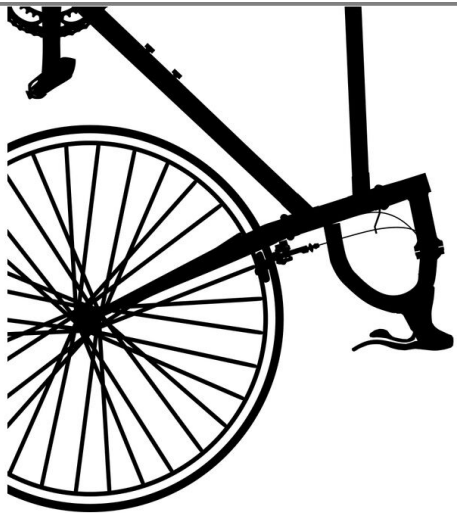


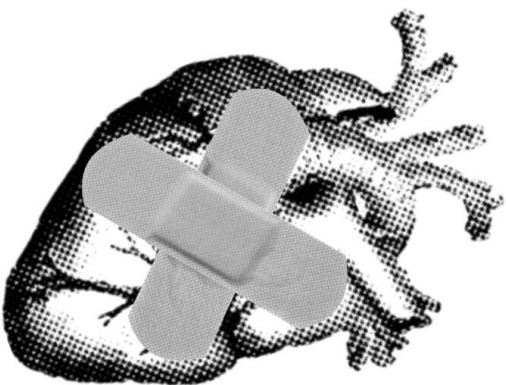
HEART HAIKU

**My electric bike
Is exercise that I like
I ride with my brood**



By David Reynolds

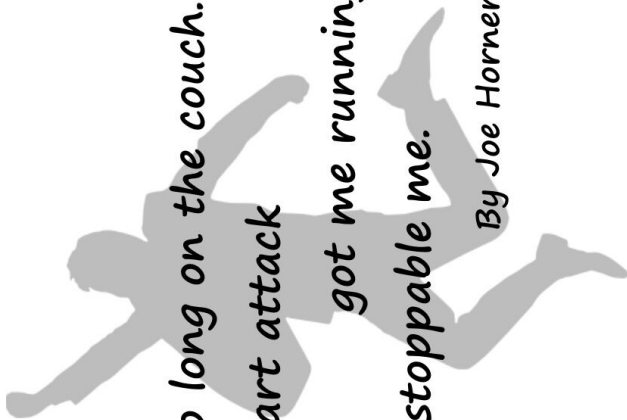
**My heart is broken
2years 3operations
Lockdown. Get fit now**



By Anne Dixon

*Too long on the couch.
Heart attack
got me running.
Unstoppable me.*

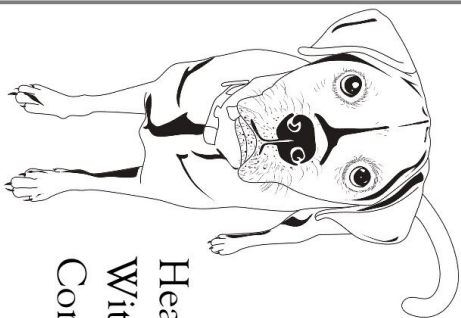
By Joe Horner



All contributions submitted as
comments on www.heartytales.co.uk
in response to a call-out for haiku.

Sun is shining bright
Perfect for a walk today
Puff puff all the way

BY CATHERINE ALLEN



Heavy in my chair
With puppy dog eyes on me
Come on then, Let's go

BY DAVID REYNOLDS

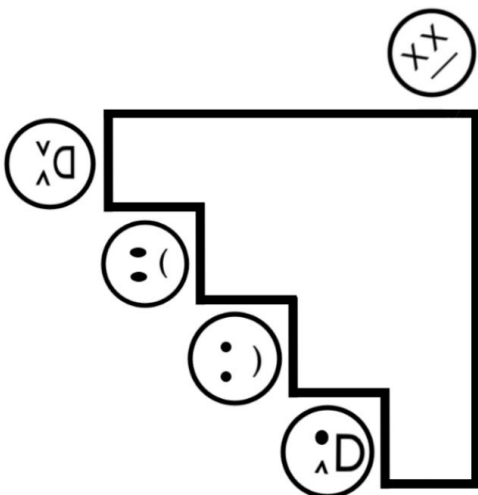
My son is my motivation,
To run after him when I cannot.
My heart beats for him.

BY NICOLE DELEON



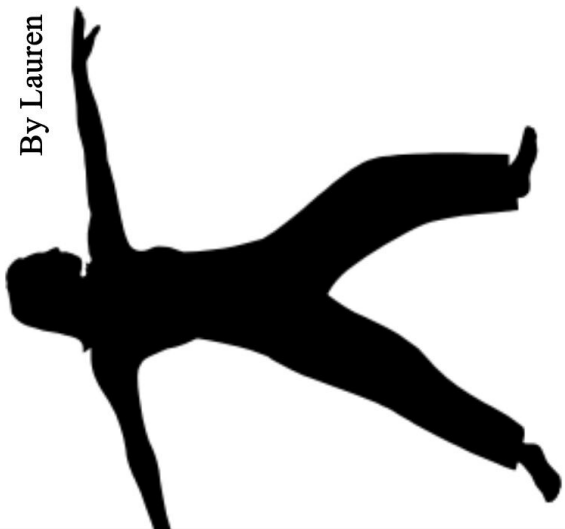
How to take the joy
Out of free movement, call it
Perceived exertion

By Jo



T'ai Chi exercise
Calms my mind
and helps my heart
Keeps me energised

By Lauren



Use these instructions by Drawn Poorly (drawnpoorly.wordpress.com) to help you assemble your zine. Depending on your printer, you may need to trim around the outside of your printed zine before you begin to fold. The dotted line in the middle of your printed zine shows you where to cut in step 5.

Mini zines are fun to make!

All you will need is:

- A piece of paper that can be folded into eight. (A4 paper works best)
- scissors
- a pen/pencil

You can also use other materials you have such as:

- newspapers, leaflets and magazines
- stickers
- felt tips & colouring pencils.

2.

Drawn Poorly

How to make A mini zine

1.

How to fold your zine

Folding zines takes practice. Try and fold as closely to the edges as possible.

Step 1. Fold the A4 piece of paper in half.

3.

Zines are all about having a go and sharing your ideas.

Make one for a pal, write your own short stories, fill it with pictures you like. Whatever you do, make it uniquely yours.

If you use this guide, we'd love to see, tag us at @drawnpoorlyzine on Instagram or Twitter

8.

Step 2. Fold the paper in half again.

Step 3. Unfold your paper, you should have eight rectangles like this

4.

Step 8. Then, hold your mini zine in both hands and push the paper towards the centre cut.

As you do this you'll see the pages push out, you might need to define the page creases to help.

Then... presto!

Your very own mega mini zine to put what ever you like in!

7.

Step 4. Fold the paper into two again like this

Step 5. Take your scissors. At the bottom of the top left folded rectangle, cut to the middle of the page.

5.

Step 6. Unfold your paper again. There will be a cut in the middle of your zine. This will help to make the pages

Step 7. Fold your paper the other way so that the cut is in the middle at the top

6.

Many thanks to collaborative zinesters extraordinaire DRAWN POORLY for sharing this fabulous resource!