



MAKER ED

LEARNING IN THE MAKING: Coping and Processing through Zine Making

INTRODUCTION

Science Fiction. Ninja Feminists. Hip-Hop & Beats. Ice Cream. Survival Gardening. If you're interested in it, there can be a zine for it! Zines (pronounced *zeens*) are homemade mini-magazines created through a collection of words and images pasted together. Zines are typically used to share the author's thoughts, ideas, musings, art, and/or information.

Zines can be used as a tool for self-discovery and empowerment. The best zines are the ones that have personal meaning. Through the activity of zine making, we can process the events and feelings that we have experienced — and learn to cope with and share our thoughts. While zines can be about anything, from sharing recipes, poetry, comics, art, instructions, and more, this project guide will be focused on the topic of personal zines.

So how can you become a zinester (person who makes zines)? It's easy because anyone can do it! All you need is a topic, paper & writing utensil, or a digital device (for ezines), and time! Other than that, there are no rules when it comes to zine making.

YOUR TASK

Over the next few days, your task is to create a zine that **documents** your:

- Thoughts, feelings, and hopes
- Events and activities
- Anything you'd like to remember



Subject

Art, Social
Emotional Learning



Standards

CCSS.ELA-
LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings



Grades

K-2nd
3-5th
6-8th
9-12th



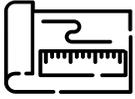
Key Terms

- Document



Tools & Materials of Making

- **Base materials:** paper, assortment of writing utensils
- **Tools** (optional): scissors, stapler
- **Connecting materials:** glue, tape
- **Additional embellishment materials** (optional): yarn, ribbon, post it notes, fabric, magazines, posters, assorted paper, paints, anything else you can find!

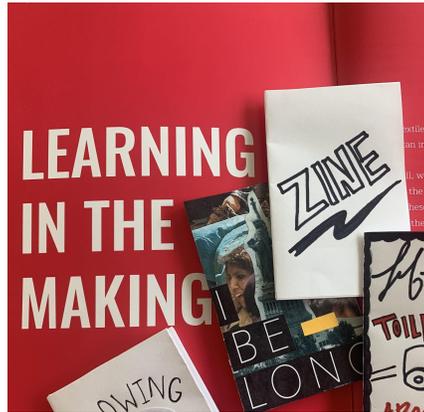


ACTIVITY INSTRUCTIONS

CONCEPTUALIZE

Think about the general look, feel, and tone of your zine. What style and message do you want reflected? Use this time to create a space where you feel safe to think and explore. Look up examples of other zines to see what you gravitate towards.

Think of a title for your zine that communicates your zine concept.



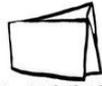
ASSEMBLE

Use a single sheet of paper to create an 8 page mini-zine!

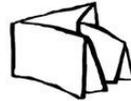
HOW TO FOLD A mini ZINE



FOLD HOTDOG STYLE



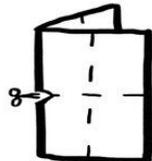
FOLD HAMBURGER STYLE



FOLD HAMBURGER AGAIN



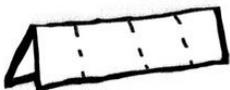
UNFOLD AND CHECK YOUR LAYOUT



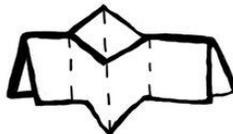
FOLD HAMBURGER AND CUT THE MIDDLE TWO PANELS



UNFOLD AGAIN, YOU SHOULD HAVE A HOLE IN THE CENTER



FOLD HOTDOG AGAIN



POP THE CENTER PANELS APART LIKE "BAOWA"



FOLD IT UP AND OMG YOU HAVE A MINI ZINE!

Original Image by Ashley Topacio

CREATE

You can fill the pages of your zine however you like. Here are some methods that you can use:

- Collaging
- Painting
- Doodling
- Writing



Helpful Tips Before You Start:

- Choose a place where you feel comfortable.
- Play the music you enjoy the most.
- Lovingly accept all your thoughts and emotions.
- Don't judge yourself.
- Make your zine in small chunks.



Modification:

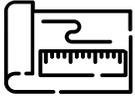
Don't have paper at home? No problem! You can use any image or presentation application on your digital devices such as powerpoint, word doc and paint.



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Share your project!
 @MakerEdOrg
 #MakerEdAtHome
 #LearningZinesInTheMaking
 #Quarantine





ACTIVITY INSTRUCTIONS (CONTINUED)

If you are stuck, here are some content suggestions to get you started:

- Fill pages with images that help you to feel calm or give you hope.
- Create lists of things that you miss or that make you feel happy, thankful, overwhelmed etc.
- Record your thoughts everyday. Label it with the date and time. See how it changes or stays the same.
- Write supportive notes or tips for yourself.
- Answer the following questions:
 - What's in your heart? Draw a heart and fill it with images and words.
 - What is something new in your life?
 - What have you learned?



SHARE

Zines are meant to be shared! However, it is okay to not share your innermost thoughts with everyone! But if you are comfortable with sharing your work, post it on social media and tag us!



EXTEND

Just like your favorite cartoons or comic books, turn your zine into a series and make episodes every week or month!

Reflect After you complete the activity, reflect on your experience:



- What did you learn during this process?
- What is something that surprised you about your outcome?



Watch this activity video here: bit.ly/MakerEdZines



For more resources, visit us: makered.org



Reminder:

Know that all of your feelings are valid and that acknowledging that they exist allows you to process them.



Need a break?

Moving and stretching muscles allow the release and flow of built-up stress hormones and chemicals in the body and brain from anxiety. Try one of these emotional regulation exercises:

- Starfish Jumps
- Elephant Stomps
- Neck Rolls



Reminder:

The process of creating the zine is just as important as the outcome. Be kind to yourself and remember that there are no rules.



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