

What is a zine?

Zines (pronounced ZEENS) are essentially self-published magazines.

The word comes from the terms fanzine and magazine.

Born from Sci-Fi magazines made by fans in the 1930s,

the term zine was said to have first been used in the 1940s in a Sci-Fi fanzine.

Since then it has been used to describe printed DIY projects from

political pamphlets, to collected recipes, personal stories to illustrations.

Having resurgences in the '70s, '80s and '90s alongside political

movements, showing that zines are a great tool for activism, for getting messages out to people and seeking out like minded folk.

Personal zines also do this too, with the PERSONAL BEING POLITICAL and can be a form of self-care or healing, using them as a way to share your story.

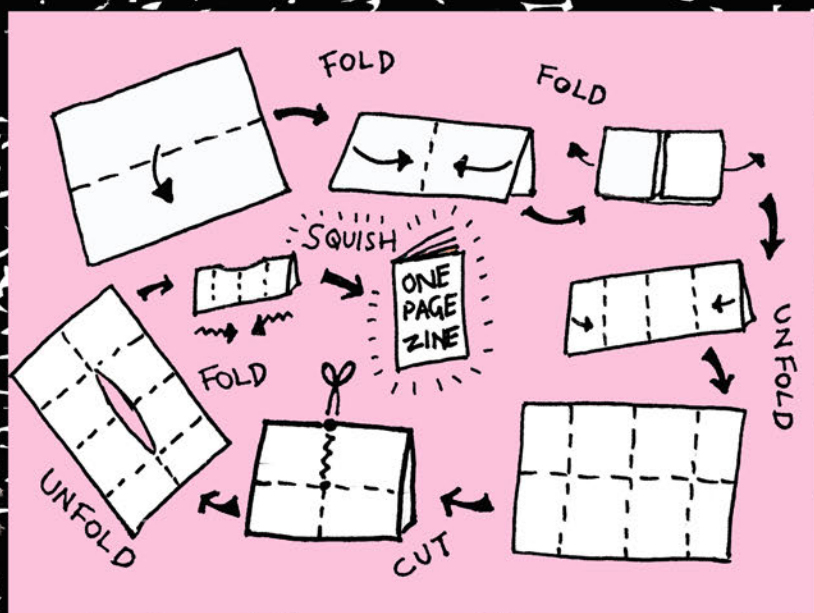
How To Make a One Page Zine...

YOU WILL NEED:

- A4 piece of paper
- Scissors
- Pen

Optional extras...

- Felt tips/markers
- Glue Stick
- Collage material (magazines, newspaper, wrapping paper, etc)
- Stickers
- Stencils



Prompts for your zine.....

Who inspires you?

What inspires you?

How do you take care of yourself?

- Share your story.
- Share the story of someone who has paved the way for others.
- Write/ illustrate recipes/activities /books/films/places you revisit to feel good
- Document local community activism

Step 1: Fold the paper in half lengthways.

Step 2: Fold the paper in half width ways, unfold.

Step 3: Fold the outside edges in to the centre fold.

Step 4: Unfold fully.

Step 5: Fold in half width ways.

Step 6: From the folded edge, cut a line along the fold until the next horizontal line.

Step 7: Unfold fully.

Step 8: fold in half length ways, stand the paper up and squish to form a booklet.

And there you have a one page zine! Now get filling those pages with anything you want.