



Grace Dear
TRUST

IMAGINE

an arts project



Hello!

We are so glad you are getting involved in **imagine...**

imagine... is a physically distant but socially-friendly arts project. Inspired by the iconic song written by John Lennon, we are asking you to join us and imagine the future. This month, we're thinking about acceptance, a core value of the Grace Dear Trust.

2021 marks 50 years since the release of the song Imagine. We will be marking it with a brand

new theatre piece and exhibition. We'd love you to get involved.

Share your work and ideas:
Email: louise@bouncetheatre.com
Whatsapp: 07980210705
Or share it on your social media and #gracedeartrust #imagine #bouncetheatre

We can't wait to see and hear what you make.

Grace Dear Youth Theatre

About the Grace Dear Trust

The Grace Dear Trust is a mental health charity based in Surrey. The charity was created with the aim of saving the lives of other young people suffering with mental illness. By educating young people, encouraging them to talk about their feelings and making mental health an everyday topic of conversation.

Core Values of The Grace Dear Trust

- G**ratITUDE
- R**esilience
- A**cceptance
- C**aring
- E**mpathy

Find out more about us

The Grace Dear Youth Theatre is run by Bounce Theatre. Bounce Theatre make original, brave and imaginative work. Find out more about us www.bouncetheatre.com

write

This month, we are thinking about the next of the Grace Dear Trust's values - Acceptance. Acceptance is all about our ability to agree to a situation, a process, or condition without attempting to change it or protest about it. We are frequently challenged to accept things - people with different opinions, new rules, personal loss, and our education system are some things that spring to mind. We also have to accept ourselves, which is sometimes the biggest challenge.

So, let's think a little but more about the components of acceptance. Using an acrostic poem (where certain letters in each line spell out a word or phrase) spell out acceptance. Now think about the qualities and skills that are necessary to accept something or someone.

- | | |
|---------------|-------------|
| Agreement | Trust |
| Care | Action |
| Communication | Nuance |
| Empathy | Cooperation |
| Patience | Equality |

Can you add to this? Would you change any of the words?

Now, let's start by thinking about accepting our ourselves. We're going to make a list poem - one that embraces all the things that are unique about us, the things we'd love and the things we'd change but perhaps can't.

- Describe yourself
- Describe where you grew up
- Describe where you live now or where you want to live in the future
- Describe an important person in your life and their character
- Describe the food you like to eat and how it makes you feel
- Describe the music you like to listen to
- Describe the things you are good at
- Describe a memory that you love
- Describe a bad habit you have
- Describe three things that are good about you
- Describe something that lots of people don't know about you.

Here's mine:

I am
 A strong spirited woman with
 runner calves and an unmovable
 mother's tummy
 I am from the heartlands of Birmingham
 Where the warm tones of, "how am ya
 bab" ring in my head
 A place where people smile and nod
 hello
 Now, I'm in London in an ocean of
 millions
 With an accent that often provokes a,
 "where are you from?"
 Lost but found in a house of my own
 Living with boys who teach me not to be
 quiet
 And the importance of being Mummy
 I am the taste of vegetable ratouille with
 tahini and honey
 Which gives me substance and flavours
 rolled into one
 I am 80s pop music and contemporary
 grime
 Happy, uplifting, and politically minded
 I am good at dreaming up ideas for
 projects, telling stories, and listening
 I am often too hard on myself
 But am learning to be kinder
 I am creative, kind-hearted, and see
 opportunities in the face of adversity
 I can often feel lonely and not really know
 why

Look back at your poem. Read it out aloud. See if you can recognise what you cherish about yourself, what you can change and what you can accept.

acceptance calendar

30 days of creative tasks

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

WRITE A LIST OF THINGS YOU ARE PROUD OF YOURSELF FOR

2

GIVE YOURSELF A COMPLIMENT.

3

WRITE DOWN ONE THING YOU CAN'T CHANGE ABOUT YOURSELF AND HOW TO ACCEPT IT.

4

IGNORE SOCIAL MEDIA FOR AS LONG AS YOU CAN.

5

LOOK AT SOCIAL MEDIA AND FIND HASHTAGS LIKE #BODYPOSITIVITY. MAKE A LIST OF ALL THE POSITIVE ONES YOU CAN FIND.

6

COMMIT TO USING SOCIAL MEDIA FOR POSITIVITY.

7

WRITE A LETTER TO SOMEONE TO TELL THEM YOU CARE ABOUT THEM.

8

TAKE A FEW MINUTES EACH DAY JUST TO BREATHE.

9

LOOK FOR THE GOOD IN EVERYONE YOU INTERACT WITH TODAY.

10

SAY THANK YOU TO PEOPLE WHO DO THINGS FOR YOU.

11

SMILE AT SOMEONE YOU MIGHT NOT NORMALLY.

12

LET SOMEONE GO AHEAD OF YOU IN A QUEUE.

13

UNDERTAKE A RANDOM ACT OF KINDNESS.

14

CREATE A COLLAGE WALL OF PEOPLE WHO INSPIRE YOU.

15

TAKE UP A NEW HOBBY.

16

WRITE A LETTER TO SOMEONE YOU ADMIRE AND TELL THEM WHY.

17

START A GRATITUDE JOURNAL.

18

TAKE PHOTOS OF THE DIFFERENCE YOU SEE IN THE ENVIRONMENT.

19

SET YOURSELF GOALS FOR THE MONTH AHEAD.

20

CLEAR OUT YOUR ROOM.

21

SIT IN THE PARK AND WATCH PEOPLE GO BY. NOTICE THE DIFFERENCES IN HOW PEOPLE MOVE THROUGH LIFE.

22

CREATE A VISION BOARD FOR THE LIFE YOU WANT POST SCHOOL.

23

MAKE A LIST OF YOUR UNIQUE QUALITIES THAT WILL HELP YOU ACHIEVE YOUR VISION.

24

WRITE A THANK YOU NOTE TO SOMEONE WHO HAS TAUGHT YOU SOMETHING.

25

LISTEN TO A TEDX TALK.

26

DO NOT COMPARE YOURSELF TO ANYONE ELSE TODAY. RECOGNISE YOU ARE SPECIAL.

27

BE KIND TO YOURSELF TODAY.

28

THINK ABOUT VOLUNTEERING IN YOUR COMMUNITY.

29

TALK TO PEOPLE ABOUT HOW YOU FEEL.

30

WRITE DOWN 3 THINGS YOU'VE ACHIEVED THIS MONTH.

make theatre

John Lennon wrote **Imagine...** in his bedroom at a pivotal moment in history 50 years ago. The lyrics seem to make a wish for a more peaceful world whilst also offering up some pretty radical ideas – can we live without possessions, for instance? This month, we'd like you to write a letter that can form part of our evolving play script.

Letters often give us more time to stop and think than emails, or texts, or social media. They can also be great forms for drama. As we build ideas for Imagine..., we want to make work that highlights the things that are important to young people.

So, thinking about **Imagine...** write some goals or the change you'd like to see for society over the next year, 10 years, or 50 years. They can be big or small. Here are some of mine:

- Positive media campaigns
- Equality
- People more careful about their words
- Recognition of the importance of little actions
- Less anger
- More love
- Mental health recognised as being as important as physical health
- The climate change crisis was addressed
- People found a positive use for social media
- Education refocused on core life skills rather than fronted adverbials
- Covid-19 was taken care of
- People became better at listening to each other

Now think about who your letter is to. Here are some ideas:

- The Prime Minister (current or future)
- Yourself
- The Earth
- A friend
- A stranger
- An unborn child

I started thinking about writing a letter from the world in 2070 to the world in 2020:

Dear 2020 Earth,

Jeez, you had some year, right? I mean WHAT A YEAR. Floods, global climate change protests, a pandemic that sent the world in doors, and global protests about racial equality.

Well, firstly 2020, you'll be glad to know that we learnt some lessons after you finished. It didn't happen overnight. There was however a change in the way people spoke to each other over the years that followed.

We learnt that we couldn't just go on yelling from two sides of the argument. Leave or remain. Right or left. We had forgotten about grey and overlap. Nuance was a word we'd really forgotten about. So people drowned in their own argument and no one went anywhere for a while.

We took what we could positively from Covid-19. We scrapped exams. You showed us that 2020. We are more than a test day and an exam result.

Teachers started to revolutionise the way we learnt - it was no longer fronted adverbials - now we have conversations about our mental health. We do things now like debate the news, politics and learn the nuance of an argument. In doing so, we all became better at listening and more accepting of each other. We have course work and marked assessments, but it doesn't rest on how you do for a few days of what hopefully are very long, healthy lives. People can breathe again.

So, 2020 you were some year, but you taught us something. We all became a little bit more careful about the words we were using. Sticks and stones and all, but words do hurt. We have to be honest about that. They can sew division and brew hate. Yet, they can also unify and bring people together. Words have power. Your words have power. Your voice has power and when used well, it can change the world.

All the best from 2070

photography

Each issue we look at ways to make the best of your smartphone camera(s) to add images to the exhibition. This issue, we are going with theme of acceptance and taking a look at portraiture.

Portraiture has, of course, been around longer than photography – before then, it was the sketchbook or easel that captured your likeness. But with the dawn of photography, it was the best way to immortalise your most true and accurate likeness, without any artistic interpretation needed. Now that we have all kinds of filters, Photoshop, and other editing trickery this is not the case. Don't believe everything you see!

Photographs are created by opening the shutter and allowing focused light to affect a sensitive surface inside the camera – be that film or a modern digital sensor. This is done for just the right amount of time. Back in the 1800s, photographic plates (later this became film) were not very sensitive to light and exposure times were long. Some scenes took hours to capture. They couldn't be handheld – they had to be mounted on a tripod to keep them stable. By the time portraiture became possible, subjects had to sit motionless for less time than this, but it was still 20-30 seconds to get a photograph. If they moved at all, the photograph would be blurred. If you search online you might find some family photos where someone is holding a wriggly young baby with a blurred face! Special chairs were constructed with hidden braces to rest your head against to keep you still. So the stiff, serious portraits we see from the Victorian era and before – are only like that because it was necessary to sit motionless for so long!

The faster film became, the more options for portraits people had.

Types of Portrait - There are many styles of portraits, but there are two main kinds:

The Formal Portrait

We might associate “formal portrait” with the stiff Victorian portraits from the earlier days of photography, but it really just means that the subject is aware the photo is being taken and therefore posed, and that the lighting might be controlled, e.g. in a studio setting or somewhere that has been prepared specifically for the photograph. Formal portraits often look professional and may purposefully highlight a person's features, character, emotion, or occupation. You will see a lot of formal portraits in magazines.



The Candid/Informal Portrait

This is sometimes the best method of capturing an image which reflects a person's true character – when they are caught off-guard, unaware of the camera, and in the moment. Portraits taken this way often look natural and without the tension that can accompany formal portraiture. Street photography can include candid portraits. Be sure to show the image and seek permission from your subject to use it.



Trust

Taking someone's photo comes with a set of moral responsibilities. A good photographer will:

- Be respectful of the subject and have permission to take/use someone's photograph. If you took a candid photo of them and they are unhappy with the image – delete it.
- Check what you can do with the image. You may be the photographer and own the photo you shot but the subject has some rights to privacy that should be respected. Never publish a photograph of someone you don't have permission from, and remember that you should get permission from the parent/guardian if you are publishing photographs of children.
- If you are publishing photographs on social media – check your privacy settings and ensure the subject is happy with this. Some people might be ok with images being shared amongst friends but not be ok for it to be open access. Gaining someone's trust and getting a great photo of them as a result can be rewarding and it can make the person you took the photo of feel great.

When The Self-Portrait Became The “Selfie”

Mobile phone photography has transformed the way in which we see ourselves. We are scrutinising ourselves more than ever – and paired with the age of social media streams, followers, and “shopped/fake” images, there's often a feeling of pressure to look great all the time. Unrealistic expectations of the real you might make you unhappy and damage your self-esteem. Look after yourself and see yourself beyond the superficial.

TOP TIPS FOR GOOD PORTRAITS

- Reassure your subject – trust and consent are important. Offer to delete any images they don't like.
- If your subject looks nervous, keep your camera trained on them but chat about something random (and positive) for a while, quietly keep shooting as you do this and you might find a nice, relaxed portrait between your chatter.
- Turn off the camera sound effect on your phone – that way, your subject won't know when you are snapping away and they may forget you're taking photos at all.
- For a selfie – try a higher angle so you are looking slightly up towards the camera – this is often more flattering than the camera shooting up your nose! However, do experiment and see what you get.
- Try editing your portrait photos in black and white.
- For a selfie – try to avoid the trout pout/duck face mouth pose – you may think it accentuates your features in a good way – generally it doesn't!
- Take more photos than you think you need – but be ruthless in your editing afterwards and delete the ones you don't want. Being “trigger happy” can sometimes capture that perfect moment.

make art

Line Drawings

Get a pen and paper. Without taking the pen off the paper draw the following:

- A heart
- A house
- A bowl of fruit
- A self portrait

Shape Poetry

A shape poem develops the physical form of the words on paper. So, a poem about the apples would take the shape of an apple or apples. While the words, writing style, and literary devices impact the meaning of the poem, the physical shape of the poem is also of significance.

Turn your kenning poem into shape poem. What shape signifies you?

Thumb Print

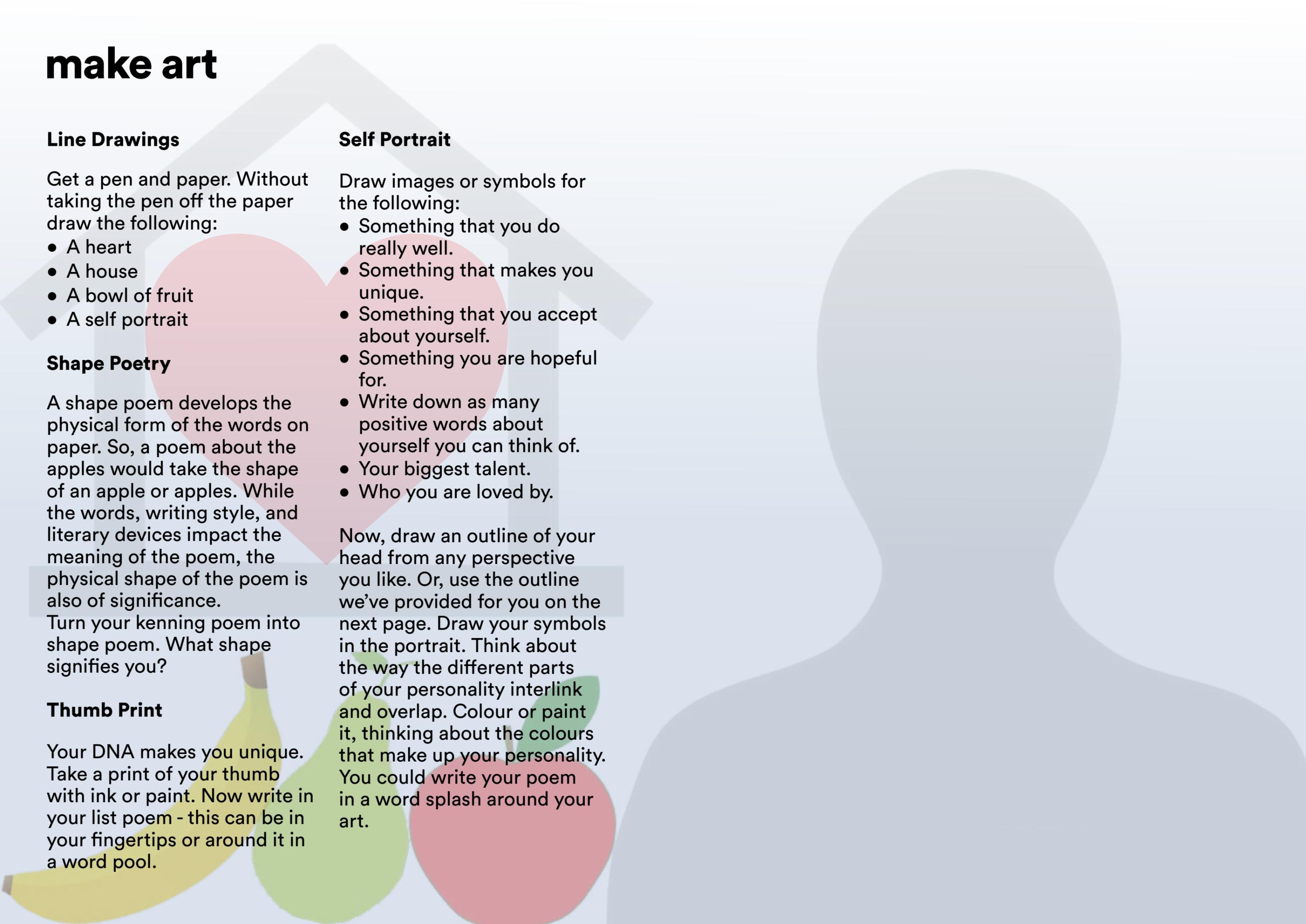
Your DNA makes you unique. Take a print of your thumb with ink or paint. Now write in your list poem - this can be in your fingertips or around it in a word pool.

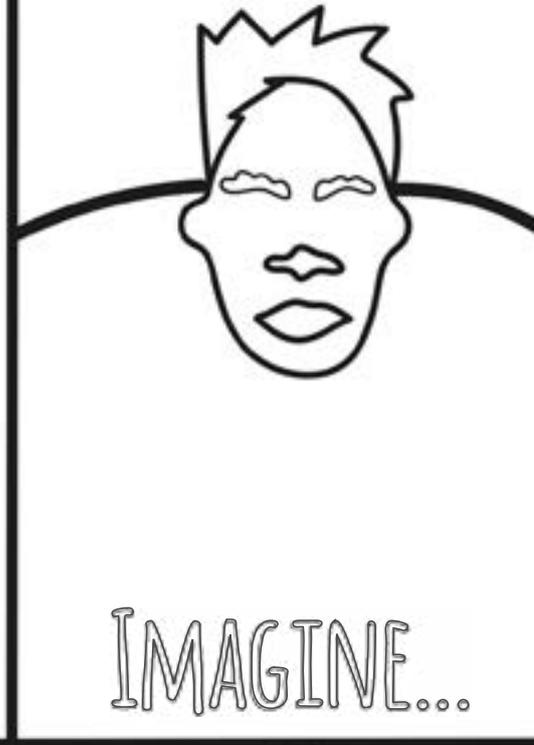
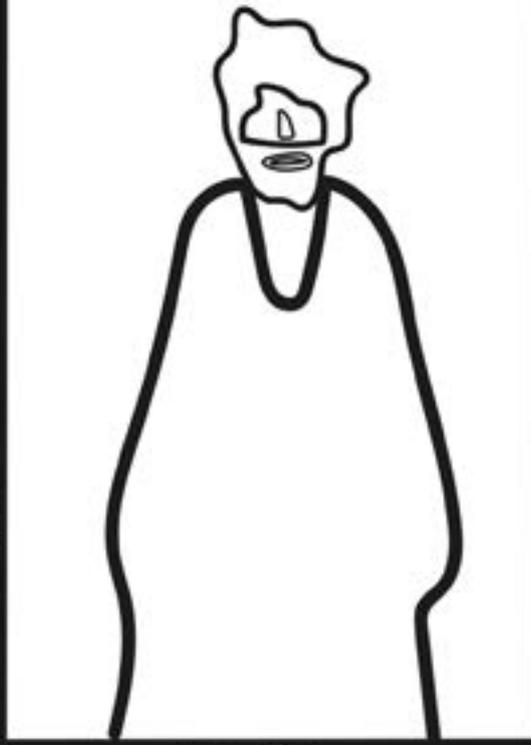
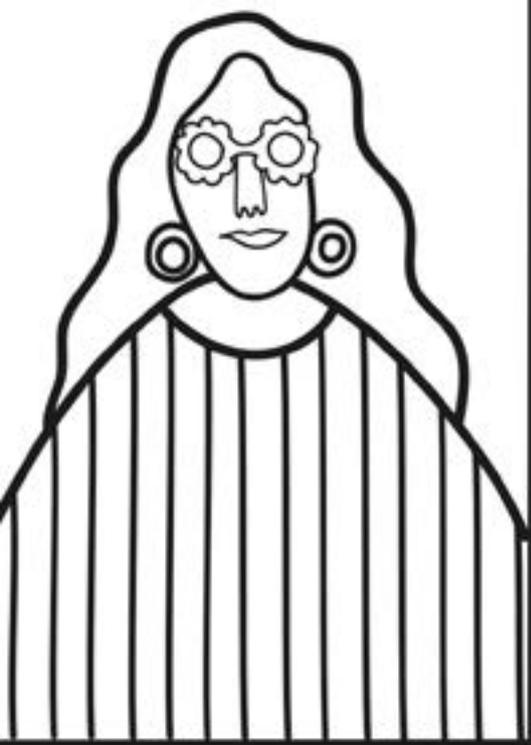
Self Portrait

Draw images or symbols for the following:

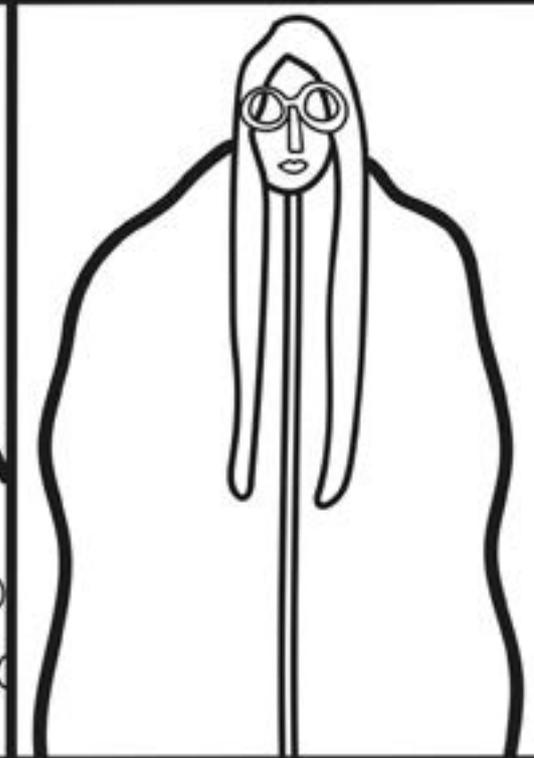
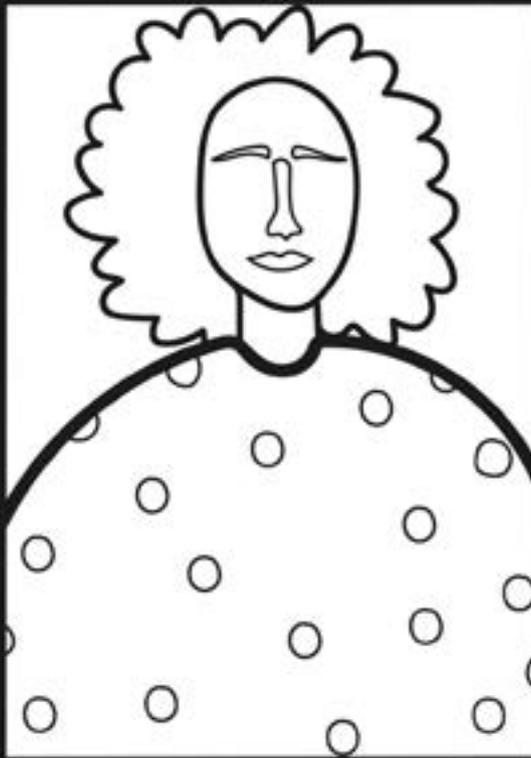
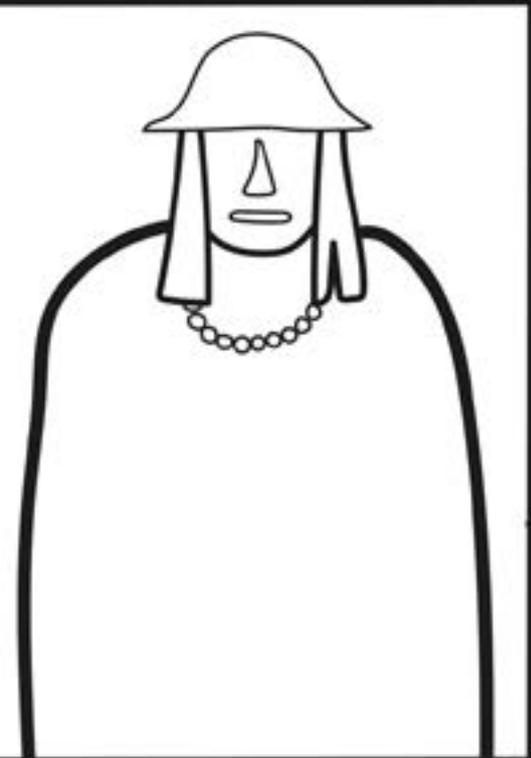
- Something that you do really well.
- Something that makes you unique.
- Something that you accept about yourself.
- Something you are hopeful for.
- Write down as many positive words about yourself you can think of.
- Your biggest talent.
- Who you are loved by.

Now, draw an outline of your head from any perspective you like. Or, use the outline we've provided for you on the next page. Draw your symbols in the portrait. Think about the way the different parts of your personality interlink and overlap. Colour or paint it, thinking about the colours that make up your personality. You could write your poem in a word splash around your art.





IMAGINE...



Mindful drawing
- colour in yourself