

# LOCKDOWN LIFE

Issue 42

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## Leslie's Crafts!

One of the nice things about staying at home more is having more time to enjoy our hobbies. Settling down with a craft activity is a lovely way to spend a chilly February afternoon.



Spending time on a craft activity is not just fun – there's health benefits too! Crafting has been shown to reduce stress, increase happiness and even help you sleep better!

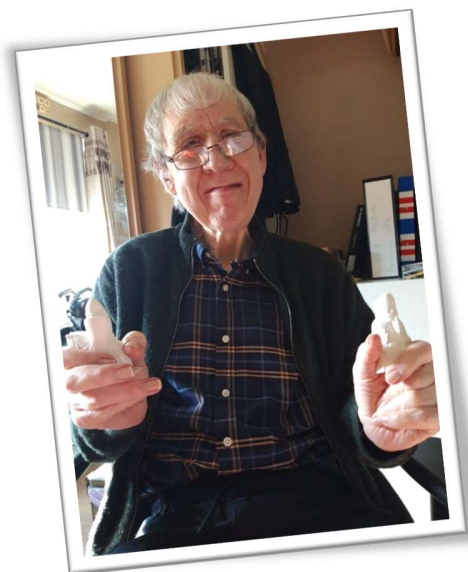
*Let's find out about what Leslie has been making...*

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## Plaster of Paris

Leslie has been making a plaster chess set from a kit he got at Christmas.



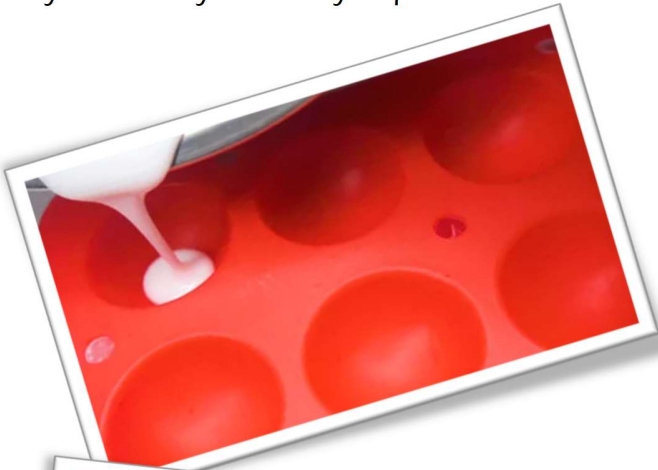
Plaster of Paris is a fine white powder that is mixed with water and poured into moulds. The plaster sets hard and the models can be left plain or painted.



Let's see how the models turned out!

## Model Chess

Leslie has moulded the pieces and let them dry. Now they are ready to paint!



We can't wait to see the finished result Leslie!

## What Will You Make?

Leslie bought his materials as a kit which contained everything he needed for his project. Buying a craft kit is a great way to try out a new activity that you haven't tried before.

Craft kits are available from many shops. You can buy them online, or from a craft shop such as Hobbycraft.



Would you like to share your craft project?

Just send your photos to  
[mairi.lees@nbnetld.co.uk](mailto:mairi.lees@nbnetld.co.uk)