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# Adult

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**BLANK PAGES ARE INTENTIONAL FOR  
ITEMS TO BE PRINTER FRIENDLY.**

# A New Twist on an Old Tale

## **Art** | Illuminated Page

By highlighting and “adorning” your writing, you are giving a new life and feeling to your writing. Try illuminating your own writing by using the instructions attached.

## **Wellness** | Meditation

Meditation often helps quiet our mind so we discover new thoughts and feelings we didn’t know we had. Try out meditation with the instructions attached.

## **Write** | Personal Time Capsule

Time capsules allow us to look into the past and see what things are the same and what has changed over time. Create your own with the instructions attached.



# Illuminated Page

## What you need:

- 8 1/2" by 11" paper
- Parchment paper for final draft (optional)
- Pen
- Markers or paint
- A favorite quote, poem or passage from a book.

Tutorial on Calligraphy Letters: <https://www.lettering-daily.com/calligraphy-tutorials/>

## What you do:

Prior to the invention of the printing press, only skilled craftsmen produced books. Calligraphers printed the words and artists decorated the manuscripts. The word “illuminated” comes from the Latin “illuminare” where it means, “adorn.” The technique of illumination sought to release the “light” (truth) of a text. The light shone through the text to reveal the inner qualities. Much of medieval illuminated manuscripts are religious writings. This illumination activity can utilize any writing that is meaningful to you.

There are three basic ways of illuminating. With miniatures, small pictures are incorporated into the text or occupy the whole page or border. Initial letters are elaborately decorated pen filigree, which is rather like fancy doodles. And borders may have miniatures, but more often use decorative motifs, such as birds.

Make a rough sketch on practice paper. After you are happy with the design, redraw on a piece of parchment paper. Printing/calligraphy is done first. Illustration is done second. Typically, this is done in pencil, finished in ink, and colored last of all. This activity can take quite a long time.

Follow the simple steps below to illuminate.



Draw a box for the first letter of the paragraph.



Draw a large letter in calligraphic style.



Decorate (illuminate) and color.

# Meditation

## What you need:

- Mat, towel, or blanket

Meditation is a uniquely personal experience, with the purpose of helping channel self-awareness in a positive direction. To meditate is to turn inward and concentrate on your inner self.

Many people use meditation as a way to escape some of the stress of our busy world.

- To meditate, you must get away (even just briefly) from the rest of the world. Turn off your technology (cell phone, computer, music, etc.) to minimize interruptions.
- Have a place to meditate. You might choose to set aside a special place just for meditation in your home. Weather permitting, meditating outdoors can also be effective as long as you have a peaceful spot.
- Try to ensure your meditation spot is a comfortable temperature; not too hot and not too cold. Likewise, wear loose, comfortable clothing.
- You do not have to sit cross-legged, although that is the typical posture for meditation. The key is to find a way to sit so that you are comfortable and do not have to shift or wiggle around. Sit on your mat or towel. You can also sit on a chair.
- What do you think about? To start with, simply concentrate on your breathing—if you find your mind racing, you can count with your breaths, one on the inhaled and one on the exhaled. Breathe in through the nose and out through your mouth.
- When you feel relaxed, this is the time to begin self-reflection. Listen to your inner mind. Watch your thoughts come and go. Do not try to direct them, just observe them and try not to get caught up in any one thought. If this happens, concentrate anew on your breathing.
- A good beginning length of time for meditation is 15–20 minutes.
- When you are done with your meditation, be sure to get up slowly and with calm and gentle movements.



# Personal Time Capsule

## What you need:

- Containers with lids (metal coffee cans with lids, large plastic coffee cans with screw-on lids, plastic containers (Rubbermaid, etc.) with lids, an empty oatmeal container, an empty shoebox, an empty cereal box without the bag.)
- Glue or duct tape
- Markers
- Various personal items (see below)

Take a snapshot of what life looks like now and preserve it for the future. In this activity, you can capture and preserve your life for the future. The capsules don't need to be buried, but store them in a safe place until the time comes to open them. Decorate the time capsules (if you want to). Tape or glue a piece of paper with the date/year of when the time capsule should be opened. Fill your time capsule with some of the suggested items below.

Sealing your time capsule can be done in a variety of ways, but using duct tape (clear tape won't stay sticky long enough) or gluing the lids closed will work. If the capsule is a Rubbermaid-type box, just snapping the lid closed should be enough. However, it is very tempting to open a time capsule that isn't sealed! Open in ten years!

## Possible items to place in time capsule

- Letter to your future self—describe yourself, your hopes for the future, and any predictions you might have for your life.
- Photos of friends, family, pets, house, school, car—whatever is important to you at this time.
- Newspaper articles showing current events or trends. Both local and world news.
- Letters—ask family members to write a letter to you, talking about the current day or about what they hope for the future. Friends can also contribute letters. These should be sealed unread and placed in the time capsule.
- Filled journals or paper calendars.
- Price tags of items/store receipts (to see how prices change).
- Items that are important to you. Suggestion: Label these items because you might not remember why it was important to.
- Movie ticket stubs.
- Lists!

## Here are some suggestions:

- Favorite songs
- Favorite outfits
- Favorite foods
- Favorite books
- Favorite movies
- “Things you hope to do before you die” (Bucket list)
- List of what you hated about being an adult
- Websites you look at every day

*Do not put anything in that will rot or leak (favorite candy bar for example)*