

BIN BAG VACUUM

YOU WILL NEED:

Bin bags
Parcel tape
Vacuum cleaner
Human(s)

EXTRAS: Blindfold, noise cancelling headphones, earplugs, blankets, pillows.

SETTING: Bedroom.

Get in bin bag. Use the tape to attach several together, if too small. Use human(s) to put tape round neck. Lie on bed. Use human(s) to put in earplugs and headphones. Turn on vacuum.

Optionally cover with duvet/blankets. Use pillows to apply even pressure.



CLOTHES BURIAL

YOU WILL NEED:

Clothes, Blankets
Books, Shoes etc.
Human(s)

SETTING: Bedroom.

Lie on bed. Use human(s) to layer listed objects on top of you.

Recommended order: clothes, blankets, duvets, pillows and cushions, books, shoes, extras.



FAN DUVET

YOU WILL NEED:

Fan, Duvet cover
Human(s)

EXTRAS: Blindfold, headphones, chair.

Sit on chair. Place fan on lap. Use human(s) to put duvet cover over you and chair. Turn on fan.

Optionally put on headphones and blindfold..



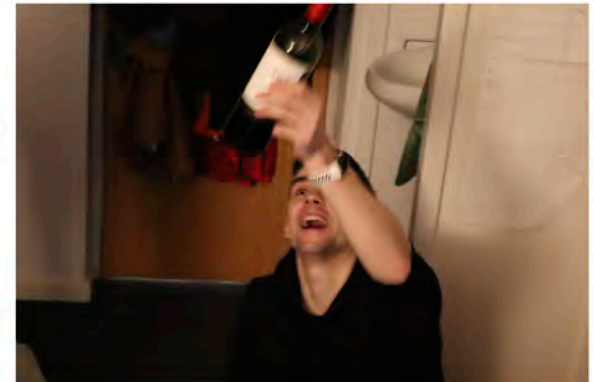
INTOXICATION

YOU WILL NEED:

Alcohol

SETTING: Comfortable place to get drunk.

Drink (this method can be used in conjunction with other methods in leaflet).



BLINDFOLDED PLAYGROUND

YOU WILL NEED:

Blindfold, Noise cancelling headphones
Earplugs, Human(s)

SETTING: Park.

Go to apparatus of choice. Recommendation: round-a-bout, swing, climbing frame. Put on blindfold and headphones. Use human(s) for operation of apparatus and safety, e.g. to push swing or round-a-bout.



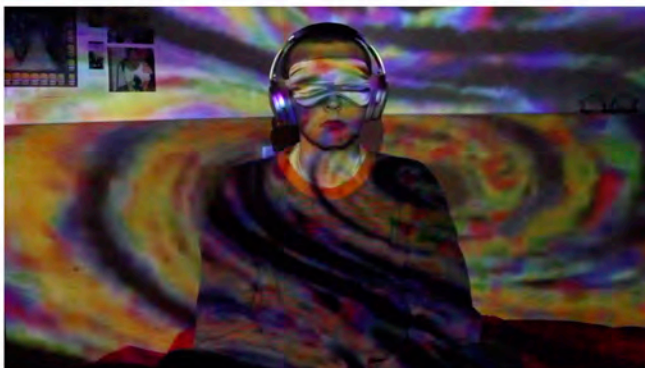
PSYCHEDELIC LIGHTS

YOU WILL NEED:

Projector
Noise cancelling headphones

SETTING: Bedroom.

Turn on projector. Play psychedelic lights (YouTube). Sit on bed. Put on headphones.



DESK DEN

YOU WILL NEED:

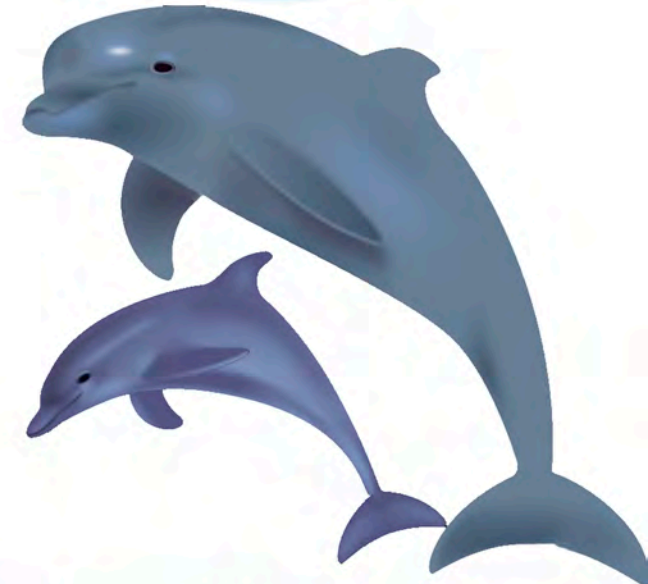
Desk
Blankets
Duvets
Pillows
Weights
Hot beverage of choice

SETTING: Bedroom.

Put duvet under desk. Put pillows under desk. Pin up blankets around the desk using the weights. Make hot beverage. Get in den.



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