

BOUNCE BACK PHILLY CREATIVE CORNER

For Philadelphians, by Philadelphians

A monthly newsletter provided by the Bounce Back Philly Program
at the Philadelphia Department of Public Health

In this issue of the Bounce Back Philly Creative Corner take the time you need to look within yourself and release your creative side. Learn how to creatively express yourself, how to write your own personal poem, or cook a new recipe. Seek new ways to stay motivated during your safe separation (isolation and quarantine) period and start your days with a mindful breathing technique. Take this time to try something new and start your day with positive thoughts.

Let's get started!

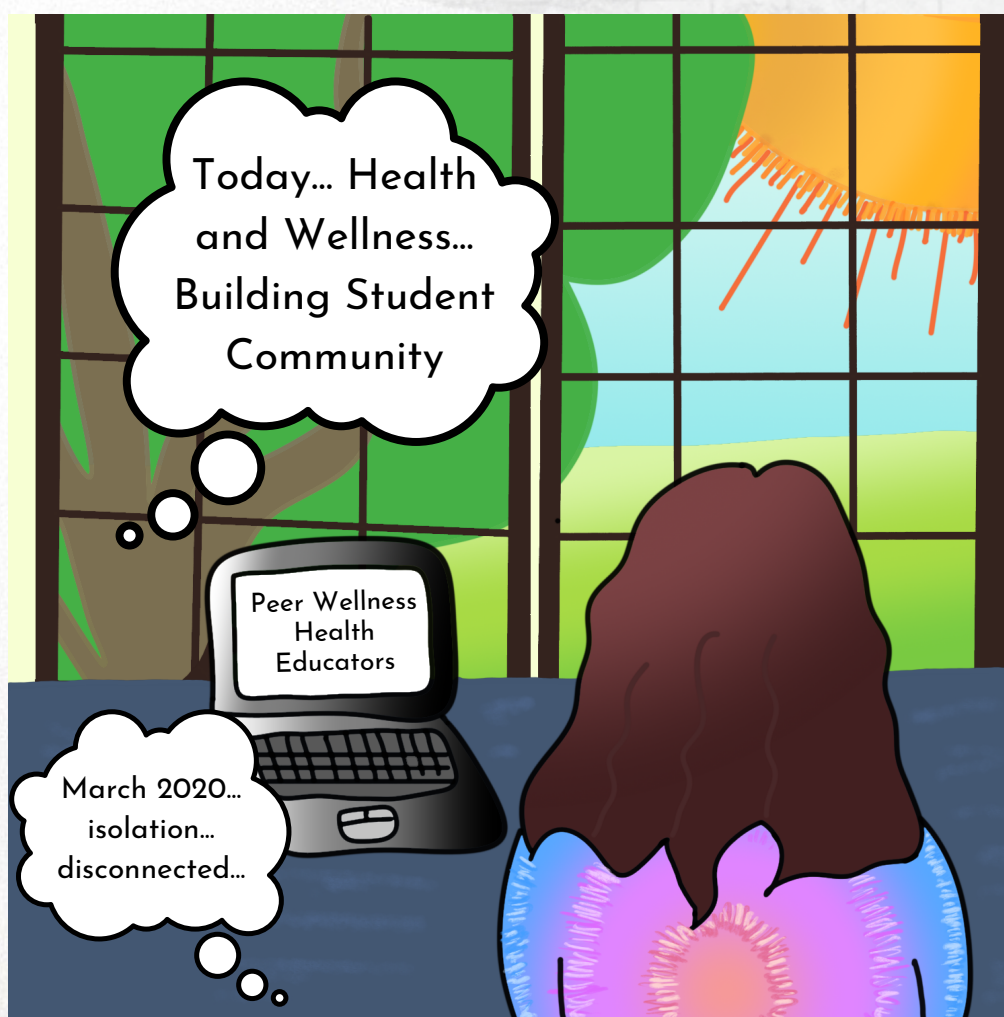
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WWW.PHILA.GOV/COVID19

School in a New Country During the COVID-19 Lockdown

By Mayisha Rahman | Illustrated by: Ginny Robison



Born and raised in Dhaka, Bangladesh, I made my school my home when I came here for college. Unfortunately, that meant not being able to go back to my family when the lockdown for COVID-19 began in March 2020. Having to stay on campus extensively resulted in feelings of isolation and disconnectedness with my peers, my family and the world beyond my little campus. I was however lucky enough to be part of my school's student government last year and having realized that many others felt the same way, I was able to work with my school's Health and Wellness Center to co-create a pilot program titled "Peer Health and Wellness Educators" (PHWEs). The goal of the program was to increase our sense of community by making conversations regarding student health and wellness common place and familiar. If I say that developing the program was an easy task, I would not be doing justice to the hours of work and planning that my cohead and I have put into it. Our most recent programming featured Yolo Akili - a community organizer who spoke to my campus about community care and healing justice. I might have graduated last month but I am hopeful that this program will continue to have a positive impact on the lives of all students, faculty and staff thanks to the mindful work of our PHWEs, our coheads and the Health and Wellness Centre in a post-pandemic world!

CREATIVE SELF EXPRESSION

Written By: Zenia Lauw

Finding ways to creatively express yourself during stressful times like the COVID-19 pandemic is important for self-care. Safely separating at home allows for time to reflect and take a moment to breathe. During your time separating, try a new form of self-expression to manage stress.

Anyone can participate! Expressing yourself through creativity may help improve your mood, build your self-esteem, and can be used to communicate challenging feelings.

"BUT I'M NOT CREATIVE!"

You do not have to be an artist to be creative! After all, this is creative "self" expression. You have full control on how to use the materials you already have at home or where you are staying to safely separate. All you need is a creative space to start your project. Creativity is a process and it is entirely up to you whether or not you ever finish your work. Free your mind and let the creativity overcome you. This will allow you to express yourself fully!



CREATE:

- Make art by cutting pictures from magazines, newspapers, etc.
- Doodle!
- Challenge yourself by drawing with your non-dominant hand
- Paint using only your body as your tools
- Create an image inspired by a book or movie
- Write a poem or short story about yourself, a COVID experience, current mood, etc. and submit them online at <http://bit.ly/bbp-cc-forms!>
- Pick any clothing that "speaks" to you
- Decorate the outside of your mask



GET MOVIN'!

- Practice yoga; create your own flow that works for you!
- Dance to your favorite music

TRY NEW THINGS:

- Crochet, sew or knit
- Create an image only using calming colors
- DIY music instruments and make some noise
- Redecorate your space

REFLECT:

- Start a journal
- Create an appreciation collage or drawing of your loved ones
- Draw your feelings
- Make a collage of your experiences with social distancing
- Take photos and edit or change them to reflect the mood of the image
- Practice self-care and decide how you will continue once you are done safely separating

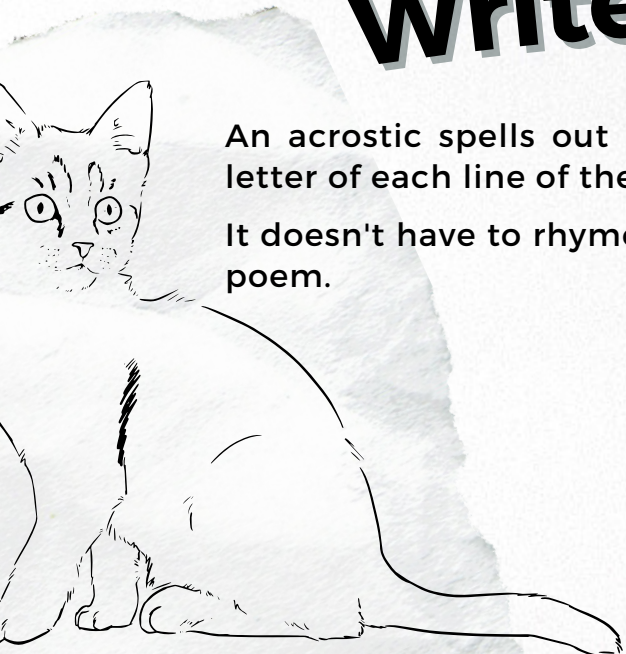


CONNECT:

- Start a doodle chain with family members
- Create a family tree with your loved ones
- Make collaborative art with your loved ones
- Create and send postcards to friends and family that you cannot see in person at this time
- Create art on a virtual chat with friends

Submit your artwork/creative expression project online at <http://bit.ly/bbp-cc-forms> or check out page 12 to learn how you can be featured on the BBP Creative Corner Newsletter or Blog!

“*Free your mind
and let the
creativity
overcome you.*”



Write

An acrostic spells out a letter of each line of the poem.

It doesn't have to rhyme with the first line of the poem.

It doesn't have to rhyme! Usually, the word used is the main theme of the poem.

CATS

Acrobatic

Softly purring

[illegible]

Start Your Day With A Mindful Breathing Technique

Disclaimer: For people who are having issues with breathing due to COVID-19, please avoid doing this activity until you are feeling better.

After waking up in the morning, try starting your day with a mindful breathing technique. This is a technique where you focus your attention on breathing without changing it. Focusing your attention only on your breathing can sometimes be hard to do as your mind will think of other things on its own – that's okay.

Three Senses Mindfulness Activity

Take notice of what you are experiencing in this moment through your three senses – sound, sight, touch.

Take a few slow breaths and ask yourself...

- What are three things I can hear?
- What are three things I can see?
- What are three things I can feel?

Wiggle and Freeze Activity

This is good if you are alone or if you are safely separating with your family. This can be a game where you bounce around, dance, or wiggle until someone (or yourself) says freeze!

Once everyone is still, take a second to notice what you are all feeling in your bodies. Maybe it's heat, shaking, tingling, or even buzzing. This is a fun and easy way to move around and to become aware of different body sensations which is a part of practicing mindfulness.

Affirmation statements help shift your mind away from negative thoughts and direct your focus toward your strengths – strengths you already have and those you want to grow.

Try using these phrases to yourself...

- I am good and getting better.
- I am allowed to feel good.
- I appreciate what my body can do.
- My life is not a race or competition.
- I am kind to myself.

taste of home

Darla's Easy Peasy Lemon Squeezy Chicken Piccata Recipe

Recipe and photos by: Kait Lee

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Total Time: 25 minutes

Makes about 4 servings



INGREDIENTS

Chicken:

- 4 chicken breasts
- ½ cup flour
- 1 lemon zested
- 2 tablespoons olive oil more as needed
- Salt & pepper to taste

Sauce:

- ¼ cup butter
- 1 ½ tablespoons flour
- 1 cup chicken broth
- ½ lemon juiced (about 1 ½ tablespoon)
- ½ cup white wine or chicken stock
- 3 tablespoons capers drained
- 2 tablespoons fresh parsley chopped

Instructions:

1. **To prepare the chicken**, begin by pounding the chicken breasts until they are even in thickness (about ½ inch thick) as this will help with cooking evenly on the stove.
Tip: You can cut them in half if they are large chicken breasts for more even cooking.
2. Combine the flour, lemon zest, salt, and pepper, and batter the chicken in the flour mixture.
3. Heat olive oil over medium-high heat and sear the chicken breasts for 4-5 minutes per side or until cooked through and brown on the outside.
Tip: Cook in batches if you cannot fit into pan.
4. Remove chicken from the pan and place in a dish to keep warm.
5. **To make the sauce**, begin by using the same pan to melt ¼ cup butter and add flour to create a roux (mixture of butter and flour).
6. Whisk until smooth and cook for 1-2 minutes.
7. Gradually stir in chicken broth and whisk as you add more broth until the sauce is smooth.
8. Add lemon juice, white wine, and capers, and let it simmer for 3 minutes, whisking occasionally.
9. Add chicken back to pan and simmer for 2-3 minutes.
10. Stir in parsley and serve over pasta.



Why does this recipe remind you of home?

I was raised by my mama who is Italian and an amazing cook. She used to cook a lot of Italian food growing up and this was one of my favorites. We would eat it a lot when we had company for dinner since it was easy to make a lot at once. (it was usually this, sauce and meatballs, or cutlets/parm when we had guests). It reminds me of good times helping my mom cook and eating meals together. Now that we don't live together my mom and I still share a lot of pictures of meals we make.

How to Make A Cherry Pie

Recipe provided by: Ryan Higgins

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

INGREDIENTS

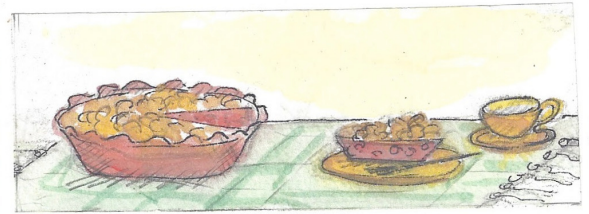
- 1.5 cups flour
- 1.5 teaspoons baking powder
- 3/4 cup brown sugar
- 4 oz butter melted (115 g)
- 1 egg beaten
- spices (cinnamon or anything else you like)
- oats (whole, not minute cooking type)
- 1 can of cherry pie filling

INSTRUCTIONS

1. Melt butter in a microwavable bowl big enough for the rest of the ingredients.
2. Add the rest of the ingredients and begin by mixing with a spoon. Then use your hands until you have added as much oats as you would like.
3. Put half of the mixture in the bottom of a pie pan as a crust.
4. Add the fruit mixture (1 can of cherry pie filling or any other fruit like apples that have been cooked).
5. Crumble the rest of the mixture over the fruit. Bake at 350 °F for 30 minutes.

Tip: After baking for 20 minutes, check the pie every 5 minutes until it is golden brown

CHERRY PIE



Artwork by: Linda Higgins

Why does this recipe remind you of home?

Growing up, I wasn't much of a fan of cake. But, I loved the pies my mother would bake! Apple, blueberry...but especially cherry! Even for my birthday, I would request a pie instead of a cake! Whenever I want a taste of home, I bring out this recipe. It's simple and so, so delicious. I hope you enjoy it as much as I do!

Submit your recipe online at <http://bit.ly/bbp-cc-forms> or check out page 12 to learn how you can be featured on the BBP Creative Corner Newsletter or Blog!

Puzzles

Sudoku

EASY #002

1						2	7	6
		9	1	4				
	2				6		9	1
	8			9	6	1		
7	3			8	4			
		2			5		8	
5		6			3			
		7					5	
3	4		5	9				

MEDIUM #002

9	1	6	2	4				
2	3							
			1		8			2
5	2	1						7
	8	9				5	1	
7	6			9				3
				8		7	2	1
	9				4	6		5
	7	3			5			

HARD #002

1		8	3	6	9		7	5
	7			1				
		7			2	1		9
							5	
							4	
			9		1			
9	8		5	2		4		
5	2		6		4			3
					8			

Word Search

S	C	S	B	D	H	S	W	R	W	T	Q	K	F	C	O	L	L	A	G	E	E	P
C	A	R	E	L	E	O	W	C	C	O	M	M	U	N	I	C	A	T	E	J	G	D
A	E	N	P	N	X	C	D	N	B	U	S	D	J	A	M	I	O	U	G	W	V	R
E	X	P	R	E	S	S	O	P	R	C	N	E	H	H	E	T	A	E	V	I	H	A
W	L	Q	L	J	I	E	F	R	E	H	U	V	Y	T	E	S	P	V	G	G	S	C
S	E	C	I	T	O	N	K	A	A	E	P	E	E	G	T	O	P	I	S	G	C	T
G	S	P	A	C	E	S	G	W	T	T	R	L	R	N	S	R	R	T	L	L	A	S
F	R	O	T	A	C	U	D	E	H	T	E	O	E	E	E	C	E	I	E	E	L	O
Y	I	A	J	A	Z	C	G	A	I	Y	F	P	F	R	B	A	C	S	L	O	M	P
P	O	U	T	L	R	O	R	C	N	N	A	R	L	T	O	E	I	O	D	P	I	T
F	H	G	X	I	G	F	O	B	G	D	M	M	E	S	O	K	A	P	O	E	N	N
L	T	O	A	B	T	I	W	X	D	N	I	Q	C	Q	K	A	T	W	O	C	G	I
E	U	L	T	A	G	U	Y	I	E	U	L	L	T	L	W	M	E	C	D	N	S	A
S	C	H	O	O	L	X	D	M	M	O	Y	X	F	R	I	E	N	D	S	A	T	P
M	P	R	A	I	S	E	N	E	O	S	D	T	N	E	M	O	M	C	L	D	V	J
H	P	A	K	S	I	G	H	T	H	Z	H	I	H	X	D	T	E	H	C	O	R	C

Find the following words in the puzzle. Words are hidden ↑ ↓ → ← and ↘.

Acrostic	Care	Decorate	Express	Grow	Peer	Reflect	Sound
Appreciate	Collage	Develop	Family	Home	Photos	School	Space
Book	Communicate	Doodle	Focus	Moment	Positive	Self	Strength
Breathing	Crochet	Educator	Friends	Notice	Postcard	Sense	Touch
Calming	Dance	Esteem	Gratitude	Paint	Praise	Sight	Wiggle

Nonogram

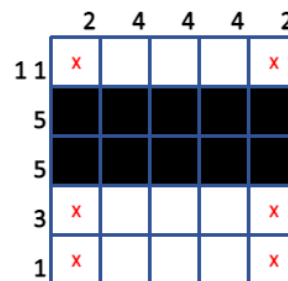
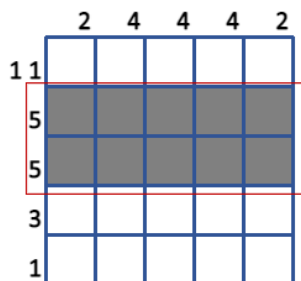
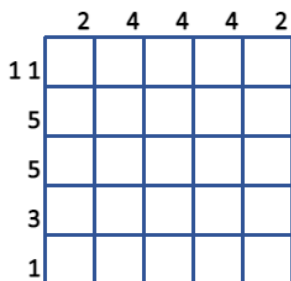
What is a nonogram?

A nonogram is a picture logic puzzle, like Sudoku. To complete the puzzle, shade in the squares to make a picture. The numbers next to each column or row are how many sets of shaded squares are in each.

For example, if the clue is '5,1,6' for a column, that means that there are a set of 5 shaded squares, a single shaded square, and a set of 6 shaded squares in the column in that order, all with one or more blank squares between each set. The difficult part is to determine where the blank spaces should be.

To complete the nonogram puzzle, start with a grid of white squares and work through each row or column one by one. By the end, all of the squares should be filled in with either a black square or an X. The X shows that the square is meant to be left blank.

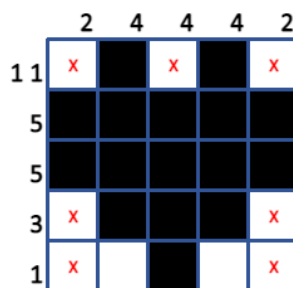
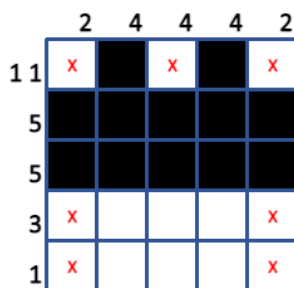
Example:



1. Start with the rows (the horizontal lines) the clue numbers are on the left of the square.

2. Choose the largest numbers and fill in the rows.

3. Mark an X in each square that cannot be filled in.



In this example, each column (vertical line) with a '2' is already filled. Mark the remaining squares with an X.

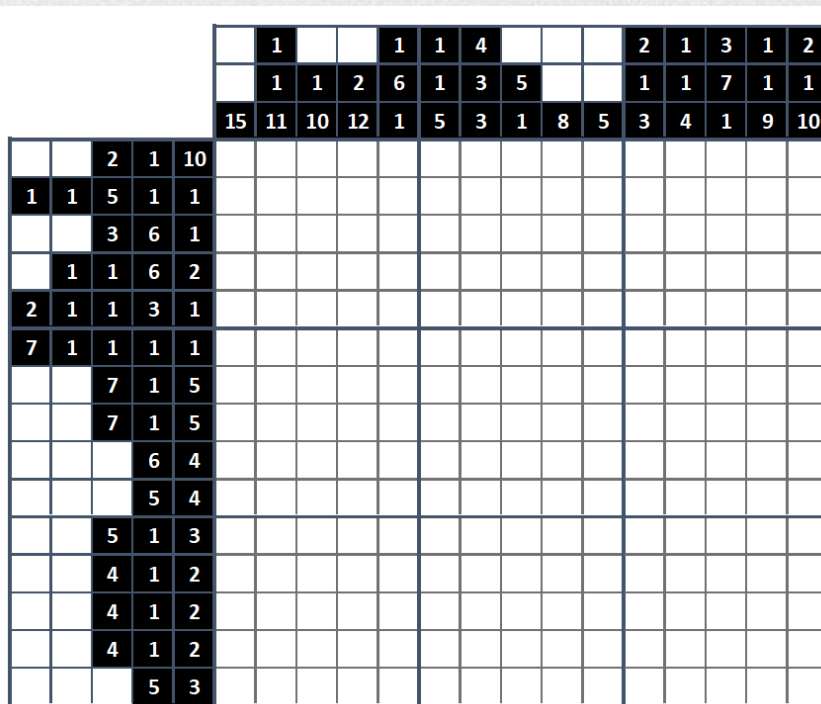
4. Now look at the first row. '1 1' means that there is one square, a space, and another square. Based on the available squares there must be 2 shaded squares across with one space between them. The only possible outcome is above.

5. Use the remaining clues to figure out the final two rows.

In the bottom row you must figure out where to place the shaded square based on the column numbers.

See the completed monogram above.

Try it yourself!



Puzzle Answers

EASY #001

1	5	4	9	3	8	2	7	6
6	7	9	1	4	2	8	3	5
8	2	3	7	5	6	4	9	1
4	8	5	2	7	9	6	1	3
7	3	1	6	8	4	5	2	9
9	6	2	3	1	5	7	8	4
5	1	6	8	2	3	9	4	7
2	9	7	4	6	1	3	5	8
3	4	8	5	9	7	1	6	2

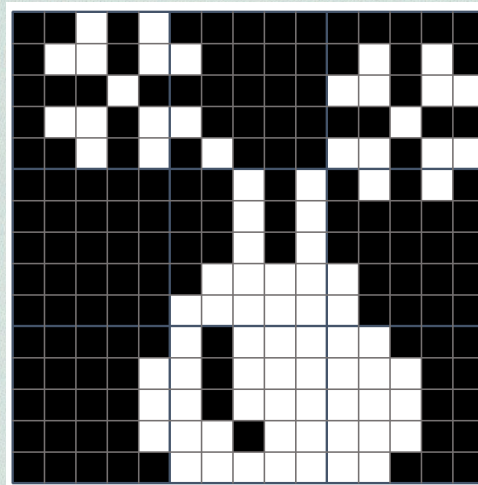
MEDIUM #001

9	1	6	2	4	7	3	5	8
2	3	8	9	5	6	1	7	4
4	5	7	1	3	8	9	6	2
5	2	1	8	6	3	4	9	7
3	8	9	4	7	2	5	1	6
7	6	4	5	9	1	2	8	3
6	4	5	3	8	9	7	2	1
8	9	2	7	1	4	6	3	5
1	7	3	6	2	1	8	4	9

HARD #001

1	4	8	3	6	9	2	7	5
6	7	2	8	1	5	9	3	4
3	9	5	2	4	7	6	8	1
8	5	7	4	3	2	1	6	9
4	1	9	7	8	6	3	5	2
2	6	3	9	5	1	7	4	8
9	8	6	5	2	3	4	1	7
5	2	1	6	7	4	8	9	3
7	3	4	1	9	8	5	2	6

. . . S . D T . . . C O L L A G E . .
 C A R E . E . . . C O M M U N I C A T E . . D
 . . . N . C . . B U . D . . M I . . . W . R
 E X P R E S S O P R C . E . H E T A E . I . A
 E . R E H . V . T E S P V . G . C
 . E C I T O N . . A E . E . G T O P I . G C T
 G S P A C E S . . T T R L R N S R R T . L A S
 . R O T A C U D E H . E O E E E C E I E E L O
 Y . A . . . C G . I . F P F R B A C S L . M P
 P O . T . . O R . N . A . L T O . I O D . I T
 F H G . I . F O . G D M . E S O . A P O E N N
 L . O A . T . W . . N I . C . K . T . O C G I
 E . . T . . U . . E U L . T . . . E . D N . A
 S C H O O L . D . M O Y . F R I E N D S A . P
 . P R A I S E . E O S . T N E M O M . . D . .
 S I G H T H T E H C O R C



*Share your
work and
feedback
with us!*

Find out more about
submitting your story,
poem, artwork, recipe, or
feedback at
<http://bit.ly/bbp-cc-forms>



Selected submissions for
all creative work may be
shared in the next
printed newsletter or the
Bounce Back Philly
Creative Corner Blog.

**Not comfortable with
giving your name? Use an
alias or made up name!**

COVID-19 stories and Motivational Messages



Do you have a COVID-19 story to tell
or motivational message you want to
share with our readers?

We want to hear about your COVID-19
experience and share your message!

Our featured story is available on page
2 this month.



Poetry and Writing

After creating your poems on pages 5 and
6, submit them for a chance to share it on
the next newsletter.

Have other original poems you'd like to
share? Send them our way!

"How has COVID-19 Affected You?" Creative Art Activity

Would you like to express your creative
side? Here's a chance for you to showcase
your artwork and promote creative ways
to help others get through the COVID-19
pandemic.

You can draw, paint, create a collage, take
pictures, or sculpt to name a few. The
method of creativity is your choice.

Taste of Home



Want to share a simple recipe that
reminds you of home with our
community?

We'd love to hear from you and find
new recipes!