



Your Story – Our Story

Workshops for solo or group work

Creative Practitioner - Bill Taylor-Beales

Exercise 03 – Picture me Zine:

To accompany Your Story - Our Story video – exercise 03

Preparation:

Video to show on display – writing/drawing materials/A3paper/ old magazines/glue sticks/scissors

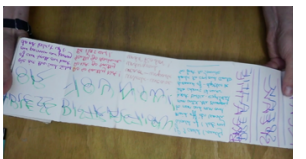
We are going to make a small book about a specific event in your life – part of your Story.

Part 01 – the zine:

This is a simple booklet that we will use to draw and write our story in.

Watch the film carefully to create your own zine.

- Fold the paper in half-length ways – then in half again back on itself and the same for the back
- Make sure you crease it well
- Then either tear or cut the A3 paper through the centre
- Arrange the two sections into a M and a W
- Glue one face and stick together
- You should now have a concertina book
- Cut out two card rectangles the same size as the pages.
- Glue the front and back and stick pre cut cardboard rectangles to make covers





Part 02 - the story:

I invite you to close your eyes and think of an event - a moment in your life that was really positive – this could be simply having an amazing hot chocolate with your friends to scoring a goal – to a holiday you had with friends or family – the key is that it is **positive**.

Now to help unpack that memory I would like you to take an A4 piece of paper and draw or write down what comes to mind when you revisit the memory:

- 1 – thinking of all the important things you remember seeing
- 2 – thinking of the important things you remember hearing
- 3 – any smells that you recall
- 4 – what tastes did you have
- 5 – what touch sensations do you remember
- 6 – what emotions you felt

I would like you to use your book to tell that memory / event/moment using the information you have written on your mind map above

On one side of the book try and share the story simply using images – colours – shapes to express the event

On the other side of the book use only words – as if you were writing a newspaper story about what happened – think about what the headline would be what the key points were – again using the information from the mind map.

Lastly draw and write on the books front and back cover or even use found images for a collage.

