Welcome to UW-Madison!
We’re so glad you’re here.

Q: Why make art?
A: Make art as an act of self-care!

Art making is proven to help reduce symptoms of both physical and emotional stress. Art can be an avenue for self-expression, giving you space to process difficult emotions, share about a topic you’re passionate about, or just relax and have fun!

ART AS SELF CARE
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LET’S MAKE A ZINE!
Q: What is a zine?
A: A zine is a self-published, easily reproduced, printed form of self-expression.

How to turn one sheet of 8.5” x 11” paper into a zine:
Fold paper in half lengthwise, then widthwise, then in half once more. This will divide your paper into 8 sections.
Open paper to flat, then fold widthwise. Cut from folded edge along dotted line.
Open paper to flat, then fold lengthwise. Hold on either end, with the folded and cut edge on top. Push edges towards the middle so the slit opens to create four equal sections.
Locate front and back covers, then fold like a book.

SELF-CARE ART ZINE

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OBSERVATIONAL DRAWING

Where are you? Get to know your surroundings by drawing what you see.

MEDITATIVE DRAWING

and a vertical line down as you exhale. Draw a vertical line as you inhale. Draw a vertical line as you inhale. Draw a vertical line as you inhale. Draw a vertical line as you inhale.

Feeling creative? Find ideas and instructions for DIY projects to make at home!

union.wisc.edu/whs-at-home

Window-Fitting
Paper Weaving
Blind Contour Drawing
One-Page Zine

Wheelhouse Studios | Memorial Union
800 Langdon St., Madison, WI 53706

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