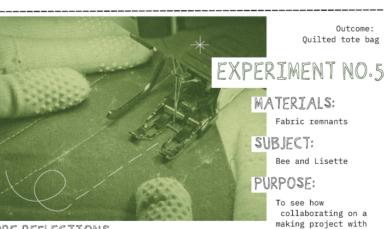


Mode of exploration

Hana and Bee will conduct a series of experiments, reflecting on how the process of making impacts our mental well-being. We will endeavour to explore different forms of making as per the brainstorm above. For these experiments, we will only be using waste/ excess/ unwanted materials that we will source from the various streams identified in our local making journal. This Zine documents our process and captures key insights. Made artifacts are to be displayed alongside this zine and our final outcome is explained separately.



Continuation on experiment 2 to see if I remember the skills I learnt with bee. Also, to see if crocheting improves my mental wellbeing whenever I feel stressed.

MATERIALS: Waste yarn

SUBJECT:

PURPOSE:

After I went home, I was still motivated to crochet to see if I can do it on my own after 2 hours of learning with Bee. It's also just a fun hobby to do on the side while watching YouTube or something, So, I managed to crochet another piece on my own and can definitely see myself doing more in the intersem break.

crocheting whenever I took a small break from uni work to relieve stress and get a break from my screen. I was originally planning to only do a little and then undo it afterwards. However, the piece started getting longer so I might make it into a scarf. This method helped me calm down.

For most of my life, I have observed my mum quilting and rejected the idea of learning since I associated it with femininity. But I endeavour to keep and open mind. I anticipate that I will find the learning process frustrating. But recently I have been very busy and will enjoy spending time with my mum.

PRE-REFLECTIONS

-MUM

2057 REFLECTIONS

-BEE

There were moments of tension when I was learning new techniques, but once we got into a making ntythm and chatted while doing the quilting and other soothing, mindless tasks, I found we explored topics largely untouched like how my mum learnt quilting, discussions on the struggles of my grand-and-great grandparents. I came out of the experience feeling proud and motivated to continue a quilting practice.

""I'm really proud of you and surprised at how quickly you learnt and how your artistic you have done. We connected really well, spending 2 whole work to go the connected really well, spending 2 whole mother. Adaptive that is a so to spend mother-daughter to come from the tradition made me tradition mad

whānau can facilitate reconnection, conversation and

mental wellbeing.

-MUM





Before starting this experiment, I felt excited to be making a craft with my mum as I normally make things on my mum as I normally make things on whise collaboration goes because we both have different styles of working. Overall, I feel happy and not too stressed with uni work.

-HANA



POST REFLECTIONS

-HANA

After doing this experiment, mum said she was proud of us for making this wallet. She said that she really enjoyed working with me despite me working a lot slower than her. Overall, she was happy with how this experiment went and wants to spend more time making things in the future.



