Make a Mini-Zine

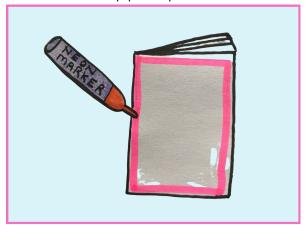
MEN O MAKERS

Create a booklet to document your understanding of menopause, or your menopause experience

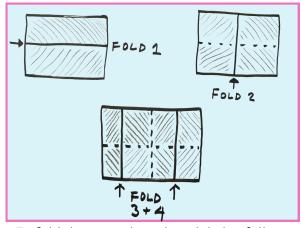
Fold a piece of A4 paper to create an 8 -page personalised zine and use collage, text (written and/or printed) and drawing/mark-making.



Kit: A selection of magazines, glue stick, scissors, plain A4 paper, felt tips, crayons, pencils, alphabet stamps & ink stamp pad (optional)



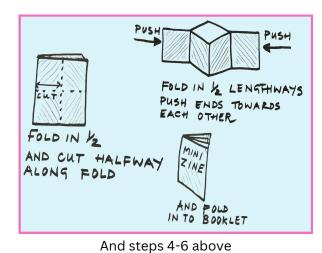
Outlining each page with a marker gives the mini-zine a coherent look...



To fold the paper into the mini-zine follow these 6 easy steps (1-3 above)



Set a theme for your zine - and have fun experimenting with collage and text using stamps...





Use handwritten text and markmaking too... Our group found this to be very accessible and a great entry and exit point activity