words

Photography ————— Learning About Body Language – All exercises



I would like to be thinking more clearly

Improved concentration, energised, alert, interested and curious, upbeat and positive are just some of the benefits of thinking more clearly.

Creative self help ————— Goal Setting
— Problem Solving
— Mindfulness – Various (audio)
— Health Rocks Trail – Noticing an Object; Sound Map, Be Active exercises
— Virtual Gallery – Change The Mood With Music (online)

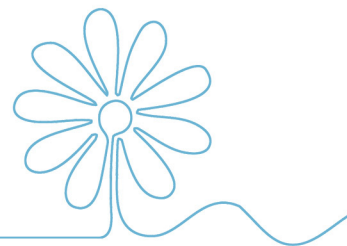
Creative Writing ————— Poetry Appreciation

Drawing and Painting — Observing an Object

Mixed Media ————— Collage – Exploring Words
— Collage - Portrait of You
— Say It With – Gut Feeling Part 1 to Gut Feeling Part 2

Textiles ————— Four Seasons – Notice What You Like





I would like to feel closer to other people

Warmth, joy, feeling valued, and appreciation, are all positive feeling states of feeling close to other people.

Animation ————— Recipe For a Good Mood - [Create An Animation \(online\)](#)

Creative Self Help ———— [Can You Bottle Happiness?](#)
— [Health Rocks Trail](#) - [Preserve a Memory](#)

Creative Writing ———— [Who Am I? Part 1 and Part2 \(online\)](#)
— [Imaginary Lives \(online\)](#)

Drawing and painting — [Virtual Gallery](#) - [Visiting a Gallery](#) - [One Word Exercise](#)

Photography ————— [Portrait Photography](#) - [Self Portraiture](#) - [Someone I Admire](#)
— [Learning About Body Language](#) - [My body Language](#) - [Body Language Workbook](#)
— [Learning About Body Language](#) - [Body Language In Art](#)
— [Learning About Body Language](#) - [Observing Others](#)

Ownzone ————— [My Media Album \(online\)](#)

feeling
closer to
others

I would like to make up my mind about things better

Feeling confident in your decisions, giving yourself permission to be 'fussy' with your choices, knowing what you like and dislike, and knowing that your opinion counts, are all qualities and skills which can be developed.

Creative Self Help ———— [Goal Setting](#)
— [Problem Solving](#)
— [Virtual Gallery](#) - [Change The Mood With Music \(online\)](#)
— [Health Rocks Trail](#) - [Keep Learning](#) - [Cool Dude Mood?](#)

Creative Writing ———— [Poetry Appreciation](#)
— [Virtual Museum](#) - [Imaginary Lives \(online\)](#)
— [Virtual Gallery](#) - [Who Am I? Part 1 and 2 \(online\)](#)

Drawing and Painting — [Making Marks To Music](#)
— [Virtual Gallery](#) - [Visiting a Gallery](#)

Mixed Media ————— [Collage](#) - [Expressing An Idea](#)
— [Collage](#) - [Portrait Of You](#)
— [Say It With](#) - [Gut Feeling Part 1 to Gut Feeling Part 2](#)

Photography ————— [Portrait Photography](#) - [Self Portraiture](#) - [Finding Poses I Like](#)

Textiles ————— [Four Seasons](#) - [Notice What You Like](#)

decision
making