



# NIGHT OF FESTIVALS HOUNSLOW

[www.nightoffestivals.com](http://www.nightoffestivals.com)

15 - 16 JUNE | BELL SQUARE

'SIMPLE TOOLS' WORKSHEETS

IMPROVE WELLBEING AND USE ONE OF  
THESE **SIMPLE TOOLS** TO HELP US  
CREATE TEMPORARY PUBLIC ARTWORKS



Inspire Hounslow  
Helping people to help themselves



# WE ARE HOUNSLOW

Night of Festivals is building a temporary tree in Bell Square.

Tied on to the tree will be hundreds of labels written by the people of Hounslow - each one with a positive statement starting...

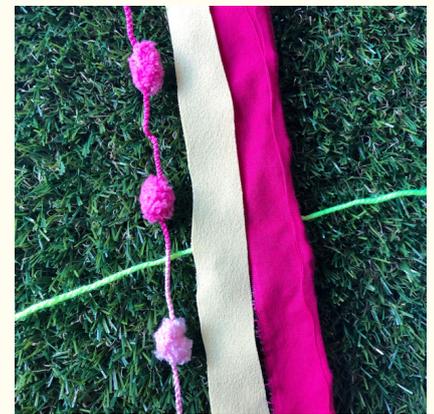
*I am....*

**The whole is greater than the sum of its parts.** The individual *I am's* become *We Are Hounslow*.

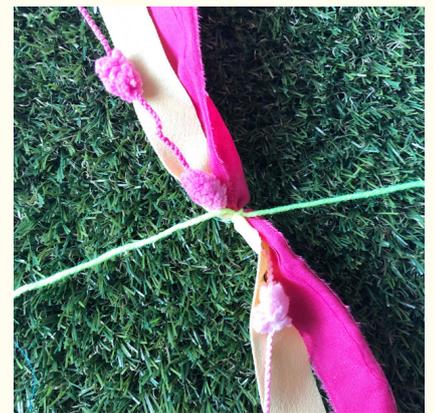


## STEP-BY-STEP GUIDE

1. Take a white luggage label (Wilko's sell 10 for £1)
2. Using a black pen or a felt tip- write a positive statement about yourself, that begins: I am..
3. Decorate with strips of used colourful fabric/ribbons/beads/feathers etc.
4. Layout the strips you want to use on top of a piece of string or wool.
5. Tie the wool around the centre of the pile of decorative strips and tie in a knot.
6. Thread the wool/string that holds your decorative strips together through the luggage label hole and tie another knot to hold it in place.
7. Bring the label to the festival and hang by the string on to the *We Are Hounslow Tree*.



Step 4.



Step 5.



Step 6.

# POSITIVE PEBBLE PAINTING

Paint colourful images, words and phrases on to the pebbles to create a positive statement that will make someone else smile when they see it.

Your pebbles will be displayed in Bell Square at Night of Festivals.

**Look at these fantastic examples already made by Hounslow Community Groups!**



## STEP-BY-STEP GUIDE

1. Find a large, clean pebble
2. Paint or draw on to the pebble using permanent felt-tip pens or paint. (Emulsion paint tester pots work really well and only cost £1!)
3. Paint or draw details and/or a positive statement or word.
4. Take to our drop-off point or bring along to the festival and place in the pebble areas.



Step 1.



Step 4.



Step 3.



Step 3. continued



Step 3. continued

# AFFIRMATION FLAGS

Inspired by the tradition of hanging prayer flags, dating back thousands of years to India and Tibet these Affirmation Flags will display a positive affirmation or image from the maker.

## What are Positive Affirmations?

Affirmations are positive statements we say or think repeatedly. They help us to achieve our goals by retraining the way our minds think. The more we say them or write them down, the more it increases their effectiveness. This works by us continually driving them down further into our subconscious. This increases the likelihood that we will act upon them or at the very least they will increase our self-worth.



Making and hanging the flags is a way of speaking an intention out loud. Flags can be painted, stitched, appliqued or collaged- Whatever you like as long as it's colourful and positive!

## STEP-BY-STEP GUIDE

1. Take a piece of fabric approx. 12 x 12 inches or 30 x 30 cm

2. Words can be printed on to the fabric square by using cut-outs made from card. Paint with acrylic or emulsion paint on the reverse of the letter, (so that it will read the right way when placed on to the fabric). It needs to be fairly wet!



Step 2.

# AFFIRMATION FLAGS (CONTINUED)

3. Place on to the fabric and press down. Gently peel off.

4. You can also write on to fabric with marker or fabric pens.



Step 3.



Step 4.



Step 5.

5. You can cut out shapes and use a paintbrush to dab paint inside the stencil.

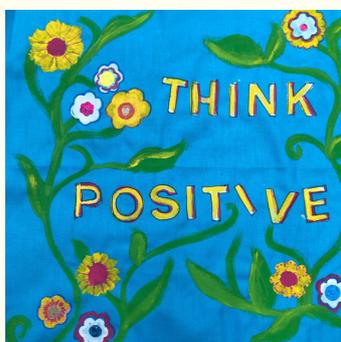
6. You could glue on felt shapes, beads, feathers or sequins. Or sew them on!

7. Take to our drop-off point or bring along to the festival and pin-up in the flag areas.



Step 6.

**Look at these beautiful examples made by Hounslow Community Groups!**



## DROP YOUR WORK HERE BEFORE THE FESTIVAL:

Location to be confirmed

Please call ArtReach on **0116 261 6882** for more details