

Richmond Resilience Zine

What is a zine? - Zines are self-published DIY booklets, and their subject can be just about anything!

What is resilience? - Resilience is the power to 'bounce-back' during or after a difficult and challenging time and get back to feeling as good as before, sometimes even better!

What you will need

Scissors, blank zine template, and writing and coloring utensils. You may also want to use stickers, stamps or other supplies to decorate your zine.

How to Fold your Zine

Use the instructions below or watch our video about Richmond Resilience Zines at <https://youtu.be/cWMw96VySpA>

1. Start with your blank zine template included in the camp-in-a-box. This zine template is to help first-time zine-makers. Once you have made your first zine, you can use any blank sheet of paper!
2. Fold your blank zine template hamburger style **3 times**. Be sure that you make sure each fold is as even as possible!
3. Fold your blank zine template the other way along the same fold lines. This will make sure that your zine is nice and flexible!
4. When you unfold the blank zine template there should be **8 rectangles/squares**. Good job! You are almost there!
5. Fold your blank zine template in half hamburger style, so that the pre-drawn lines are on the outside.
6. Now use your scissor to cut **ONLY** along the dotted line.
7. Open your blank zine template back up.
8. Fold your blank zine template in half hotdog style along the cut line, so that the pre-drawn lines are on the outside.
9. This is the tricky part! While pinching pages 4 & 5 with your left hand and pages 1 and the front with your right hand, push your hands together. This should smush the zine together creating an X.
10. While still holding tight onto pages 4 & 5 with your left hand, close pages 1 & 2 with your right hand and now pinch the front and back cover over your left hand, letting go of pages 4 & 5.

Yay! You did it! Now you have a mini zine made from 1 sheet of paper! It has a front and back cover and 6 pages on the inside.



Richmond Resilience Zine Prompt Ideas

Front Cover: Come up with a fun and engaging title for your zine. Maybe it could be something like “Resilient Richmonders” or “This is Resilience”. It is up to you! Make sure to include who the zine was made by, YOU!

Pages 1 + 2: What does resilience look like to you? Draw a picture of it, write a poem, or just describe it in your own words. Write about a moment or situation when you felt resilient. Maybe you had difficulty riding a bicycle, learning multiplication, or making friends at a new school, for example. Tell us how you overcame these difficult times and inspire other young people to be resilient!

Page 3: Think about someone in your life who represents resilience. This could be a parent, grandparent, sibling, teacher or even a friend, for example. Draw a picture that represents this person.

Page 4: Tell us all about this person in your life and why they inspire you!

Page 5 + 6: Can you think of any history makers from Richmond, or people you know personally who are resilient. Draw or write about them and their story on these final pages.

Back Cover: There are several different options for what you can put on the back cover. You could make a dedication and dedicate the zine to someone you love, someone you look up to, or even someone who looks up to you! You could give your own definition of what ‘resilience’ is, so that the readers of your zine understand.

We would love to see your ideas. If your guardian or caretaker is okay with it, have them take a picture of your zine and share it on social media by tagging @thevalentine. You can also email us pictures of your zine to education@thevalentine.org. We will share them on our website and social media.

