

# Welcome To Letterbox Crafts

Do you enjoy being creative, then this is for you...

Letterbox crafts is a creative idea of sending you some arts and crafts activities to do for fun by post. Being creative, making things and using art is a great way of relaxing and unwinding from our busy lives. Being mindful whilst doing these activities can create a calming atmosphere whilst taking part in an activity you enjoy.

Over the coming months we have lots to look forward to including Easter, spring, warmer weather and more...if you have a love for being creative and eye for art this is for you.



Some crafts will include:

- Card making
- Mindful colouring
- Decoupage
- Mosaics
- Drawing
- Paint by numbers
- Colouring scenic pictures
- Poster making
- How to make origami figures
- How to make paper plates and decorating
- How to make paper bunting
- Seasonal crafts
- How to make your own mini calendars

If you have any questions, or you would like to take part in this please email [oliviacheale@northkentmind.co.uk](mailto:oliviacheale@northkentmind.co.uk). Or call 01322 291380