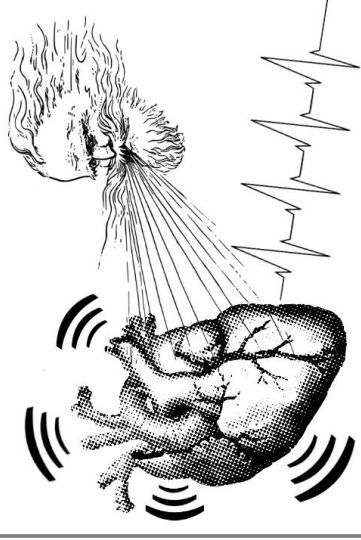
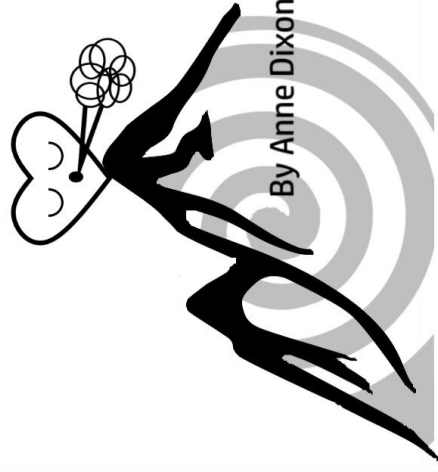




HEART HAIKU

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

By Anne Dixon



Thump thump silence
Huff puff top of the hill gasp,
Dizzy, breathe, sleep

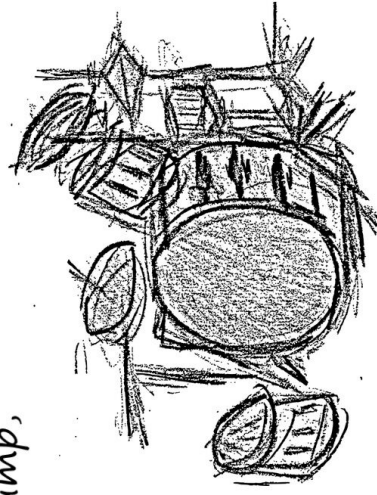
By David Reynolds

How I know I'm ill.
Breathless, tired, faint and a cough.
A relative sloth.



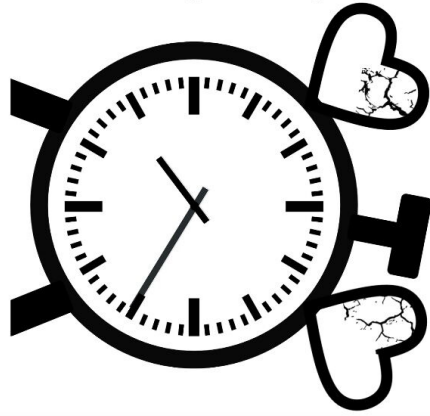
By Deborah Molloy

Tha-dump... thump thump thump,
Should it be beating like that?
Tha-dump, dump dump, gulp!



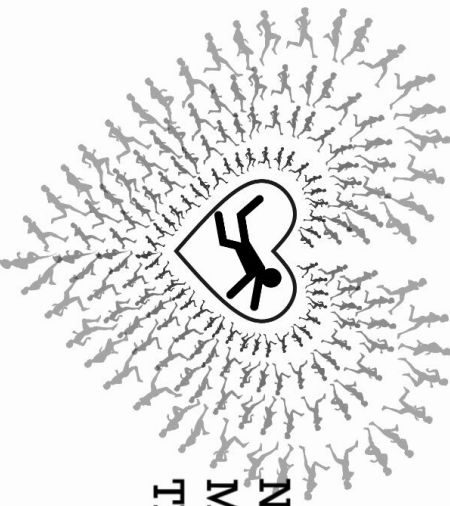
Tired beyond belief.
What time will I hit the wall?
Oh no, there we go.

By David Reynolds



Not able to run
My heart can't keep up
Thump thump thump it hurts

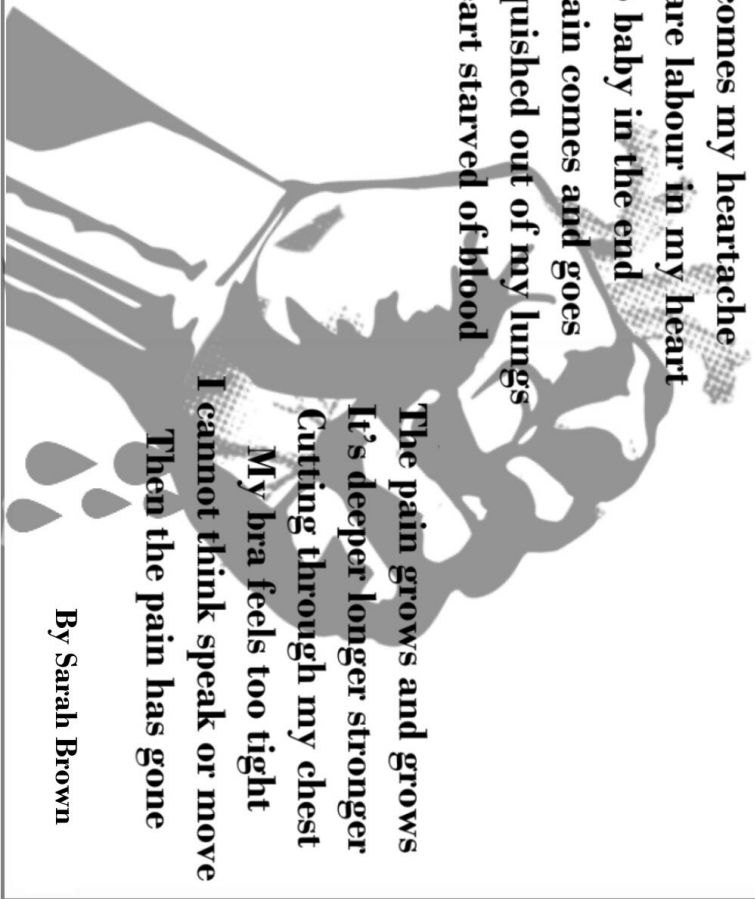
By Chandni Radia



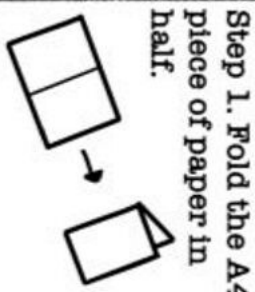
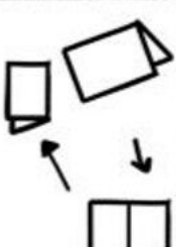
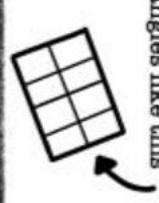
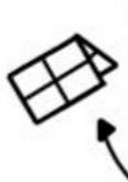
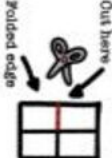
Here comes my heartache
Spasms are labour in my heart
No baby in the end
The pain comes and goes
The air squished out of my lungs
My heart starved of blood

The pain grows and grows
It's deeper longer stronger
Cutting through my chest
My bra feels too tight
I cannot think speak or move
Then the pain has gone

By Sarah Brown



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.

Drawn Poorly How to make A mini zine  1.	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.
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.	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.
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 2. Fold the paper in half again.  Step 3. Unfold your paper, you should have eight rectangles like this  4.
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.	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.

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