



**SWITCH
ON**



Introduction

Kazzum Arts are a registered charity, we help young people to feel seen, heard, and valued. We have been working at LEAP since 2018 supporting students' wellbeing through creative activities.

We have made this book to help you 'Switch On' your creativity. There are activities you can do by yourself or with other people. Some you may want to try once or do again and again.

We believe creativity is a powerful tool to help you have fun and feel relaxed, but remember, there are no rules for creativity - it looks and feels different for everyone!

If you're interested in learning more about Kazzum view our Instagram or website: [@Kazzumarts](#), www.kazzum.org.

You will find activities for:

Quick Creative Challenges!

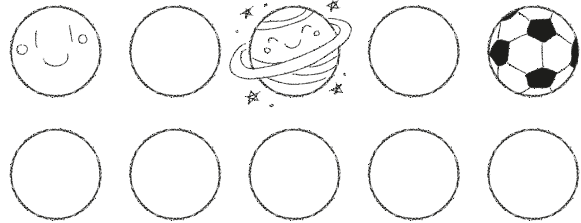
The Shape Challenge

The shape challenge can help us to think creatively and put our imaginations to the test. You can play this on your own or with a group.

You will need:
1x sheet of A4 paper and a pen.

Step By Step Instructions:

1. Draw the same shape ten times on a piece of paper e.g. a circle.
2. Set a timer for 1 minute to draw as many things that feature that shape as you can e.g. a smiley face, a planet, a football.
3. When the time is up count how many shapes you managed to complete.
4. Challenge yourself to get more next time!
5. You can now repeat using a different starting shape e.g. a square.



Top Tip!

If playing with a group, the player who completed the most shapes wins. You can also see if you have matched the same ideas with anyone else. E.g. if two players have both drawn footballs.

One Line Challenge

This exercise can encourage you to get drawing even if you're not feeling that confident. It can give you a different perspective and create some quite funny art!

Number of participants:
You can play this on your own or with a group.

Step By Step Instructions:

1. You are going to draw an image of something or someone in the room.
2. You cannot look at the drawing, only the object or person.
3. You cannot take your pen off the page.
4. Set a timer for 40 seconds to complete your drawing.
5. At the end you can look at your masterpiece!
6. Repeat - this time, why not this time try drawing with your other hand or with 2 pens taped together?



Top Tip!

It's fun to play this game in pairs and draw each other's portraits. You can also play in a group. You can then take it in turns to show your drawing and everyone can guess what or who the image is.

Make a Fortune Teller

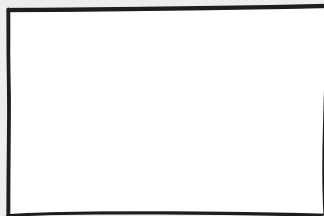
Fortune tellers are an origami game that you can play with your friends and family.

You will need:
1x sheet of A4 paper,
scissors and a pen.

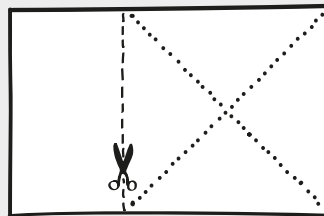
Make Your Fortune Teller:

1. Take your sheet of A4 paper and place it landscape on the table in front of you.
2. Turn your A4 paper into a square by diagonally folding it from corner to corner and cutting off the excess paper.
3. Lay your square paper out flat.
4. Fold each corner to the opposite corner.
5. Fold each corner into the middle.
6. Flip it over and do the same thing on the other side.
7. Fold in half and unfold. Then do the same thing the other way to further crease the folds.
8. You can now put your thumb and forefinger inside the square pockets to move the chatterbox!

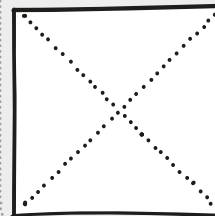
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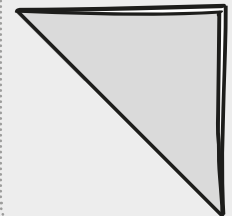
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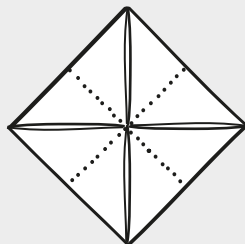
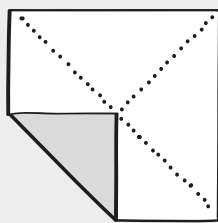
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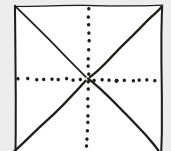
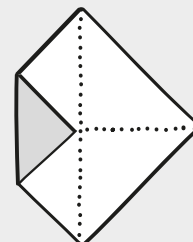
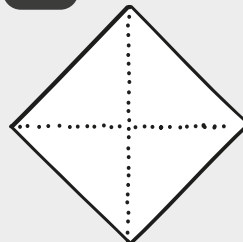
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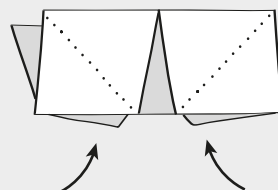
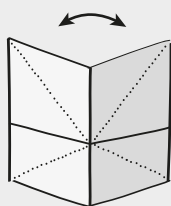
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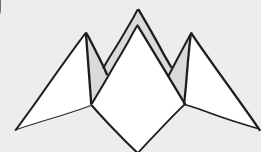
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8



Adding Your Fortunes:

1. Hold your fortune teller in your hands. Label each one of the four squares with a number.
2. Open your fortune teller up and lay it flat, you should see 8 triangles. Label each one of the 8 triangles with a different colour, you can even colour it in.
3. Under each triangle write a different outcome that your fortune teller will predict e.g. 'never in a million years', 'most definitely', 'ask me again later', 'I'm not sure about that'.
4. Fold your fortune teller back up you can now ask your fortune teller a question.

Playing The Game:

1. Pinch the underside of the fortune teller between your thumb and fore fingers of each hand.
2. Invite someone to ask a question to the fortune teller.
3. Ask them to select a number.
4. Pinch the fortune teller and move it up and down and side to side according to the number they have selected.
5. Ask them to select a colour from inside the fortune teller.
6. Pinch the fortune teller and move it up and down and side to side spelling out the colour they have selected.
7. Ask them to choose a final colour.
8. Lift the flap to reveal the fortune!

Ask the fortune teller a question, then pick a number between 1 and 4



Will I have pizza for dinner tomorrow?
Annnnd... number 3



Make a Classic Paper Aeroplane

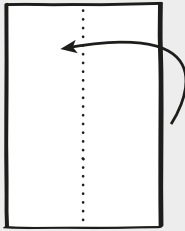
Follow these simple steps to make a classic paper aeroplane, that flies perfectly every time.

You will need:
1x sheet of A4 paper

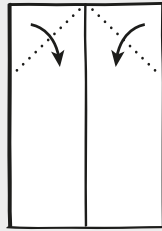
Step By Step Instructions:

1. Fold the paper in half length-ways.
2. Fold the top corners on both the right and left sides to line them up with the middle crease.
3. Fold the right and left folded edges again to the centre of the paper.
4. It should look like this.
5. Fold in half so the folded edges are on the inside.
6. Turn the aeroplane so the point is on the left and square edge on the right.
7. Fold top edge down to meet the bottom edge.
8. Repeat on the other side of the plane – your aeroplane is now ready for take-off!

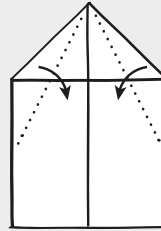
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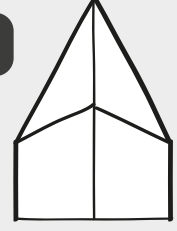
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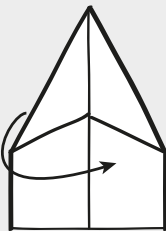
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Top Tip!

If you are with other people why not see whose paper aeroplane can fly the furthest. Mark on the floor where each person's landed to measure the distance.

Body Scan

A quick body scan helps bring awareness to how your body is feeling.

It can be very relaxing, and you may feel sensations or tensions in your body that you hadn't noticed before.

Step By Step Instructions:

1. Once you're sitting or lying comfortably, start with your eyes open and take two or three big deep breaths, breathing in through the nose and out through the mouth.
2. With the next out-breath close your eyes and allow the breath to return to its natural rhythm. Feel the weight of your body on your chair or the floor.
3. We are going to gently scan down, from head to toe, noticing the different sensations in the body.
4. Start by noticing what your face feels like, your jaw and your neck.
5. Feel your shoulders and arms
6. Be aware of your hands and fingers.
7. The feeling your chest, your back, your stomach and hips.
8. Feel the tops of your legs, down through your knees to your lower legs, reaching your ankles, feet and toes.
9. Notice where your feet are resting, and in your own time, gently open your eyes again.



Open Hand Breathing

You can settle your thoughts and help yourself feel calmer by focusing on your breathing. This 'open hand breathing' technique makes it easy to focus on your breath so you can get on with your day.

Step By Step Instructions:

1. Fan out your hand in front of you.
2. Take the index finger from your other hand and inhale through your nose.
3. Start to trace the outside of your thumb, then exhale through your mouth as you trace along the inside of your thumb.
4. Inhale as you trace the outside of your index finger, exhale as you trace the inside of your index finger...
5. ...continue until all of your fingers have been traced.
6. After you finish, how do you feel? Is there a difference between how you feel before and afterwards?
7. Try it again!



Top Tip!

If you want to continue this activity see the Hand Scan activity on page 12.

5, 4, 3, 2, 1 Grounding Technique

This technique will take you through your 5 senses and remind you to be present. It can help you stay calm through tough or stressful situations.

Step By Step Instructions:

1. Take a deep belly breath to begin.
2. Look around for 5 things that you can see, and say them out loud.
3. Pay attention to your body and think of 4 things that you can feel, and say them out loud.
4. Listen for 3 sounds. Say the three things out loud.
5. Say two things you can smell. It's fine to move to another spot to smell something. If you can't smell anything then name your 2 favourite smells.
6. Say one thing you can taste. If you can't taste anything, then say your favourite thing to taste.
7. Take another deep belly breath to end.



5 things that you can see

3 sounds you can hear

4 things that you can feel

2 things you can smell

1 thing you can taste

Find Your Happy Place

Mindfulness is when you bring a gentle, accepting attitude to the present moment.

Mindfulness can help both our mental and physical health and can even help us deal with pain we may experience when we are unwell.

Try this exercise if you are feeling pain in your body and see if it helps you.

Step By Step Instructions:

1. Happy place visualisation
2. Think of a place that makes you feel happy and relaxed
3. It may be somewhere you have been in real life, or somewhere from your imagination.
4. You might be alone, or with someone you care about.
5. Imagine yourself in this place, feeling calm and relaxed.
6. What can you see? What can you hear? What can you feel? What scents can you smell? What can you taste?
7. The more you use your senses.
8. The more real your scene will feel for you.



◆ Now close your eyes and try this for yourself.



◆ Try and find a private, quiet space if you can.



◆ Sitting or lying down comfortably with your eyes closed can really help.



Hand Scan

A hand scan can help you organise your thoughts and feelings about what's going on for you right now. Sharing it can help you communicate with people to find out things in common and differences.

You will need:

1x sheet of A4 paper, a pen and colouring pens or pencils.

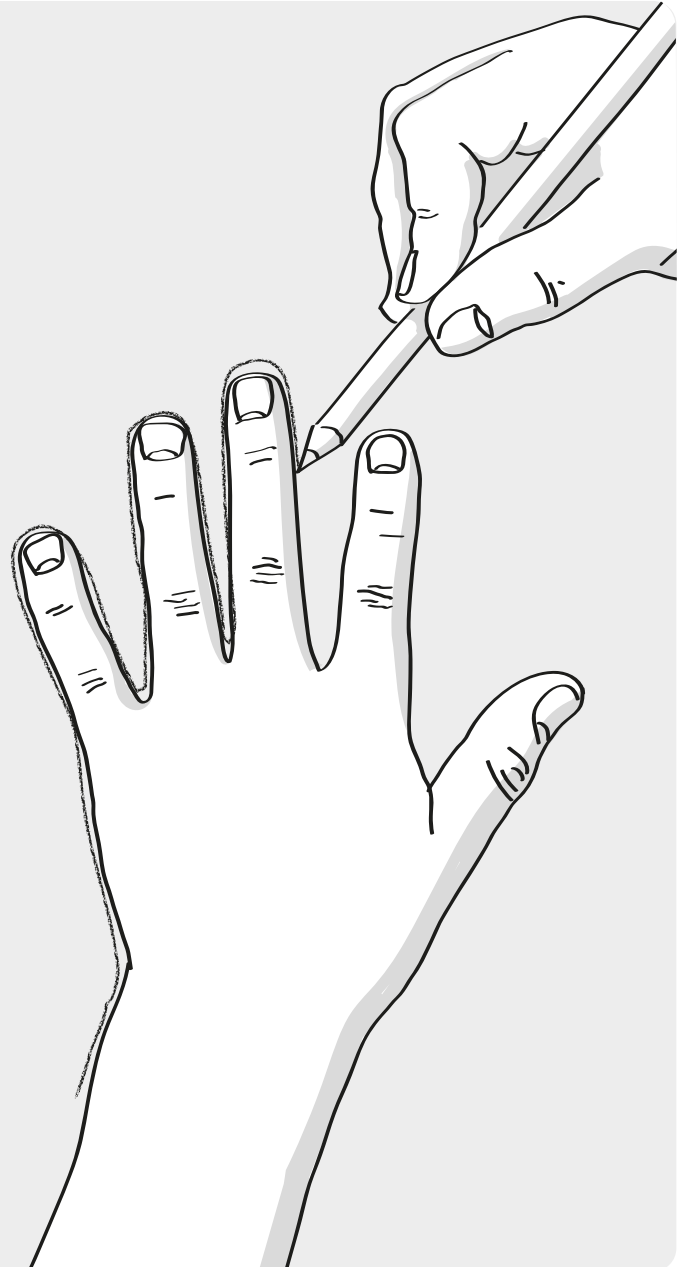
Scan Your Hand:

1. Take a piece of plain A4 paper.
2. Draw around your hand, breathing in through your nose as you draw up each finger and thumb and out through your mouth as you draw down each finger and thumb.
3. Once you have finished take your hand off the page and look at the outline of your hand.

Fill It In:

Write or draw in the space of your fingers:

- Thumb – Something that you are really enjoying at the moment?
- Index finger – Something that you are looking forward to?
- Middle finger – Something that you are finding challenging?
- Ring finger – Something that you want to change?
- Little finger – Something you wish for the future?
- Palm – Something that you care about.



Top Tip!

You can use the five senses in your scan instead: think of something you like to smell, taste, listen to, look at and touch and place them inside the fingers/thumb of your hand scan.

- ◆ If you are doing this with a group you may want to share some of your reflections, but only if you feel comfortable to do so.

Person Passport

Try out these different activities to create a passport that expresses your identity and reflects your interests. You can use your booklet from page 14 to complete this activity.

You will need:
1x sheet of A4 paper.

Step By Step Instructions:

Choose from these different creative activities to fill the pages of your passport, with things people might want to know about you.

Complete these sentences to understand yourself better...

If I am confused it helps to _____

If I am frustrated, it helps to _____

If I am sad, it helps to _____

If I am excited, it helps to _____

If I am calm, it helps to _____

Draw an award for yourself and write an acceptance speech for something you are proud of.

Create a map of your local area, think about the areas you know really well, what are your favourite spots?

Think of your favourite song and choose a line of the lyrics that holds meaning for you. Draw an image to illustrate this line from the song.

Design an eye catching front cover of your passport. You might want to draw a picture of yourself, or create your own flag.

Set a timer for 1 minute and write as many words as you can to describe your best qualities. E.g., kind, loyal, funny.

Complete these sentences about how you are feeling today...

If I were a meal, I would be _____ because _____

If I were a weather, I would be _____ because _____

If I were an animal, I would be _____ because _____

If I were a mode of transport, I would be _____ because _____

Top Tip!

Once you've finished your person passport have a look at the things you've found out about yourself. Think about someone who might be interested to know more about you. Is there something in your passport that you would feel comfortable to share? What would you like to do with your passport now?

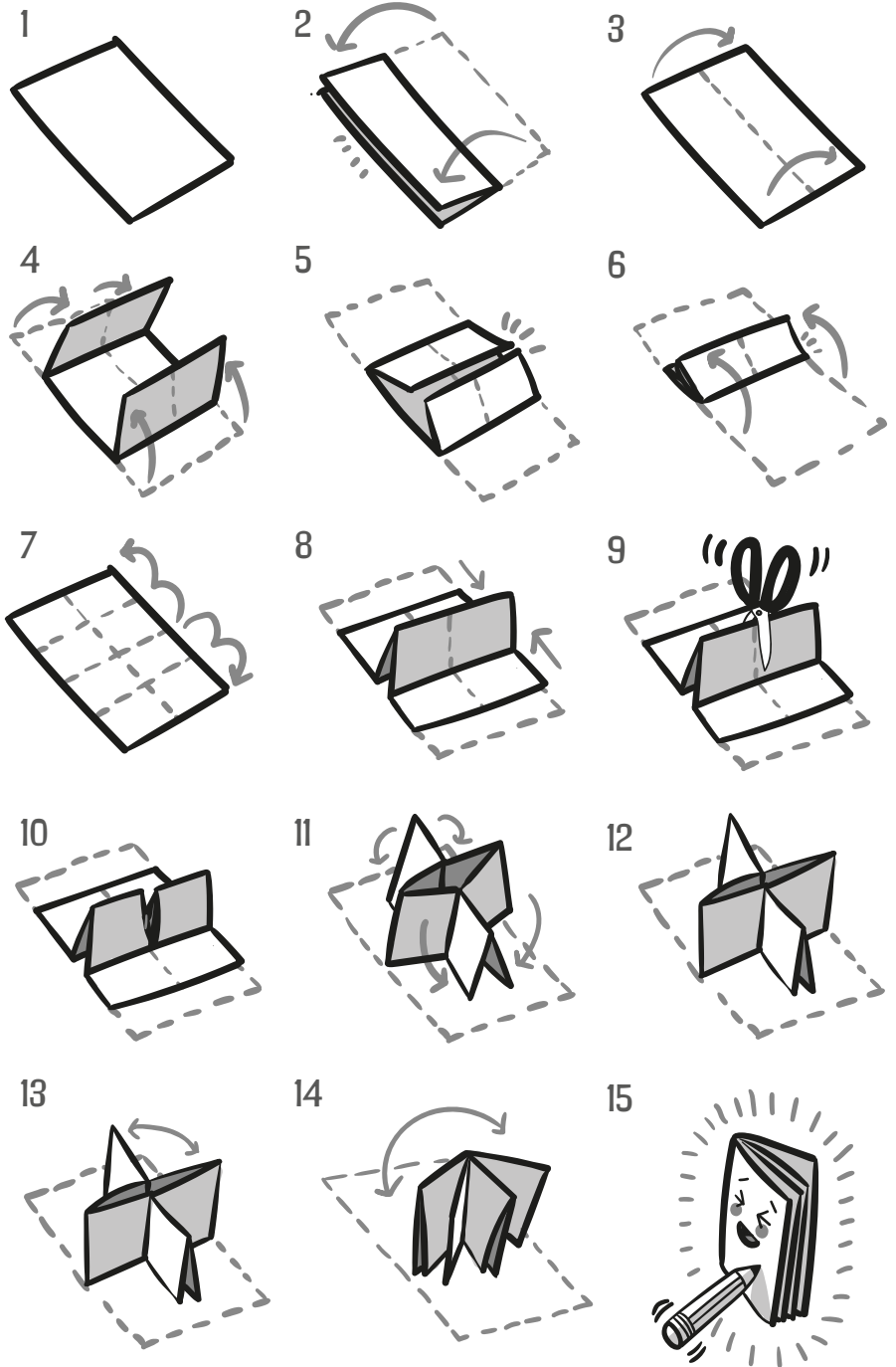
Make Your Own Booklet

Follow these instructions to make an 8-page booklet that you can use in any way you like e.g. a diary to make a note of your thoughts and feelings or for doodles and drawings.

You will need:
1x sheet A4 paper,
scissors.

Step By Step Instructions:

1. Grab your sheet of plain A4 paper.
2. Fold in half along the length of paper
3. Unfold
4. Fold the short edges into the middle
5. Make sure the two edges touch in the middle
6. Fold this in half
7. Unfold everything
8. Pinch the centre fold and pull up
9. Cut down the centre fold
10. Gently pull the two raised folds apart
11. Flip it to make a + shape
12. Push ends together
13. Fold around
14. Make a tiny booklet
15. Enjoy!



Top Tip! You can use this for the person passport activity on page 13.

Group Games!

Are you with other people? Why not try out some of these fun group activities to learn more about each other?

2 Truths and A Lie

How To Play

A 'good lie' is one that is ultimately believable.

In this game 2 or more players take it in turns to say three things about themselves.

Two of these things must be true, and one must be a lie.

For example:

"I want to be a Footballer!"

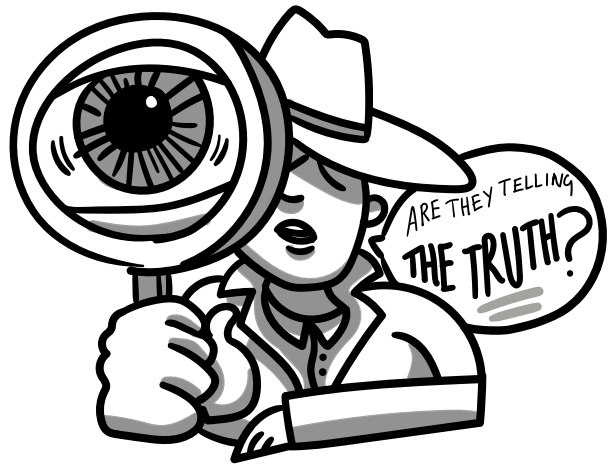
"I want to be a Teacher!"*

"I want to be an Alien!"

The other players then take their turn to guess what the lie is.

Once everyone has guessed, you can reveal what was true and what was a lie!

*The lie is "I want to be a teacher!"



One Word Story

A great way of creating random and often funny stories that can unlock your imagination and build your teamwork skills.

Step By Step Instructions:

1. Each person takes a turn to say one word at a time to build up a story e.g.:

Person 1: once

Person 2: upon

Person 3: a

Person 4: time

Top Tip!

Explore different themes and story ideas, see how off-the-wall and creative you can get but remember to listen to the words that have come before!

Group Games!

Would You Rather...?

Find out more about the people around you in this easy question game.

Start by asking a few simple 'Would You Rather..?' questions:

Walk backwards everywhere or always run?

Look after 100 duck-sized elephants or 1 elephant-sized duck?

Have a nose that never stops growing or ears that never stop growing?

Be too hot or too cold?

Be able to shrink to the size of an ant or grow to the size of a skyscraper?

Wear black for the rest of your life or only wear really bright colours?

Have a job where you're talking to loads of people all day, or one where you work by yourself all day?

Have loads of friends who all know you a little bit, or just one best friend who knows you really well?

Then, why not think up your own...?

Would you rather eat
a _____
or
a _____?

Would you rather live
by _____
or live
by _____?



Group Games!

Word Pairs

How To Play

Read the mind of your partner and guess what word they might be thinking of in this quick team game.

1. In a pair, both think of a random word. This can be any word, do not give it away to each other.
2. Together, count down from 3,2,1 and then say the word out loud at the same time.
3. Each person must now think of a new word that connects the two words that were just said.
4. Repeat steps 2-3 until you say the same word at the same time.



Top Tip!

When thinking of the word that connects the two words remember you are trying to read the mind of your partner!

Racing Drawing

Get your creativity following in this frantic fast-paced drawing game.

You will need:

1x sheet of A4 paper and a pen or pencil.

Step By Step Instructions:

1. Grab a piece of paper and a pen.
2. Choose something that the group will race to draw e.g., a smiley face
3. Set a timer for 30-40.
4. Each member of the group will draw the chosen item(s) as fast as possible.
5. Once complete you can share with the group.

Here are some suggestions that you may want to try:

- Draw as many faces as you can in 30 seconds
- Draw a picture of the world in 20 seconds
- Draw a fashionable dress in 40 seconds

Group Games!

Make This Noise!

Explore how you can use your voice to copy everyday sounds in this quick and noisy challenge.

You will need:
A selection of objects.

How To Play

1. One person makes a noise using an object e.g., scrunching a crisp packet
2. They nominate someone to copy that noise but only using their voice.
3. The nominated person can now find a new object to make a noise with.

Top Tip!

To make the game harder instruct the people listening to close their eyes, as well as guess the source of the noise.

Consequences

Create a surreal story with a small group of people. What will happen in your story?

You will need:
1x sheet of A4 paper and a pen.

How To Play

Using the template below everyone will write one line of a story, folding the paper over at each step so that the story can't be seen and then passing it on to the next person.

_____ [insert character name]
met _____ [insert character name]
at _____ [insert place]
they said _____ [insert speech]
they replied _____ [insert speech]
and so _____ [insert the consequence]

Top Tip!

You can try adding in different steps such as 'suddenly.....' or 'they went to...'

Group Games!

The Hat Game

This fast-paced team game is a funny way to test your expression and memory skills.

How To Play

1. Give everyone 6 pieces of paper to write a place, a person, or an object on each.
2. Fold the paper in half then half again and jumble them up in a hat/bowl.
3. Set a timer to 30 seconds.
4. Take it in turns to take pieces of paper out of the hat and describe as many as you can within the allotted time.
5. If people guess the answer correctly the person describing keeps the piece of paper.
6. Pass the hat around the circle until all the pieces of paper are gone.
7. Count up how many pieces of paper each person has. You get a point for each piece of paper.
8. Fold up all the pieces of paper and put them back into the hat.
9. Repeat the game using any of the following steps: describing using only 3 words, miming, making the sound of, only using your hands, describing using only 1 word.

You can play this game in 2 teams and your team members guess.



Created by Kazzum Arts with Ava Riby-Williams, Jack Pryor,
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Illustrations by Robin Lane-Roberts and Kathryn Corlett.



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