

playbook

inner
biome

Arts, crafts, and relaxation

017 Art is your comfort zone

This playbook will show you how to lose yourself in creative activities, relax, and achieve tranquility. However, you can choose to use the contents of the kit purely for joy and fun, even when relaxation is not the goal.

Getting tired or stressed out is normal, for both adults and kids. So it's essential that we have designated escape activities to take us away from the mundane and into a creative relaxation zone. This kit will help you discover that place — for you and for everyone in your family.



Scan the QR code on the back cover to access the digital version of this playbook.

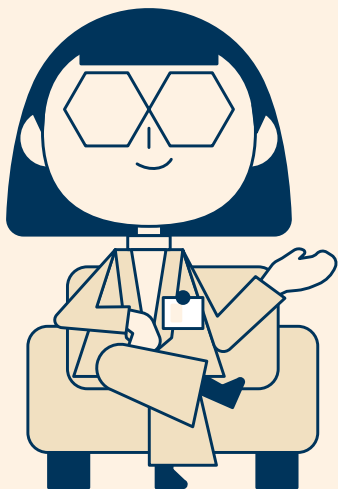
age

6-14



Warnings

Every playoddity kit is designed as a children's experience that is guided by an adult. All the described activities require adult supervision. Safety instructions for each item in the kit can be found on the item's individual packaging.




WARNING!
Choking hazard:
Small parts
Not for children
under 3 years

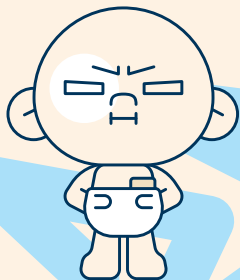


Adult supervision required





Hi, this is The Voice speaking. I'd like to remind you that the most important part of the playoddity experience is the child or children. Without them, you'll just be an adult playing games to avoid responsibilities. So put your phone away, and follow the instructions in this playbook for having a great time! The activities also work without the playbook, if you have your own ideas, but we suggest you have a look at ours first.



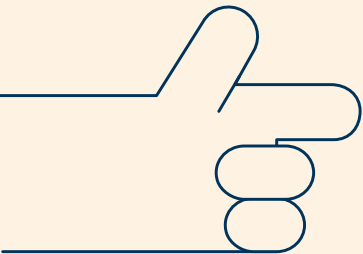
Without playbook



With playbook

Unboxing

Just take a look at all these amazing creative tools! Each one has the power to take you away into the realm of relaxation and calmness, where you focus only on the current moment — and on sharing your experience with #playoddity, of course.



Each item in the kit has a colored sticker:

- Green sticker — item can be used by children and adults
- Red sticker — item should be used by adults only

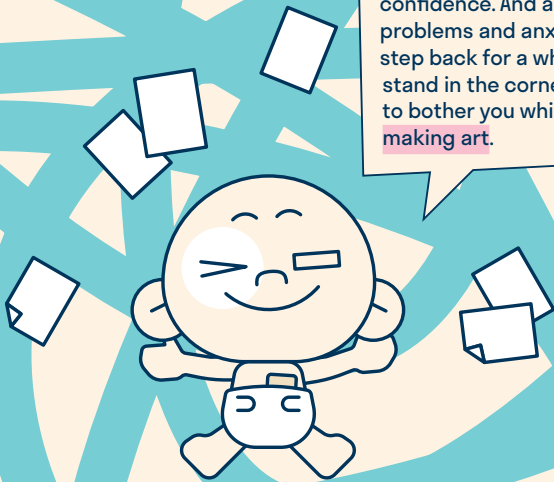
If any items on the list are missing, or you have problems with any of the products, please get in touch.

Contents of this kit

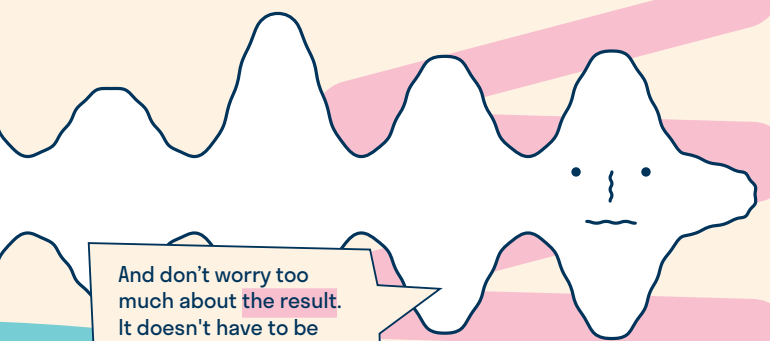
- **01. Palette knives**
Make bold strokes, and don't worry about neatness.
- **02. Gouache paint**
The colors are your emotions — paint what you feel!
- **03. Anti-stress toy**
Squeeze it if you're stressed — it's happy to help!
- **04. Coloring book**
Book it for at least an hour, or maybe four!
- **05. Finger paint**
You have two brushes: the left and the right. And ten smaller brushes for details!
- **06. Sand painting board**
Light + sand + creativity = magic.
- **07. Sand bottle art kit**
The art of flowing sand.
- **08. Slime**
Mmm, it's viscous and elastic.
- **09. Painting easel**
Van Gogh, two Goghs, many Goghs.
- **10. Mandala quilling kit**
This is the origin of symmetry.
- **11. Sketchbook**
Put your art on a suitable surface.
- **12. Origami paper**
The legend of the paper-folder begins.
- **13. Colored pencils**
See the rainbow, then draw the rainbow.
- **14. Kaleidoscope**
Lose yourself in the colors, the movement, the patterns.
- **15. Air dry clay**
Prometheus created mankind out of clay — imagine what you can do.
- **16. Blow markers**
Breathe life into your drawings.
- **17. Steel tongue drum**
The sound of the universe in your hands.
- **18. Punch bag**
The first rule of Fight Club ...
- **19. Tabletop protector film**
Creativity without consequences.
- **20. Roll-brushes**
Draw 'n' roll!

- **21. White tablecloth**
Draw with your hands,
become a human roll-brush,
spill spaghetti sauce!
- **22. Aroma candle**
We love the smell of art
in the morning.
- **23. Funnel**
We know it's weird,
but it's for art!
- **24. String**
Use it with the funnel!
Read on to find out how.

The only rule here is that there are no rules. Don't think too much about theory — just express yourself naturally. Let yourself go, use your imagination, and become a creator who's working on a new masterpiece. This attitude will improve your mood and boost your confidence. And all your problems and anxieties will step back for a while and stand in the corner, too shy to bother you while you're making art.



Notes and ideas

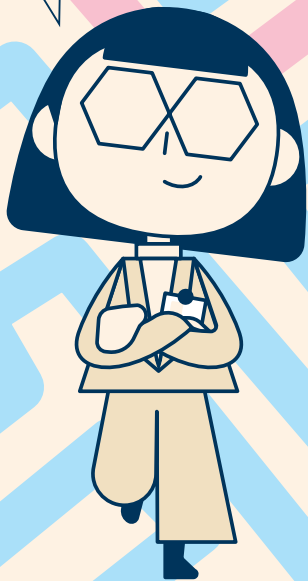


And don't worry too much about the result. It doesn't have to be perfect, but it should be recognizably yours. After all, you're not putting it in an exhibition — you're doing it for self-expression and relaxation. That said, no one's stopping you from framing your masterpiece.

Painting with knives

Palette knives enable you to put a thick layer of paint onto canvas, cardboard, wood, or any other material. This allows your painting to be natural and expressive. And this is the best moment to stop thinking and just go with the flow.

You can create a family painting together, or every member can create his or her own masterpiece.



I know the pieces fit

Create a painting on paper or cardboard, and then ... cut it into pieces!

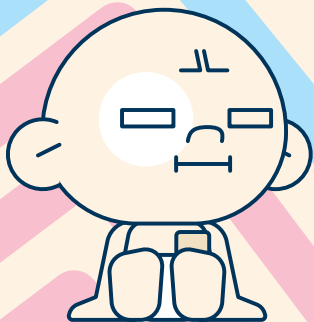
Use the pieces to create new art. Make a collage, and see your original creation reborn in a new shape and form. This

task shows how creation and destruction are

connected — you know the pieces fit, because

you watched them fall away. Rebuilding and recreating teaches

us to take risks and use a more creative approach in some other aspects of life.



In fact, when you're making clay figures, writing poetry, reading stories, painting or drawing, creating collages and so on, you're not just doing specific **focused tasks**. You become the observer — you learn to look deeper into the matter and **understand the world** and yourself in it. Art answers many fundamental questions.

Come to the dark side

A large part of the **tension** and anxiety that we feel when we **make art** comes from the criticism of others. So try creating some art in **total darkness**, where your inner — or any outer — critic cannot reach you. This is **blind creation** — just let yourself go, and you'll be surprised with where you end up.

Self-portrait

Lie down and close your eyes. Imagine your body and **see yourself breathing**. What color is the air you breathe in? And what about the air you breathe out? Draw **a contour of your body** and paint it with the colors that reflect your emotions. Think about the colors that are **concentrated** in various parts of your body, and why. Then get everyone to draw a **self-portrait**.

Invent your tools

There's a bit of Leonardo da Vinci in all of us. So instead of using only the **tools** you're given, how about **creating** some of your own? Everything can carry paint. Connect several toothpicks with a rubber band, or glue a couple of pom-poms to a piece of cloth. Your **new painting tool** will determine your future painting style, and this notion itself is very **liberating**.

Quilling

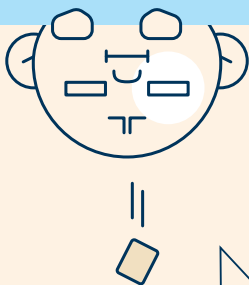
This art is basically paper cutting and sticking, but using thin strips of paper rolled into **spirals**. Long ago, monks rolled paper around the "stem" or **quill** of a feather, for **decoration**. Today, this art helps us to learn attentiveness, diligence, and attention to detail. So — quill and **chill!**

Somebody once told me the art was going to roll me — but the thing is, there are **no good or bad marks** for it. There's only self-realization, your perception of self, understanding, and the **transformation** of negative emotions into positive ones.



Doodling

Many people are doodling without even realizing it. From time to time we all draw figures, shapes, and lines without a particular aim. For kids, doodling is great fun as it doesn't require any specific drawing skill. Just take a piece of paper and a pen, and go! Try filling a whole page with different funny monsters. Don't try to draw a lot of detail. Stick to a shape and basic facial features. Add a couple of characteristics like horns or wings, and move on to the next monster!



When you draw small details, or lines, or curves, or patterns, you get the chance to be one-on-one with yourself. You forget about the boss, about that angry dude in traffic on the way home ... some people even manage to forget about taxes. Put it this way — this activity reduces anxiety a lot!

Zentangle

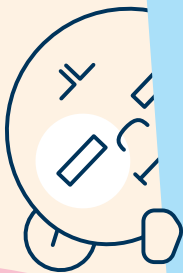
Abstract art is great because no one knows how to judge it. It always looks awesome! Zentangle is the technique of filling pages with abstract patterns. Divide the page into small squares, and fill them one by one. Use a black marker or fineliner pen. (Or choose any color you like!)

Draw a line

If you struggle with copying someone else's drawing or inventing a pattern, here's an easy **shortcut** to a masterpiece. Just fill the entire page with **lines**. Different thicknesses, and maybe different directions. Drawing lines helps to **calm you down** — and when you've finished, take some markers and **add** color. You'll love what you'll see.

Upside drawn

Take a page from a **coloring book**, turn it upside down, and try to **copy it** line by line. Don't think about the quality too much. You may not get the **exact picture** you were copying, but it will definitely **resemble** the original. And you'll find **peace** in the process.



Drawing moods







Here's what you can draw, depending on how you **feel**.

- If you're **tired**, draw flowers.
- If you're angry, draw **wavy lines**.
- If you're in a bad mood, draw **a rainbow** — or fill an entire page with bright colors.
- If you can't remember something **important**, draw mazes.
- If you can't make a decision or a choice, draw **roads**.
- If you need to **structure your thoughts**, draw squares or hexagons.
- If you can't concentrate, make **a thousand dots** on a piece of paper.
- If you want to **calm down** or feel safer, draw circles.
- If you want to feel energized, draw **triangles**.


Mystery item


Every artist has a **personal secret** to their creativity. Maybe this item will turn out to be your **muse**?


Search terms


 music for relaxation	
the longest meditation ever	
color emotions chart	
swinging paint bucket art	
light painting	


Question time

 How often during the week do you feel stressed?

 What made you stressed or upset today?

 What made you happy today?

 What emotion would you like to draw right now?

 Does music help you relax? How about drawing?

Creativity time

You've seen that Zentangle is a simple drawing technique that allows you to clear your thoughts and relax. But what if instead of filling the page with shapes, you did it with the letters in the word "playoddity?" Give it a try!

There's more
out back —
follow the
arrow!



If you find yourself drawing all over this playbook for relaxation purposes and rendering it unusable — don't worry. You can always find the digital version online if you follow the QR code. And while you're on the website, check out our other kits. They're awesome!

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