

# Antipodreaming



THE  
**HOME**  
FOR  
IMAGINATIVE  
FRIENDS



common  
e\*ception

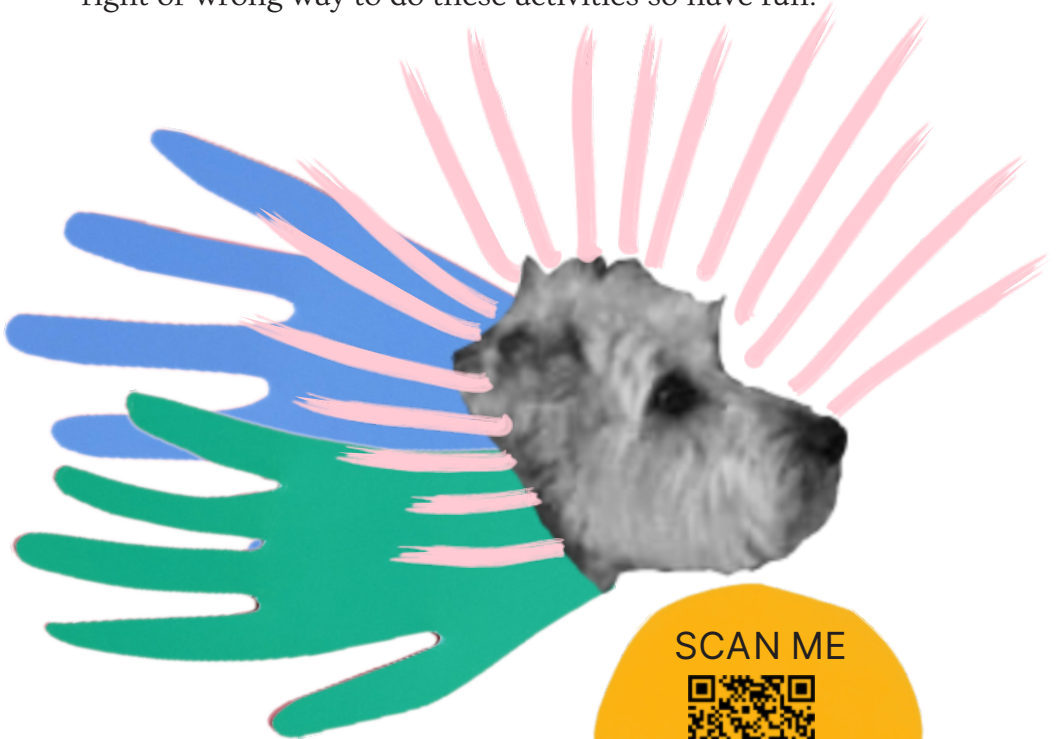


# Antipodreaming

Welcome to ANTIPODREAMING. An Aussie state of mind where anything goes and anything can happen.

Today we're going to step inside our inner realities and make new spaces for hope to live.

You can do any of these prompts again whenever you're having a bad day. And remember, there's no right or wrong way to do these activities so have fun!



Special thanks to:

Fedrigoni for supplying the paper  
CRE8 for the colourful tape

SCAN ME



For playlist + more



## Feel The Feelings

- Take a minute to sit with your feelings. How are you feeling? Calm, excited, stressed?
- Now, think about how you want to feel when we leave? Take a moment to take this in.
- Take a blank piece of paper. You can either start writing down how you want to feel or imagine them as a colour, shape or a pattern. What do they look like? Or you can do a mixture of all of them!



## Let Go Of Your Reality

- It's time to release, let go and have fun!
- On a new piece of paper, put your pen in the middle of the page and SCRIBBLE! Keep going until your page is filled up.
- Next we'll make some marks. Don't think too hard. Go with whatever feels good. Make a squiggly line, or lots of small marks.
- Now, we're going to draw something that makes us happy. A flower, the sun? Don't worry about what it looks like - just enjoy the feeling!



## Dreamscape

- Do you have a recurring dream, or a current one you remember? What did the landscape look like? Was it colourful or dark? Any shapes?
- On a new piece of paper, see if you can make it. Don't worry what it looks like. Focus on the feeling and enjoying yourself.



# Be Your Own Muse

- For our final activity, we're going to create an collage that makes our heart sing. This activity is all about having fun and playing!
- Whenever you're doubting your power, you can look at your collage, remembering who you are and what you're about.
- You could:
  - Think about all the positive words to describe you. Write them down and use them in your collage.
  - Use the colourful paper to cut out shapes that bring you joy.
  - Cut out shapes, turn it upside down! Stick dots everywhere. Make your face!
  - Draw a black outline around your shapes.
  - Make patterns!
  - Tear up the paper. Enjoy the sensation!
  - Layer the coloured paper.
  - Use the CRE8 tape to add colour.

