

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 December! In this issue of the Bounce Back Philly Creative Corner, let's end out the year with creative and fun things to do while safely separating at home. Discover new ways to express yourself through this holiday season with different arts and crafts. Let your creativity flow by writing your own poem about this holiday season. Also, learn about the importance of what mindful eating is all about. We hope you spend the month of December and the final month of 2021 exploring your creative side.

Let's get started!

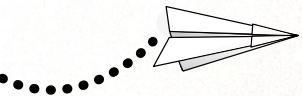


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Events.

Below are some events to help you celebrate this holiday season. Please remember to follow appropriate social distancing and masking guidelines.

Dilworth Park Winter Events - South 15th Street, Philadelphia, PA*

Rothman Orthopedics Ice Rink

Offers 90-Minute skating sessions from November 5, 2021, through February 27, 2022



Rothman Orthopedics Cabin*

Where seasonal cocktails and food are served in a ski chalet-inspired setup from November 5, 2021 through February 27, 2022

Made in Philadelphia Holiday Market*

Local vendors set up to sell handmade trinkets, treats, and crafts galore from November 20, 2021 through January 1, 2022

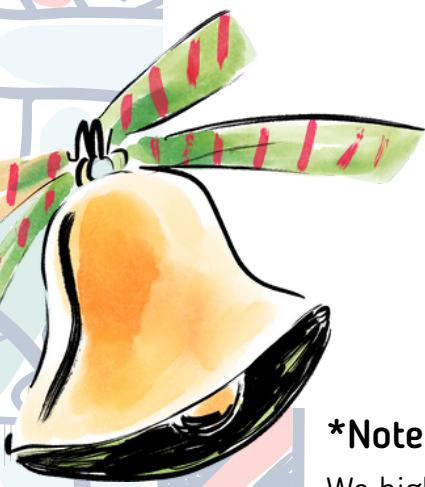


Deck the Hall Light Show*

Enjoy beautiful technicolor projections - synchronized to sound effects and played continuously on a non-stop loop along the side of City Hall each night from November 22, 2021 through January 1, 2022.

***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.



Self-Expression: Winter Edition

Written by: Zenia Lauw

“Bring Yourself a Little Joy”

With the holidays and winter rolling in, there is no better time to declutter your home and repurpose things to create art! Safely separating at home during the holidays does not have to be boring when there are many ways to express yourself and be festive.

Here are some ideas you can do while safely separating at home:



Toilet Paper Roll Snowman:

Do not throw away any toilet paper rolls for this craft! Repurpose it and create a snowman instead. Collect as many toilet-paper rolls (or paper-towel rolls cut in half) you can collect and wrap it with any white paper. If you have clothes buttons lying around, repurpose them and glue the buttons onto the roll. Add some eyes, nose, and mouth from any materials you have and glue it on the roll as well. Then you're done! Design your snowman however you like it and share it with your friends and family.

Make Your Own Holiday Postcards:

Send your loved ones handcrafted and personal holiday postcards with things that can be found in your home. If you or your kids have any construction papers lying around, cut it to 10x15 cm to make the postcard. Decorate your postcards with colored pencils, markers, or acrylic paints. This activity gives you a creative outlet to express your feelings to your loved ones, a beautiful postcard to send, and a way to make someone else's holidays a little more special.



Story continues on page 4 →

Tiny Christmas Tree

For this artsy activity, take any construction paper you have lying around and create a small 3D Christmas tree! You will need:

- *Construction paper*
- *Scissors*
- *A marker*
- *Decorations for your tree; popular choices include glitter, stickers, ribbon, colored paper, confetti, etc.*
- *Glue*
- *Tape*



1. Start by taking two pieces of construction paper together and folding them in half together.
2. Use a marker to draw a half-tree shape on the outside of your paper stack.
3. Cut along the outline of the half-tree you just drew through both sheets of paper, and you will now have two tree shapes.
4. Cut a slit in one tree from the top and down to the middle of the tree, and cut a slit in the other tree from the bottom up to the center of that tree.
5. Slide the two pieces together along the slits so that the middles match.
6. Use a small piece of clear tape at the top and bottom of the tree to hold it all together.
7. Decorate the tree however your heart desires and express your creativity!



Wall-Art Christmas Tree

No Christmas tree? No problem! Take about 20-30 regular sized papers and arrange the papers on the wall in the form of a triangle. The outer pages should be positioned just so that their bottom right corners look like a Christmas tree shape. Add any artwork on the papers before or after the papers are taped on the wall! Add string lights (if you have any) and follow the shape of the tree to make it even more festive.



Holiday Free Verse



DIRECTIONS: A free verse poem is a poem that does not rhyme or have a regular meter (assigned structure). The poet Robert Frost called free verse “playing with the net down” because it allowed poets to be creative and write without rules.

For this holiday season, write a free-verse poem on whichever holiday or tradition that you celebrate, want to celebrate, or have celebrated in the past. If you do not celebrate a specific holiday, try writing about the holiday season and how it makes you feel.

Example:

‘The Year’ by Ella Wheeler Wilcox

What can be said in New Year rhymes,
That’s not been said a thousand times?

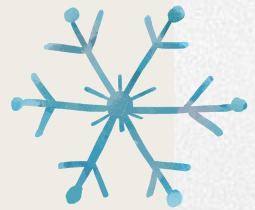
The new years come, the old years go,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.

We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.

We laugh, we weep, we hope, we fear,
And that’s the burden of the year.



Window Limerick

Written by: Sam Raines

DIRECTIONS: For this poem, look outside a window to find your muse. A muse is a person, place, or thing that will be the inspiration and/or subject of your writing. Then write a limerick about your muse. A limerick is a silly poem with five lines. They are funny and do not have to make sense. The first, second, and fifth lines rhyme. They often start with "There once was a ..." or "There was a..."

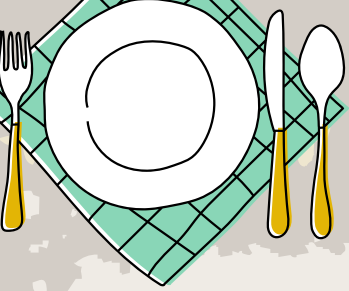
When I look out my window, I usually see my neighbor's lazy cat - a great muse for a limerick:

Example:

By: Sam Raines

There was a fat cat who had too much fun
Spending all day lying under the sun.
Too lazy to chase a rat,
they role-played as a doormat.
Roasting in the sun like a soft sugar bun.





Mindful Eating

Written by Sarah Steenbergen

Mindful eating brings the principles of mindfulness into our everyday food shopping, cooking, and eating. Mindful eating practices focus on being in the present moment and details while performing these routine tasks.

Mindful eating also builds healthy eating habits by noticing what we're eating, the different flavors, textures, and any sensations we feel. It can take some practice to adjust to mindful eating practices, but here are some tips:

1. Be Intentional with Your Shopping List.

Write down a list of what you need beforehand and plan out meals for the week, so you know which ingredients you need. Resisting impulse buys is hard at first but it will get easier each time you stick to your list!

2. Prepare Meals Ahead of Time.

Try to have meals prepared ahead of time or healthy snack bags made so when you're hungry, the easiest thing to eat is something healthy. When we are very hungry, we often grab whatever is available first and it may be more difficult to make healthy choices.

3. Express Gratitude.

This is something that can be done at every meal, but you can start by practicing at dinner. You can also involve whoever is joining you at the table as well! Take a minute to reflect on how your food came to be in front of you and the effort that went into its preparation. If you'd like, take turns sharing something you're grateful for.

4. Focus on Every Bite.

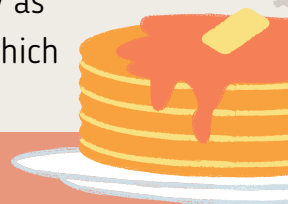
Eat slowly and take small bites. Eating slowly can help prevent overeating and will help you to stop eating when you start to feel full. It's also easier to taste all the flavors in the food when you eat in smaller bites!

5. Notice Sensations.

Take note of all the flavors in your food. What parts are sweet, savory, or sour? What is the texture like? Does it melt in your mouth, or does it take a bit more chewing? What do you smell while you're eating? Draw your attention to other parts of your body such as your stomach and back as you eat. How are you sitting? Do you notice any particular sensations in your body as you eat? Doing this body scan can help you focus on the present moment while you eat, which can make the experience more relaxing and enjoyable.

Try one of these tips the next time you are preparing or enjoying food!

Do you have any special routines for mealtimes? We invite you to write to us and share! Submit your special routines for mealtimes at bit.ly/bbp-cc-forms on the story submission form.



taste of home

Menudo (Mexican Tripe and Hominy Stew)

Recipe provided by: Jennyfer

Preparation Time: 15 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 15 minutes

Number of Servings: 4

INGREDIENTS

- 2 Pounds of Tripe
- 1 can/6 lb of white hominy (drained and rinsed)
- ½ White Onion (chopped)
- 4-5 cloves of garlic (chopped)
- Salt
- 1 branch of oregano
- 1 branch of rosemary
- 4 ½ cups of water
- 1 can of beef stock

Sauce:

- 2 Guajillo peppers
- 2 Pasilla peppers
- Salt
- Pepper
- Cumin
- 1 Clove of garlic

Garnishes:

- 1 white onion (chopped)
- 1 bunch of cilantro (chopped)
- 3 avocados (sliced)
- 3-4 limes (chopped in quarters)



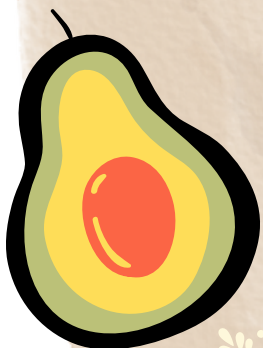
INSTRUCTIONS

1. Clean the Tripe with water and vinegar, and then rinse.
2. Trim the fat around the edges of the tripe.
3. Cut the Tripe into small chunks and add it to a pot with boiling water and cook for about 25 minutes.
4. Drain the water and rinse the Tripe again. Set aside.
5. In a large, clean pot add water, garlic, onion, salt, oregano, rosemary, beef stock, and tripe.
6. Bring to a boil and let cook for 20 minutes.
7. Make the sauce by removing the seeds and stem from the pasilla and guajillo peppers. Then boil them for 15 minutes in water. Drain the water and blend the softened peppers with one clove of garlic, salt, pepper, onion, and cumin. Strain the mixture with a strainer.
8. Add the guajillo sauce and the hominy to the pot with the rest of the ingredients and let cook for an additional 10 minutes.
9. Garnish with your toppings: lime, onion, avocado, and/or cilantro.

Why does this recipe remind you of home?

Every December, I would travel to Mexico during the holidays. I only see my family in Mexico once a year and it is during Christmas time. Due to COVID-19, I haven't been able to travel to Mexico to celebrate Christmas and the New Year like I always do. To stay close to home, I make menudo. The smell and taste reminds me of the holiday season and my family back in Mexico.

Submit your recipe online at 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 #007

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

MEDIUM #007

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

HARD #007

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

Word Search

DIRECTIONS:

Words can go in any direction.

Words can share letters as they cross over each other.

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



Cat

Eating

Joy

Postcard

Window

Create

Festive

Mindful

Snowman

Winter

December

Holiday

Poem

Tree



**happy
holidays
and
happy
new year**



Puzzle Answers

EASY #007

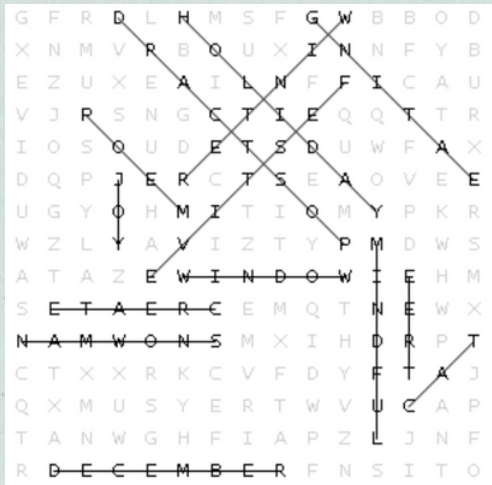
1	8	4	2	5	9	3	7	6
9	3	6	8	1	7	4	2	5
5	7	2	4	6	3	8	9	1
6	9	3	1	2	4	5	8	7
8	1	7	3	9	5	6	4	2
2	4	5	6	7	8	9	1	3
4	5	8	7	3	2	1	6	9
7	6	9	5	4	1	2	3	8
3	2	1	9	8	6	7	5	4

MEDIUM #007

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

HARD #007

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



Share your work and feedback with us!

Find out more about submitting your story, poem, artwork, recipe, or feedback at 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!

"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.



Poetry and Writing

After creating your poems on pages 5, 6, and 7, 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!

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!