



ACTIVITY GUIDE

Caitlyn Warner – Bookmaker

Writing/Essay/Journal

Caitlin Warner puts her emotion and creative energy into every little book she makes. Then, by re-purposing vending machines and filling them with art related to their original purpose, she achieves her goal of spreading art “insidiously all over the place.” One of her books is called *A Modest Manual for Living*.

Write your own list of advice you’d give people on how to live. Caitlyn’s book only contains two phrases—Inhale and Exhale—but see if you can come up with 5 instructions for your manual.



Activity

Now create your own mini *Modest Manual for Living* using your list of advice. (Hint: there are a lot of tutorials for “How to make a book” on YouTube.) Feel free to illustrate your book, or leave it simple, like Caitlin’s.