

find a comfortable way to hold both the hard truths of reality and the hope for progress

balance

GRIP



sophie mae wellington is a fiddler, guitarist, & flatfoot dancer. when they're not touring or teaching, they love making visual art including block printing, knitting, and sewing.

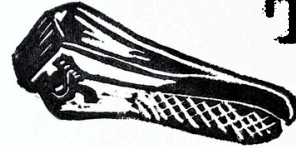
create a well-rounded understanding of complex issues

cleans up stray bow hairs, reinforcing the power in numbers

keeps sharp on what's going on in the world

CLIPPERS

NAIL



ROSIN

Good for sharing
lasts a long time
if taken care of,

traction is key to making a quality sound, & also to make progress

thanks for reading

scan this QR code to print another one from my website

FIDDLE TOKENS

a zine



written and printed by sophie mae wellington

FIDDLE TOKENS

is a zine of common items you'd find in the pocket of your fiddle case. the images are block printed, & they serve as a gentle reminder to take care of ourselves and others during an increasingly difficult and terrifying time.

TUNING FORK



listen deeply, to oneself and others in an attempt to learn and understand

tune into the needs of one's community

strive to act in ways that resonate with one's values

it's free