

# Craft in Common Care

Making a Container for Self or Group Care with Alinah Azadeh



Artist Alinah Azadeh invites you to make a moulded container for self-care.

Care is an important form of commoning; a shared value, attitude and process.

Caring for each other creates a healthy and helpful community.

It is important to think about your own self-care to stay mentally and physically healthy, manage difficult situations and take time to reflect on yourself and how you are feeling.

Craft in Common is a series of creative online workshops with Alinah as part of Craftspace's upcoming exhibition 'We are Commoners'.

In this series commons includes emotional resources for making things together in solidarity to get through difficult times.

“Care is as fundamental as equality, justice and freedom. When we actively care we transform things, others and ourselves.”

Find out more about this project and 'We are Commoners' at [craftspace.co.uk/commoners](http://craftspace.co.uk/commoners)



## Gather your materials

You will need:

- Airdry or modelling clay or homemade salt-dough
- Rolling pin
- Dried lentils/rice in a plastic bag (size that fits in your hand)
- Cling film or piece of fabric
- Paper and pens
- Scissors
- Paints and paintbrush (optional)

Watch the how-to video online: [vimeo.com/craftspace](https://vimeo.com/craftspace)



Craftspace 



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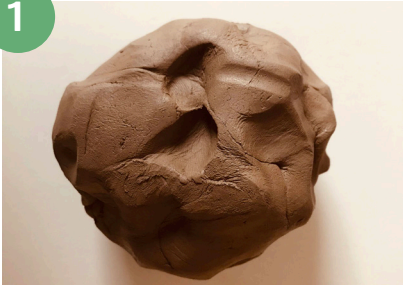
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# How to Make a Container for Self or Group Care

1



Begin by moulding and softening the clay into a ball shape.

2



Roll out the clay into a rough circle shape.

3



Wrap the plastic bag of lentils/rice/dried peas in cling film or fabric and place in the centre of the clay.

4



Shape the clay around the bag to create a bowl or container shape.

5



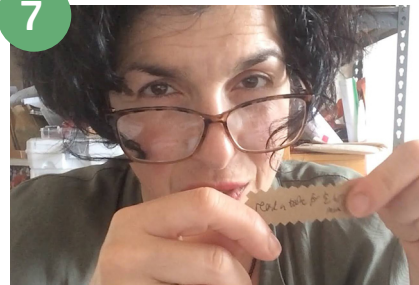
When the container is dry, empty the lentils/rice/dried peas into a different bowl or box and carefully peel away the plastic bag.

6



Decorate your container with paints or whatever you have to hand.

7



Fill your container with written notes for self-care such as 'call a friend', 'go outside' or 'listen to the birds'.

8



When you feel in need of some care, choose one of the notes at random and try to do that activity and take time for yourself.

Share your makes with us on social media using **#wearecommoners**

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