

THE
RITUALS
OF
ISOLATION

A pamphlet to guide you through different activities
that people partook in 2020.

Showering

Steam.

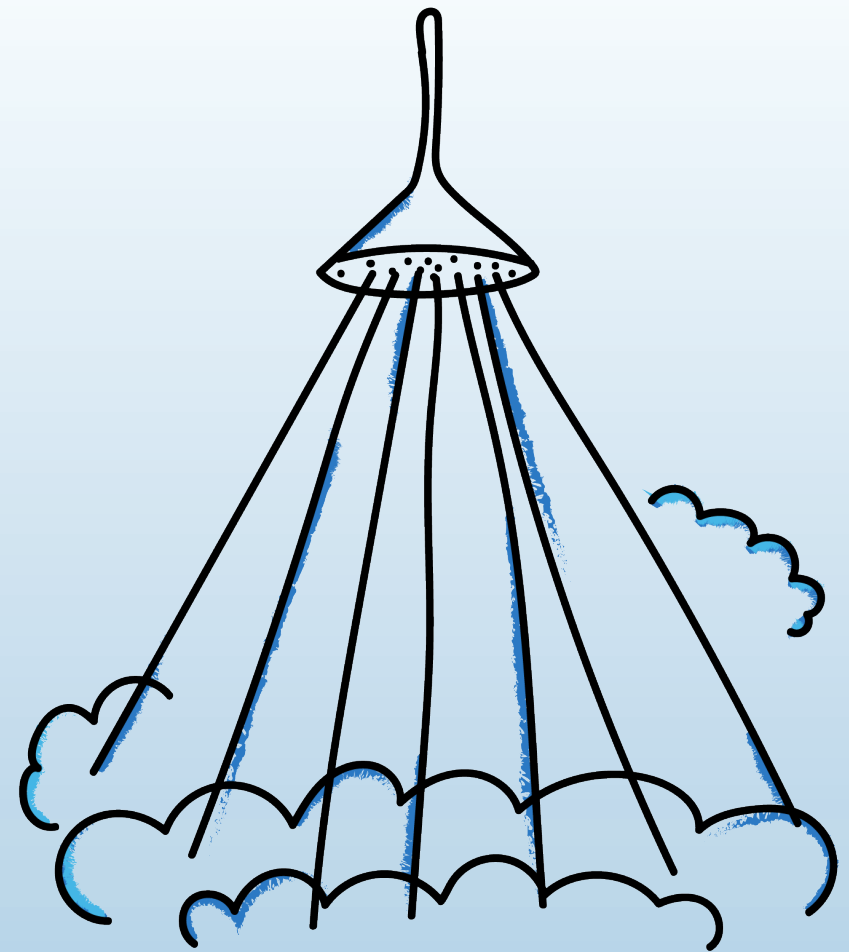
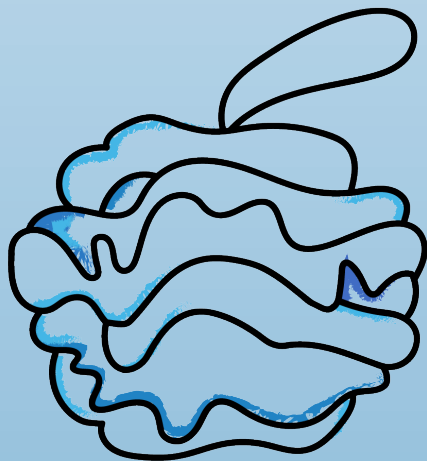
Slowly fogging up the mirror.

The water is shut off.

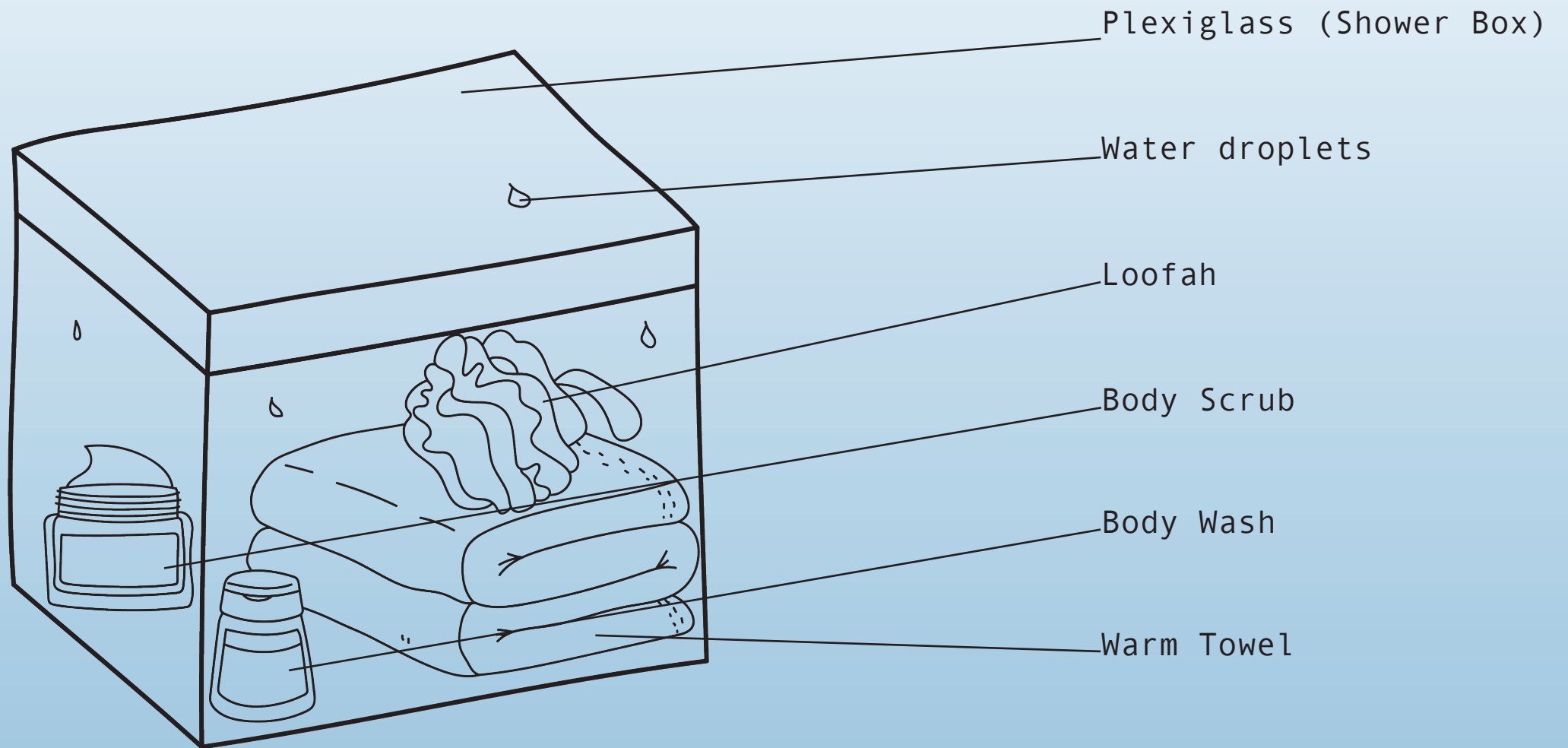
Drip

Drip

Drip.



This box will take you back to your favorite shower. They say people have great ideas in the shower, and hopefully you will gain inspiration with the items inside. The comforting smells of the ocean-scented body wash will help clear your head, while the warm towel can bring back the cozy feeling of a hug.



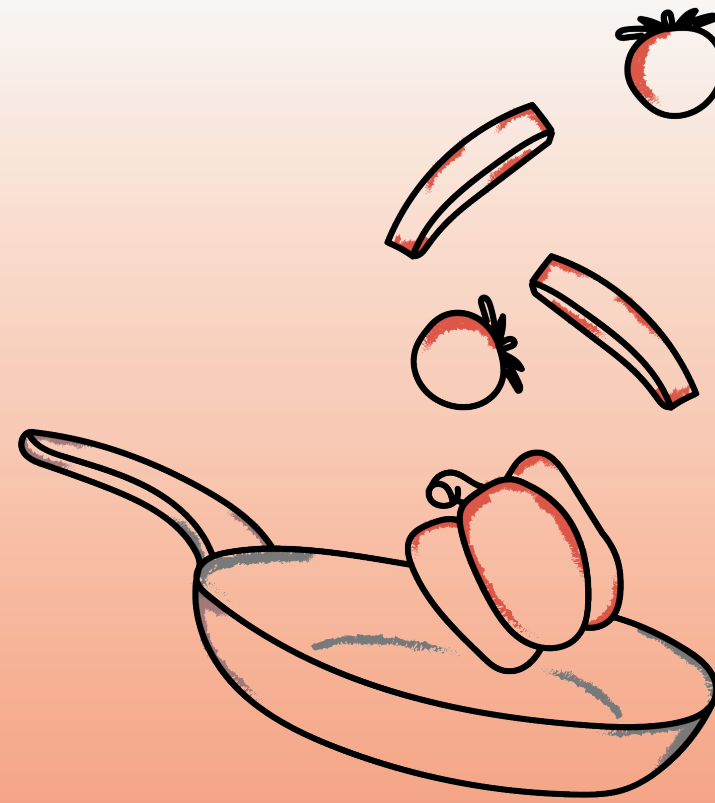
Cooking

Chop. Chop.

Chop Chop. Chop Chop.

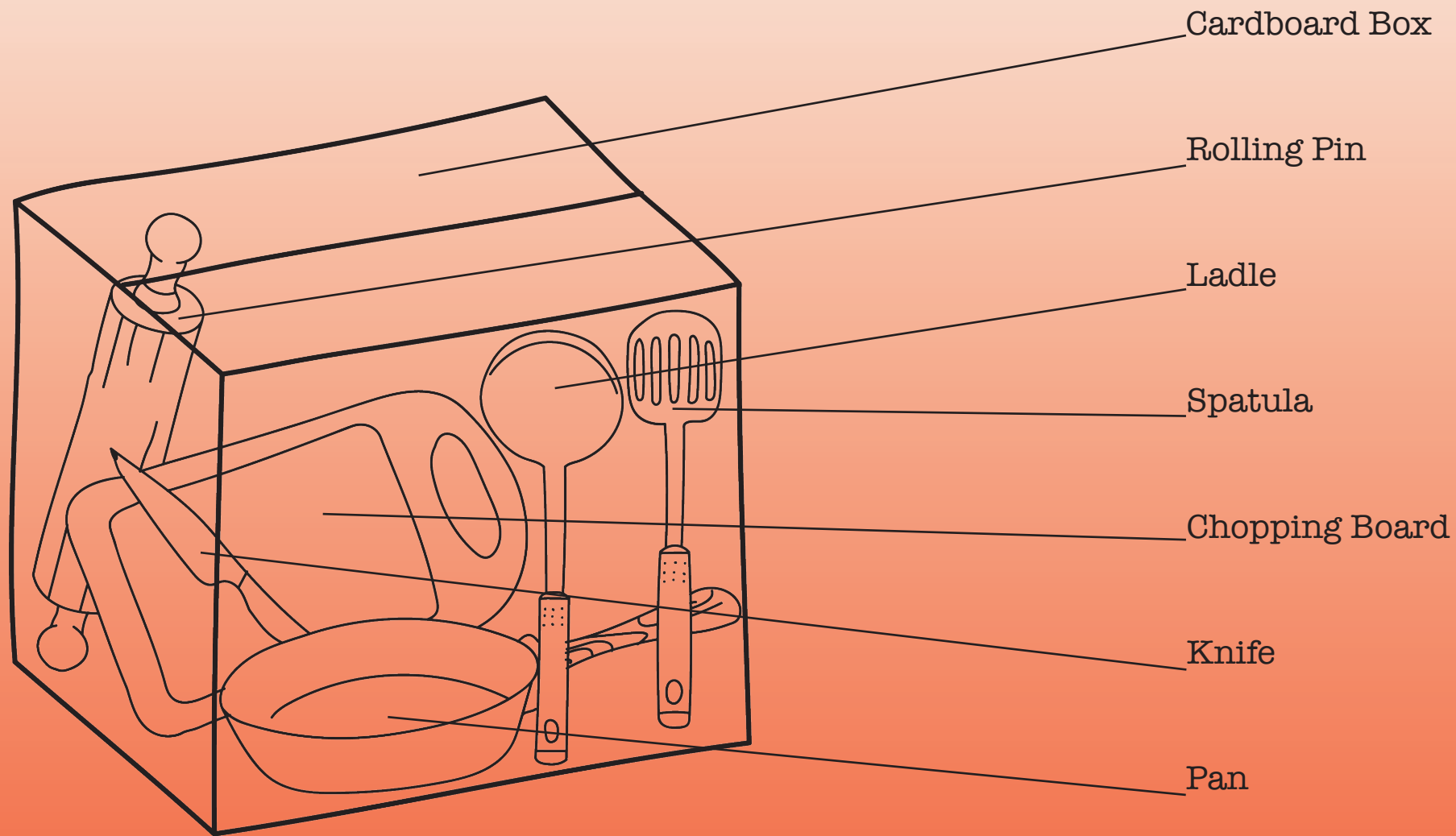
Make a rhythm with the knife.

Chop Chop.

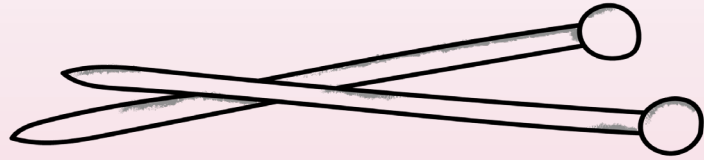


Cooking gives you the semi-instant satisfaction of exactly what you want going into your mouth. Let your tastebuds explore, and cook your cravings. From baking macarons to creating the simplest grilled cheese, cooking gives you the results that you want. The satisfaction of getting to eat all of the hard effort you just put into the dish is unexplainable.





Knitting

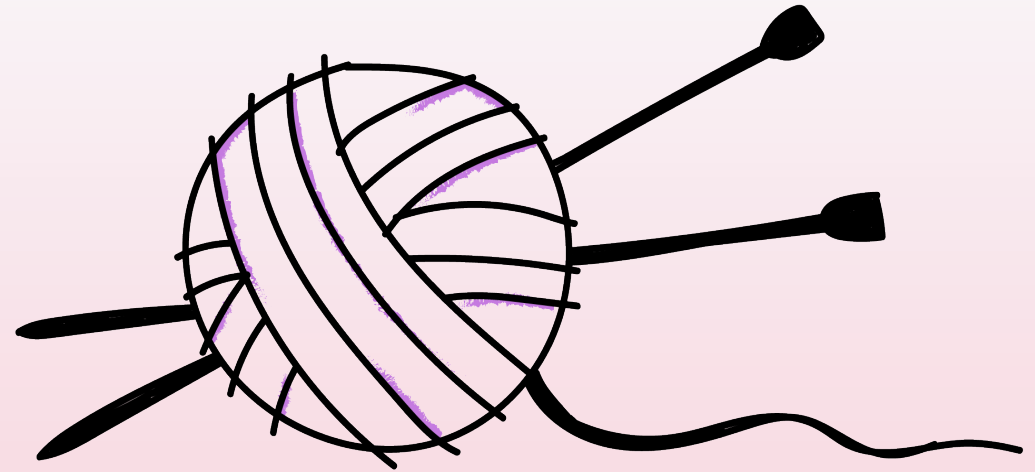
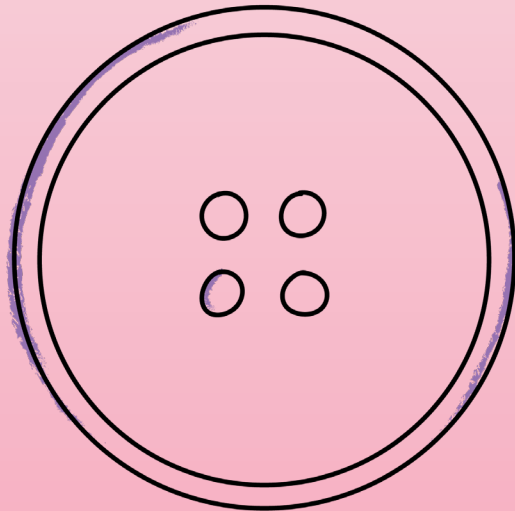


Clink.
Clink.

The pattern starts to form.

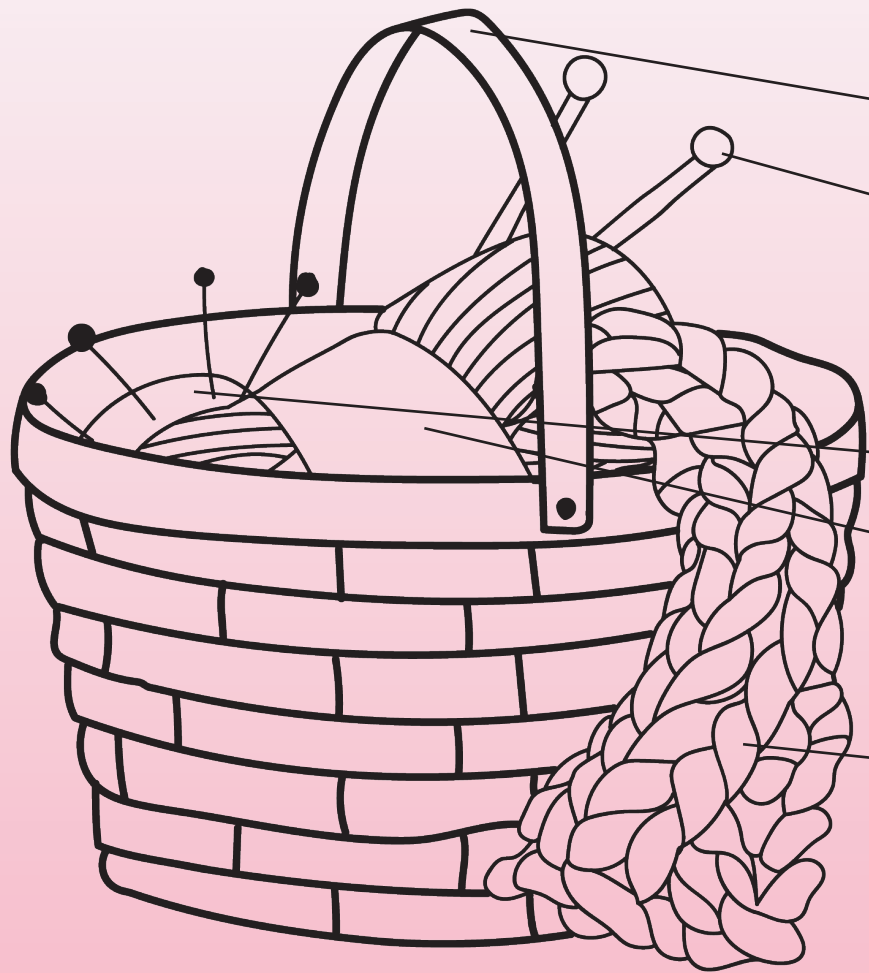
Clink
Clink

Loop and repeat.



While knitting can seem like a stressful hobby, the satisfaction that it can give supresses any emotions you might've had during the progress. Each yarn can provide a different texture, and the possibilities of what can be done with them are endless. From beanies to fluffly blankets, knitting results in a gift that will last for years to come.





Woven Basket

Knitting Needles

Knitting Pad with Needles

Tied Yarn

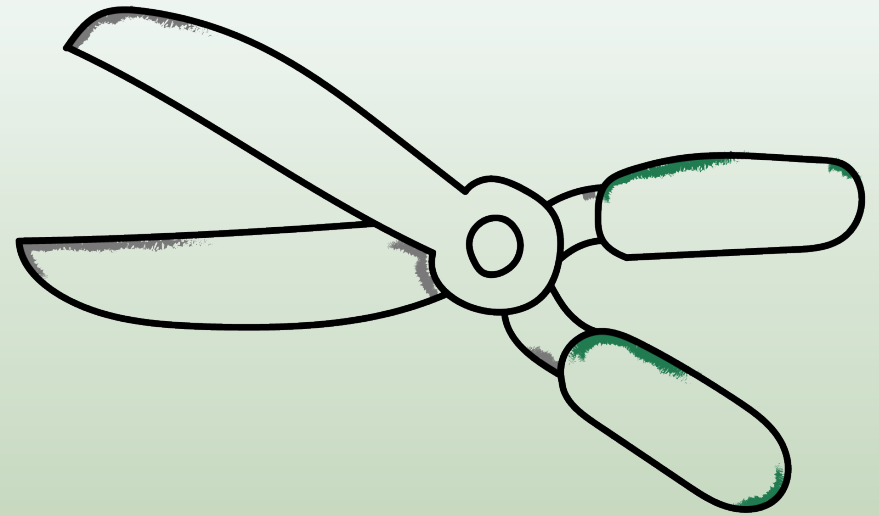
Knitted Blanket

Gardening

Snap.
Snip.

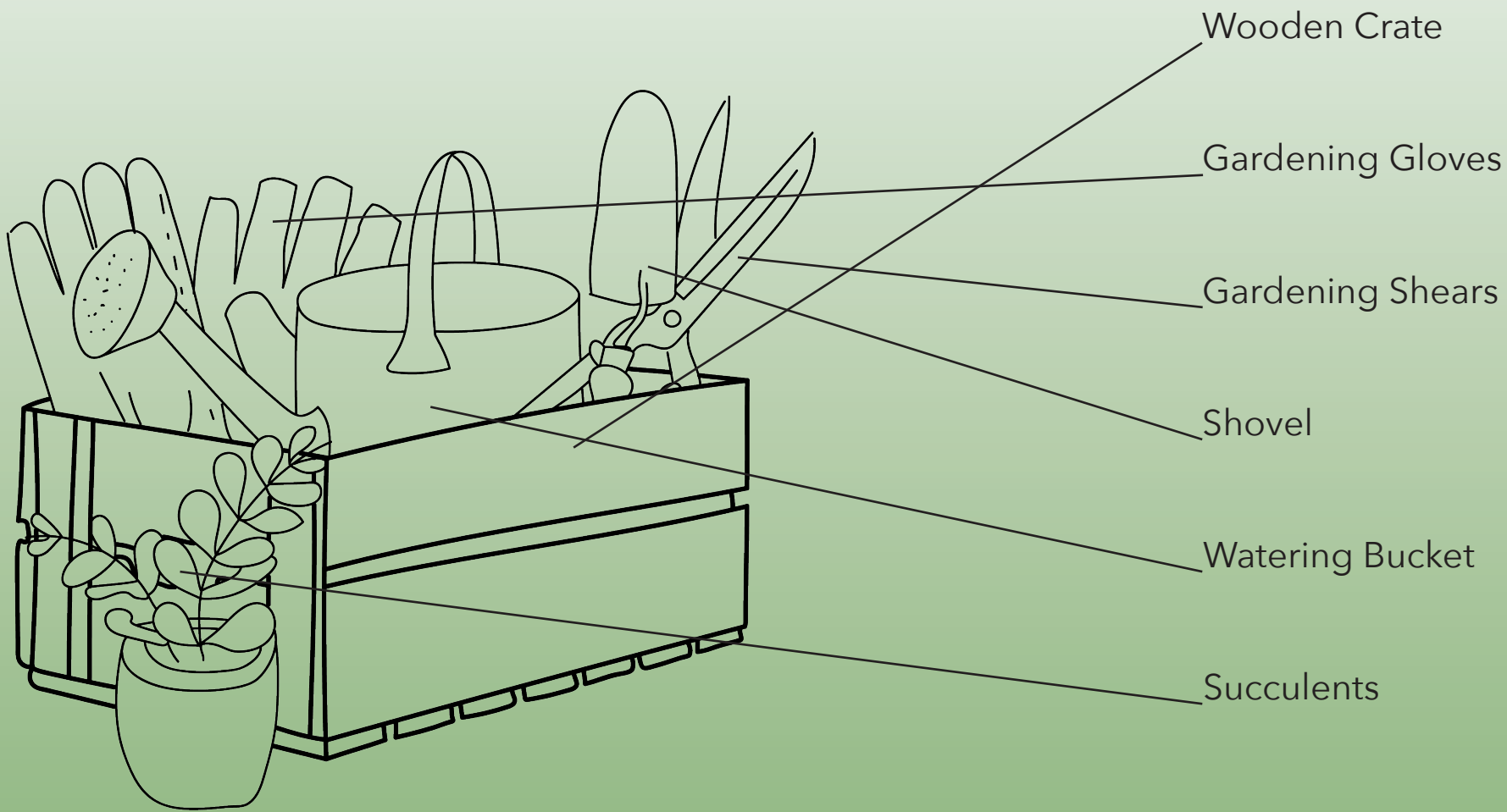
Trimming the trees for new growth.

Snip.
Snap.



Gardening is the closest one can get to the center of the earth. There is a satisfaction, indeed, to watch your own creation grow from the ground. Each day will show new changes, and each change will further grow your plant.





Wooden Crate

Gardening Gloves

Gardening Shears

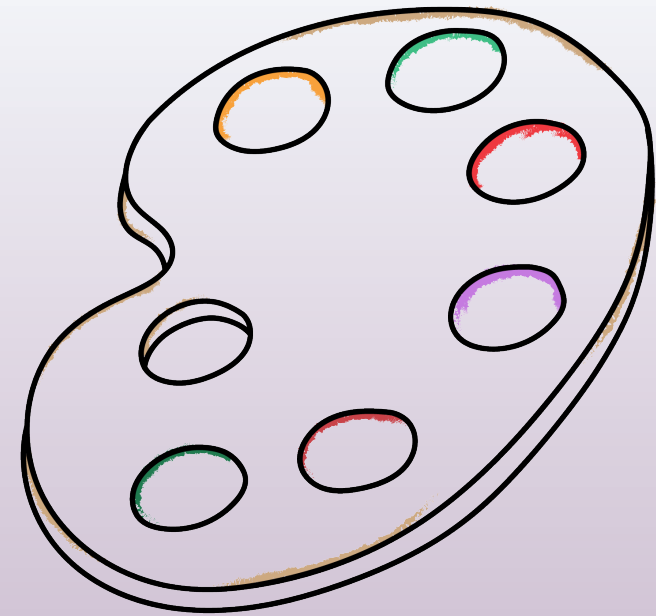
Shovel

Watering Bucket

Succulents

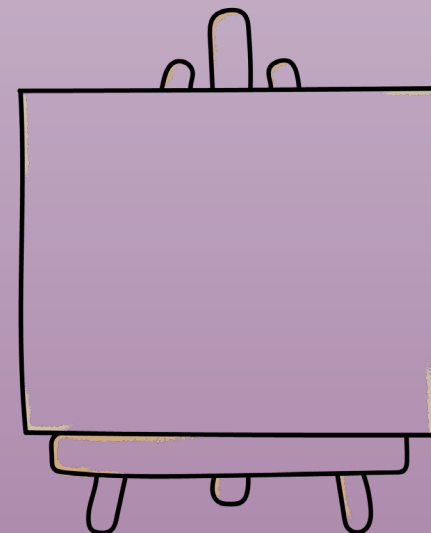
Painting

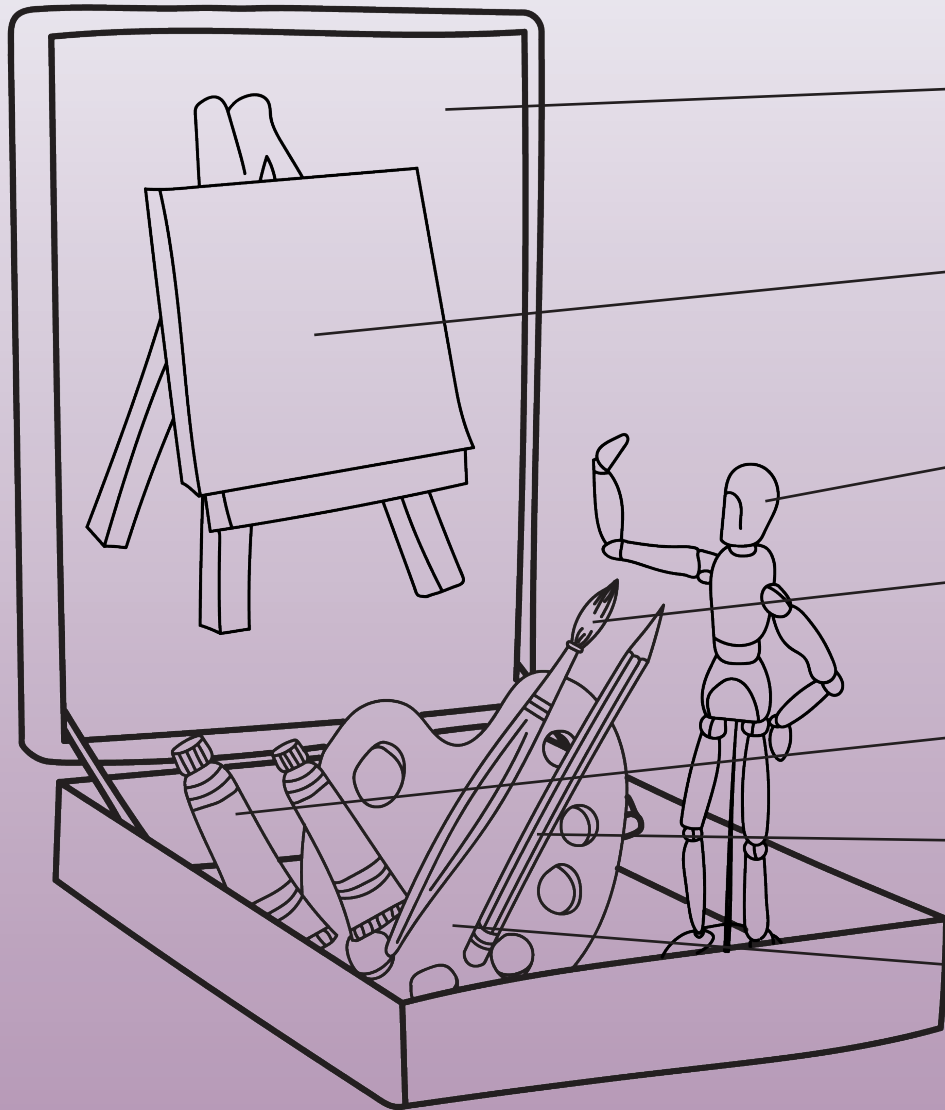
Create your own colors. The canvas allows for your imagination and creativity to go only as far as you allow it. The paints bring back the nostalgic feeling that you had as a kid when you painted everything. Smooth and rough bristles can create different textures. See your vision come to life.



Dip the paintbrush.
Mix the colors.

From blank to something new.





Painter's Case

Mini Easel

Drawing Manikin

Paintbrush

Paint

Pencil

Paint Palette

A project by Alice Berardi.