

sophie mae wellington.com

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.

thanks for
reading

scan this QR code to
print another one from
my website



it's free

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

balance

GRIP



FIDDLE
TOKENS

a zine



written and printed by
sophie mae wellington

cleans up stray bow
hairs, reinforcing
the power in numbers
create a well-
rounded
understanding of
complex issues

keeps sharp on
what's going on in
the world

NAIL
CLIPPERS



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.



Good for sharing

if taken care of,
lasts a long time

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

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