

# DAY 22

## ON YOUR HEAD



*Your Space is a community wellbeing and outreach service operating in South and East Leeds. We work with the community to empower people with the skills and language to improve and maintain their mental wellbeing and physical health.*

### Do

What weird and wonderful headwear or hairstyles you can make? Can you balance books, braid your hair with colourful ribbons? Or maybe make a hat out of a combination of household goods...

### If you have more time...

Share the headwear love! Make hats or hairstyles for the rest of your household, or give a few objects a makeover.

### Think




What memories do you associate with hats or hair dos?

Does the way you do your hair or wear a hat have meaning in your family or your culture or religion?

### Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.

 @your\_spaceleeds  
 @YourSpaceLeeds  
 touchstonesupport.org.uk

### Resources

A head....and whatever you can find to pop on it!