

Mental Health Awareness Week

Nelson Tasman, 6 - 12 October 2025



Ideas for shoe decoration; - Chat-Create-Connect

Recycle; - Corks, bottle tops, newspaper/magazines (cut/tear- glue on to shoes/boots), wrapping paper, old birthday cards, old Christmas cards (Christmas themed shoes).

Materials that could be useful



- **Paints:** Acrylics work well on most shoe surfaces. Fabric paint for canvas shoes. Paintbrushes/sponges/cotton wool/stencils
- **Glue** (glue gun excellent- but easy to burn self),
- **Markers:** Permanent markers (e.g., Sharpies) for detailed designs.
- **Fabric scraps:** For patchwork, layering, or symbolic textures.
- **Beads, lace, sequins/ broken jewellery, odd earrings**
- **Buttons:** Symbolic or decorative.
- Old **postage stamps** or old **keys** (no longer useful)
- **Small old toys- pieces of a jig-saw puzzle**
- **Wool-** natural or processed yarn
- Left over **wallpaper** or **patterned contact** (for covering books)
- **Embroidery thread, ribbon, string:** For stitching words or making patterns.
- **Feathers, fern, leaves, bark, flax, dried grasses, pebbles, shells, or flowers:**
- **Stickers or decals:** Easy for kids or quick decoration.
- **Quotes or affirmations:** Written on tags, ribbons, or directly on the shoe.
- **Photographs or printed images**
- **Laces:** Swap out for ribbons, yarn, or braided threads/ stripped flax

Theme-Based Decoration Ideas

sparkly/blinky, blokey, sporty, garden, fashion, upcycle, kids, natural environment, story-book themed, Kiwiana...



- **“Step Toward Each Other”:** Decorate with footprints, handprints, or interwoven threads. (linked by crochet, knots, old chain)
- **Cultural Identity:** Use patterns, colours, or symbols from different cultures, ethnicities, and communities
- **Nature & Healing:** Paint ferns, flowers, water scenes, landscapes, ...
- **Community & Connection:** Include names, places, positive messages

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STEP TOWARDS EACH OTHER



Shoes decorated by
schoolchildren and their
“grown-ups”
Display at: -
Health Action Trust

