

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

Happy February! There is a lot to celebrate - from the Lunar New Year, Black History Month, to Valentine's Day. Take the time this month to find inspiration and creativity from these events or from your everyday. Check out pages six and seven to learn how to create your own acrostic or color poem. Flip over to pages eleven and twelve to read a submitted COVID-19 story from your fellow Philadelphian, Paul the Greater. There is a lot you can do this month while safely separating at home. Just flip through these pages to find some inspiration.

Let's get started!

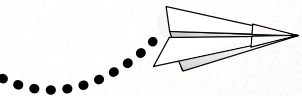


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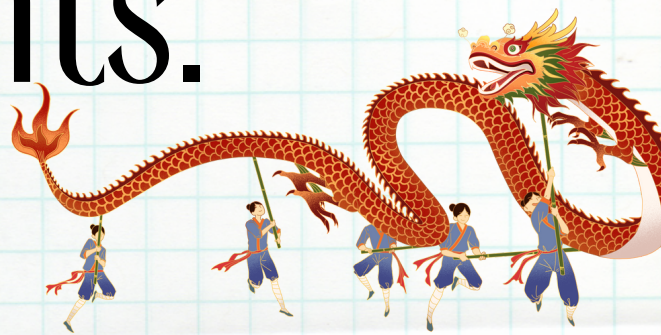
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february events.



February 1st, 2022: Chinese Lunar New Year*

Saturday, January 29, 2022 | 5:00-7:00 p.m.

For 2022, look forward to traditional lion dances at Dilworth Park, as well as cultural celebrations.

Tuesdays in February 2022: Take-and-Make Kits*

12:00 p.m. @ Richmond Library

Stop in to pick up a craft kit on Tuesdays starting at 12:00 p.m. Kits contain instructions and supplies, plus bonus activity ideas! Recommended for ages 5 and up. Supplies are limited and are first-come, first-served. Text @ricschool to 81010 for reminders.

Tuesday and Thursdays in February 2022: Virtual- Seasonal Crafts

3:30 p.m. @ Greater Olney Library (Virtual)

On Tuesdays and Thursdays, Join Greater Olney Library on Facebook and Instagram for a craft suggestion!



Thursdays in February 2022: Black History Month Virtual Storytime

11:00 a.m. @ Wynnefield Library (Virtual)

Join Ms. Susan for storytime featuring new books in celebration of Black History Month. A new storytime will be accessible on Wynnefield Library's Facebook page on Thursday mornings throughout February.

Saturdays February 5 to March 12, 2022: A Taste of African Heritage w/more recipes!

1:00-2:30 p.m. (Virtual)

Let's taste & celebrate healthy food traditions from Africa to the Caribbean to down south. Cook along with us or just watch from the comfort of your home.

Register at bit.ly/ATOAH222.

This program is free, but registration is required.



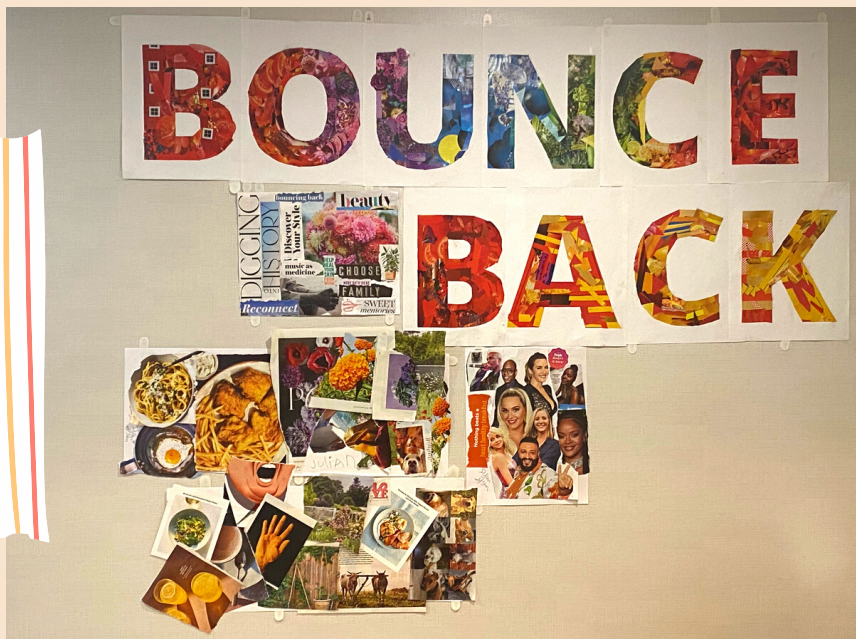
***Note**

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.

COLLAGE Activity

Written by: Sam Raines

Philadelphia is known as the “mural capital of America” as the city commissions over 50-100 murals a year through the public art program, Mural Arts Philadelphia.* Beyond adding color to the city, many murals create conversation around restorative and environmental justice, mental health, and civic engagement.*



At the Bounce Back Philly Isolation & Quarantine (I&Q) hotel, we encourage guests to participate in the hotel’s mural as they recover from COVID-19. The guests make their own collages with instructions guided by staff, which are then added as “bricks” to the mural.

A **collage** is a piece of art that is made by sticking layers of different materials together to form a new image. The goal of collaging is for the artist to express themselves in how they place the materials on the canvas. Collages can be made from any material the artist can safely glue on paper: photographs, books, newspapers, fabric, leaves...it’s up to their creativity!

*muralarts.org/about/

We encourage guests at the I&Q Hotel to make COVID-19 themed collages, but guests can make their collages about anything they want. This guest made their collage about food's path from farm to plate:



This guest wanted to make a collage filled with pretty pictures: →

Let's take a look at how you can make your own collage mural at home. All you need is some magazines, paper, and glue. You can use scissors or a razor blade to cut out your material. Ripping the material with your hands can also be fun for this project.



Here are the steps for making a collage:

1. Look through your magazines, then rip or cut out any pictures that capture your eye. Can you find pictures that look cool or funny? Do any of the pictures bring up a happy memory? Do any of the pictures remind you of life before COVID-19 or what life will look like after COVID-19?
2. Arrange the pictures over your piece of paper. Play around with the pictures. Test how one picture might look next to another, or how some pictures look when they are layered on top of each other.
3. Glue the photos to the paper. Spread the glue evenly around the picture's corners to keep it from peeling! Work from the bottom layer to the top.
4. Add any other pictures or material you think will make your collage more interesting.
5. For a finished look, you can add modge podge by painting a thin layer over the finished collage to keep the pictures from falling off.

Some tips:

- Throw away or recycle any paper scraps as you go through the steps.
- When you are having a hard time tearing or cutting a picture out of a magazine, remove the whole page, then cut or rip more precisely around the edges of your picture.
- Don't worry about being too neat! The goal of the collage is to have fun and express yourself, so don't let messy edges cause you any stress.

Want to share your collage with us for a chance to be featured in our newsletter? Submit your work of art at bit.ly/bbp-cc-forms

Acrostic Love Poem

Written by: Sam Raines

DIRECTIONS: Valentines' Day is here! Celebrate the people, places, and things that you love with an acrostic poem. In an acrostic poem, the first letter of each line spells out the name of your subject. Your subject can be a name, person, thing, or whatever you feel like writing about. Acrostics don't need to rhyme but feel free to rhyme if you want to!

In this example, I wrote an acrostic poem about cats:

Captains of my heart
Apples of my eye
They tear my room apart
Suspicious little sweethearts



Write your own acrostic poem below:



Color Poetry

Written by Sam Raines

DIRECTIONS: What is your favorite color? Write it down on the space provided, then match each of your five senses to a person, place, or thing related to that color. Your five senses are seeing, hearing, smelling, tasting, and touching. Finally, write a poem using the objects from your list. Feel free to rhyme if you want to!

Example

My Favorite Color: Red

Senses:

Feels like: a hot fire.

Tastes like: a cherry.

Smells like: a roasted pepper.

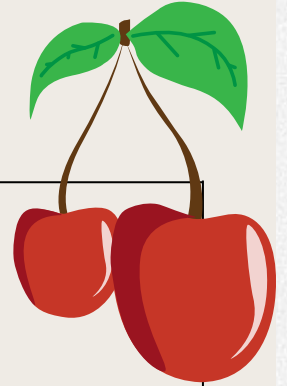
Sounds like: a crackle.

Looks like: a fox.

Poem:

The *fire crackles* and I feel warm-
as I cover myself in a *fox-fir jacket*.

My skillet burns *red peppers* and corn-
while I chew on some *cherries* pulled out of a basket.



Try it
yourself!



My Favorite Color: _____

Senses:

Feels like: _____

Tastes like: _____

Smells like: _____

Sounds like: _____

Looks like: _____

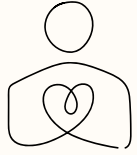
Write your poem here:

SUBMIT



After creating your poem, submit it for a chance to share it in the next newsletter. Have other original poems you'd like to share? Send them our way! Submit your poems at bit.ly/bbp-cc-forms

Self-Care Plus You



How can you use self-care in your daily life and during your time in safe separation?

Written By:
Jennyfer Osuna

What is Self-Care?

Self-care looks different for everyone. It could mean taking time to look after yourself, figuring out what works, self-reflection, and/or understanding what helps you relax. Self-care is important so that you can be present in your day-to-day life and prevent unnecessary stress.

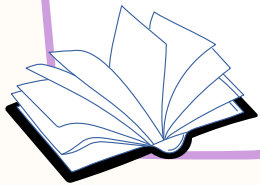
Below are some examples of different ways to practice self-care. These are all suggestions that may or may not work for everyone.

Reading

Why is reading important? It gives you a new perspective from your regular thoughts and feelings. You can read about new topics and perspectives which helps you build new paths of thinking. Sometimes when you feel stuck, reading can help you learn ways of thinking that feel new and exciting.

Examples:

1. **Online articles:** You can read free articles online. Check out online spaces like the New York Times or Philly's own Billy Penn.
2. **Books:** You can find book recommendations from online sites like Goodreads and from friends and family. Try to ask someone you know about their favorite book and then check it out yourself.

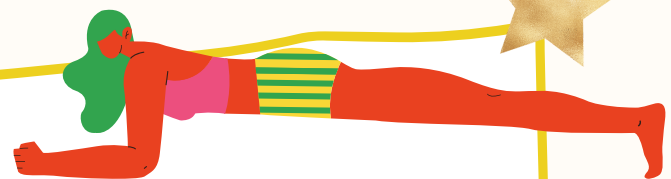
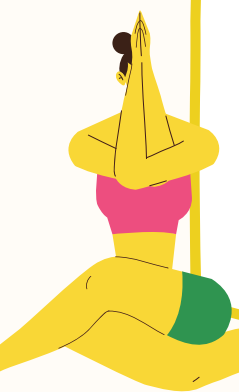


Exercise

Why is exercise helpful? Doing exercises distracts you from your stressful thoughts. Instead of thinking about something stressful while exercising, focus on how you are moving and breathing. Exercising decreases muscle tensions and helps you relax your body and mind, as well as boosting feelings of self-confidence.

Examples of ways to exercise while at home:

1. **Yoga:** Yoga is a great way to exercise during safe separation because you can do it at home and will not need any other tools aside from your body and the ground. There are a lot of free yoga classes online from beginner to advanced levels and they can be found on YouTube by searching "Free Yoga Classes." If you find it hard to get the motivation to do yoga, participating in classes for yoga in bed might be the choice for you!
2. **Workouts:** With a quick Google search, you can find thousands of free online workout classes you can do at home. You can also work out on your own - try to do some pushups, sit-ups, planks, or jumping jacks.





Meditation

What is meditation? Meditation is a practice that uses different techniques to calm the mind and control your attention.

Why is it important? When you are stressed, your heart beats quickly and the length of your breath gets shorter. Meditating helps reduce feelings of stress and helps control your emotions.

What are some examples of meditation?

- Guided meditation is a type of meditation where you imagine places or situations that you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures.
- Mantra meditation is a type of meditation where you silently repeat a calming word, thought, or phrase to prevent distracting thoughts. One of the most well-known mantras is “Om”.
- Mindfulness meditation is a type of meditation where you focus on what you are feeling during meditation, such as the flow of your breath.

Check out this 3-minute meditation video that you can do at home: bit.ly/SelfCareProgramming

Watch a movie or TV

Watching the TV or a movie is a simple way to take care of yourself during your safe separation period.

Why is this important for self-care? Watching something can help distract from feelings of anxiety and help break up your day. Giving yourself a break from worrying or feeling restless is often necessary during your safe separation period.

Do something creative

Lastly, doing something creative is another example of self-care.

Why is this important? Creativity opens the mind and can help you change up the things that you do throughout your day.

Some examples are writing a story, drawing, dancing, or singing. Try sketching something that you see or find an image online that you would like to recreate. Sketch something from memory or something imaginary!

Let's begin on your self-care journey. Which one will you try?

Puzzles

Sudoku

EASY #009

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

MEDIUM #009

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

HARD #009

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

Word Search

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

February
Collage
Isolation
Art

Create
Magazine
Color
Cherry

Cat
Love
Valentine
Selfcare

Exercise
Sing
Journey
Meditate

Red
Paper
Hope
Vaccine

ONE SHOT, THIRTEEN HOURS

Written by: Paul the Greater

"They're giving vaccines at the Liacouras center tomorrow. You should go."

And so I did. The promise of a vaccine thrilled the whole city; I and thousands of others lined up early on a snowy February morning. I did not know it then, but I'd be in line for thirteen hours. It wrapped around multiple blocks; it rained, and snowed, and loose alliances were forged in the queue, numerous games of "Hold my spot? I have to pee".

There was a fire. A few fist-fights. The whole time I stood in line I thought, "I can wait. I can wait; I can make it." My legs ached; my fingers were numb. I remember a glimmer of hope when I could see the doors.

Thirteen hours. At the end, it was bedlam; but I got in. I got in, got a shotjab, and slept more soundly that night than in many months preceding.

All for a shot. All for some hope.

If I had to do it again, I would.

...but I'd bring a chair.

Want to share your COVID-19 story with us for a chance to be featured in our next newsletter? Submit your story at bit.ly/bbp-cc-forms

ONE SHOT, THIRTEEN HOURS

Written by: Paul the Greater



XVII the Star



February
2022

Illustrated by Ginny Robison



THE STAR

Tarot Card of the Month

Written by Nora Trejos

The card for this month in combination with Aquarius season is **The Star**. The Star card represents a state of vulnerability and openness. She has a foot on the ground and a foot in the water to remind us that we can be grounded and fluid at the same time. You can have common sense but also listen to your intuition. The Star is a lighting guide, she shows up with a promise of hope and peace among chaos.

This month is an opportunity to dig into yourself and find gratitude for the good things that you have received despite the challenges. Seek your inner light and remind yourself that you are also made of star material and therefore connected to the universe. You can let your light shine and illuminate those around but remember that you cannot pour out of an empty cup, so make sure you are nurturing yourself first.

The Star brings a message of renewal after a rough time and strength to carry on. Allow yourself to let go of the recent past to dream big and reach for the stars. If you need to make a big decision or a plan this month, the Star brings you hope that you can in fact succeed. Prioritize your wellbeing and peace of mind to harvest the energy the universe has for you.

THE STAR

Continued

If you want to increase your energy this month, you can: drink a lot of water, take a bath, go star gazing, wish upon a star, and let your creative juices flow.



Keywords: renewal, hope, inner clarity, miracles.

Puzzle Answers

Sudoku

EASY #009

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

MEDIUM #009

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

HARD #009

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

Word Search

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