



# Nottingham Creative Activities Pack

2nd Edition

With contributions from arts  
organisations across the city

[www.challengenottingham.co.uk](http://www.challengenottingham.co.uk)



Nottingham's Cultural  
Education Partnership

# Welcome

Welcome to the ChalleNGe Activity Pack, bringing together creative activities from arts organisations in Nottingham.

It is so pleasing and genuinely inspiring to see arts organisations across Nottingham City coming together to support children's wellbeing through creativity. This brilliant pack of ideas is for teachers, parents, youth leaders, families and children to find creative and inspirational challenges. Look out for something new to try and encourage yourself to draw, act, paint, write, sculpt, play music, read, explore and discover! Be curious about what you and your friends can do. Challenge yourselves but persevere if it doesn't quite work first time and be proud to show others what you have achieved. There are plenty of activities to keep you busy, active and creative over the coming months.

An accompanying teachers' guide to this activity pack is available here, with thanks to Martin Smith.

A huge thank you to our wonderful teachers, parents and children in Nottingham. Your creativity and inventiveness, resilience and passion are an inspiration to us all. And thank you to all the arts and community organisations who are finding new ways to collaborate and improve lives and communities with arts and culture. This is genuine partnership in action, and will help to make a positive difference. #Nottinghamcomingtogether

John Dexter, Director of Education,  
Nottingham City Council

We hope you find ideas that inspire you - from Shakespeare to Space Travel, Portraits to Poetry - giving you fun challenges to try with friends, your family or on your own! The activities provide a starting point to release your imagination and enjoy being creative, using readily available materials around the home or classroom.

ChalleNGe is a partnership of arts organisations, schools and community partners, working together to open up creative opportunities for all children and young people in Nottingham. Thank you to all those who have sent in contributions! We are pleased to bring you this 2nd edition, with a few new activities from BACKLIT, Read on Nottingham and Wollaton Hall. We hope the pack continues to grow - leading to more connections, collaborations and creativity!

If you would like to share images of your creations, offer additional activities or give feedback, please email [hello@challengenottingham.co.uk](mailto:hello@challengenottingham.co.uk).

Cathy Mahmood,  
ChalleNGe Manager

Join the ChalleNGe Partnership and receive cultural education news from arts partners across the city: [sign up here](#)

Designed by Natalie Owen from LeftLion Extended

## Key:



Primary



Secondary



Time it takes



How many  
people it takes



If an adult is  
needed

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The Small Steps Big Changes (SSBC) vision is simple - to grow our children together with love and respect.

Every aspect of the programme has children at the heart with parents (right from pregnancy) leading the way, supported and guided by experts. If SSBC ideas and activities are introduced when children are very little, they are more likely to be ready to start school, be happier at school and go on to do really well in life. For any child, their brain is developing the most in these early years. All of our activities have been tried and tested by parents, and some have been developed by them too!

Check out SSBC TV - It's packed full of interactive fun shows for little ones! Use the link below and remember to subscribe so you are the first to know when new shows are available.

[www.bit.ly/SSBC\\_TV](http://www.bit.ly/SSBC_TV)



## Easy Peasy Finger Puppets

Here's a super fun finger puppet to try at home. When you've made your puppets, see if you can spot our puppets in our videos on YouTube!



- [www.smallstepsbigchanges.org.uk](http://www.smallstepsbigchanges.org.uk)
- [smallstepsbigchanges](https://www.facebook.com/smallstepsbigchanges)
- [ncitycare\\_ssbcc](https://twitter.com/ncitycare_ssbcc)
- [ssbc\\_nottingham](https://www.instagram.com/ssbc_nottingham)




### TURNING SCREEN TIME INTO TALK TIME

Chatting back and forth with a child, like a game of catch, is good for their brains. If they're watching TV or playing on a phone, watch and play with them.

When you ask questions about what they're watching or playing, it's like you're throwing them a ball. When they respond, it's like they're throwing that ball back. This back and forth helps them learn and grow.

These little moments help your child in a big way.



# Nottingham Castle - Remote Activity Pack

Download the [Activity pack](#) with poetry, drawing, building, cooking and colouring activities related to Nottingham Castle.

## Activity 1

Write a recipe from your culture and share it in your front window so people can take a picture of it!

## Activity 2

Colour in Robin Hood!

## Activity 3

Go for a walk and see what beautiful colours, shapes and objects you can see. Make notes and then use them to write a poem about your neighbourhood!

## Activity 4

Look out of a window in your house and draw what you can see outside.

## Activity 5

Build your own castle using recycled items you find in your house!



Bigger version of Robin Hood on the next page

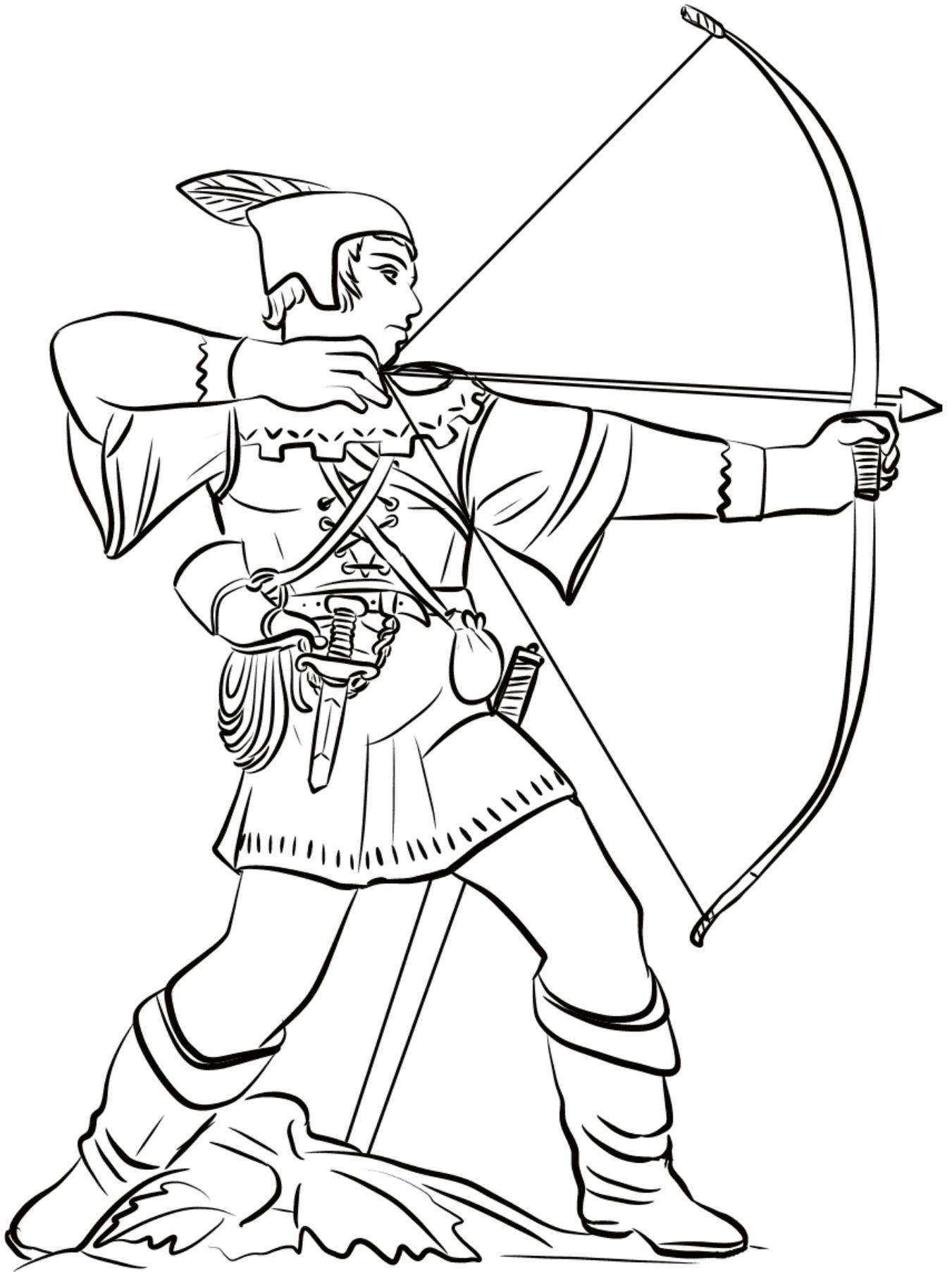
## What you need/ materials to find:

Pen/pencils, recycled household items such as cartons and plastic bottles.

Share photos with us ([jpickering@nottinghamcastletrust.org](mailto:jpickering@nottinghamcastletrust.org)) and we'll put them up online and then visit Nottingham Castle in Feb 2021!



NOTTINGHAM  
CASTLE TRUST





# Get creative, using the book Scavengers for inspiration!

Local Nottingham author Darren Simpson has teamed up with [Read On Nottingham](#) to launch a special competition based on his fantastic book Scavengers! [Watch Darren's video](#) to find out more and listen to him read an extract from the book. You can also download an extended version of his [story extract](#) (the whole of chapter).

### Children aged 5-8

Encourage your children to watch the video of Darren talking about his book and read the extract together!

1. Did you spot the animals Darren mentioned in his story? There was a dog, a parakeet and a squirrel! Use your imagination and draw a picture of one of the animals mentioned.

### Children and young people aged 9-14

1. Use what you learned from the video and the extract to draw, paint or doodle what you imagine Hinterland looks like.

2. Think of three or more describing words or phrases to describe Hinterland and include around your picture – perhaps you can even incorporate them into your image!

If you've missed the competition deadline, don't worry! We hope you still enjoy getting creative, having a go at the activity and enjoying stories together. Read on Nottingham love to see your artwork and ideas all year round.



### To enter the competition

Send a photo of your artwork to us by Friday 13 November via email: [nottingham@literacytrust.org.uk](mailto:nottingham@literacytrust.org.uk) or direct message on Read On Nottingham's Facebook page: [fb.com/ReadOnNottm](https://fb.com/ReadOnNottm) – be sure to include your name, post code, a contact email address, school and year group on your entry.

Terms and conditions apply. Competition closes Friday 13 November. A winner from each age group will be chosen after the competition closes. Only children aged 5 to 14 and living in Nottingham City can enter the competition. No more than one entry per child.

Find more activities on [www.wordsforlife.org.uk](http://www.wordsforlife.org.uk) [www.literacytrust.org.uk](http://www.literacytrust.org.uk)





# Exploring Sounds

Explore the world around you using your senses. Create artwork to show what you found and share with others.



- Sit outside and listen to what you can hear. Take in all the sounds and make a note of what you hear. You can write the sound itself, 'tee-weet' or imagine what you hear is a shape or a line and draw it. Experiment doing this in different ways, for example with your eyes closed or with your other hand.

- Arrange these words or marks on your paper. They can be different sizes, shapes or in patterns. Decide what works best to share what you are hearing and how you feel.

- Share your work. Talk about what you heard, how you felt and what you noticed. What are the favourite sounds? How do they make you feel? What others sounds make you feel like this?

- Repeat the activity another day or in a different place and make a sound diary or sound map. You can do this by drawing a map and marking the sounds you hear in different places or by taking rubbings where you hear sounds. What do you hear more of or less of? What's new? What's different?

### What you need/ materials to find:

Something to draw with, paper and something to rest on.

### Go further...

Exploring Sounds: Gallery link - [Daniel Steegmann Mangrané](#)

You will need: A screen with speakers and an internet connection, an open space, chalk, string or tape.

- Take a look at this [artist's film](#) of the Brazilian Mata Atlântica rainforest. It is shot on a camera suspended on a cable travelling along a perfectly straight line through the forest. The camera moves along the cable at the same speed as the film runs through the camera. The artist is interested in how our senses and emotions are affected in the dense rainforest.

- Imagine what it would be like to be there using all your senses. Imagine you were moving through the forest, not on a cable like the camera, but along the forest floor. What sounds can you hear? How might it smell? What would it be like to touch? How do you think you would feel if you were there?

- Draw a line(s) along the floor and act out how you would you have to move. Create a performance by taking it in turns to travel along the line.

Artists: Charlotte Tupper & Gillian Brent

For more activities go to:  
[www.nottinghamcontemporary.org](http://www.nottinghamcontemporary.org)

**Nottingham  
Contemporary**

## Making Salt Dough and other activities

There are a number of ways to experiment with salt dough, games you can play and things you can make. Activities can be adapted to suit all ages and abilities. Perhaps start simply, and increase the difficulty over time.

### Ingredients

- 1/2 cup of salt
- 1/2 cup of water
- 1 cup of flour

### Steps

1. Mix the salt and flour in a bowl.
2. Add the water a bit at a time, mixing as you go. You may not need all the water, the dough should be fairly dry. If it gets too sticky add a little more flour.
3. Knead the dough into a smooth lump.
4. Your dough is ready to use.
5. When not using store it in an airtight container. It will last for a couple of days.

### What next?

Once you've practiced making the dough a few times you might like to see what happens if you add colour, smell or texture.

- Colour: add some food colouring to the water when mixing the dough or divide your plain dough into pieces and knead a few drops of colour into each piece. Be aware that the food colour will stain hands and clothes, perhaps see what happens if you mix in a little poster paint instead?
- Smells: use food flavourings such as peppermint or vanilla to add smells or try natural scents like chocolate powder, coffee, spices and herbs but don't forget that the dough is not edible! It's far too salty to be good for you no matter how nice it smells.





30  
mins



## Playing with Salt Dough

Here are some games you can play using salt dough (or modelling clay, if you have it!). These are fun exploring games, it's not a competition, don't worry if no-one can do the tasks 'properly' or can't guess an object. Simply roll up the clay and play another game.

### Material

- Salt Dough (see recipe – page 10)

### Games to play

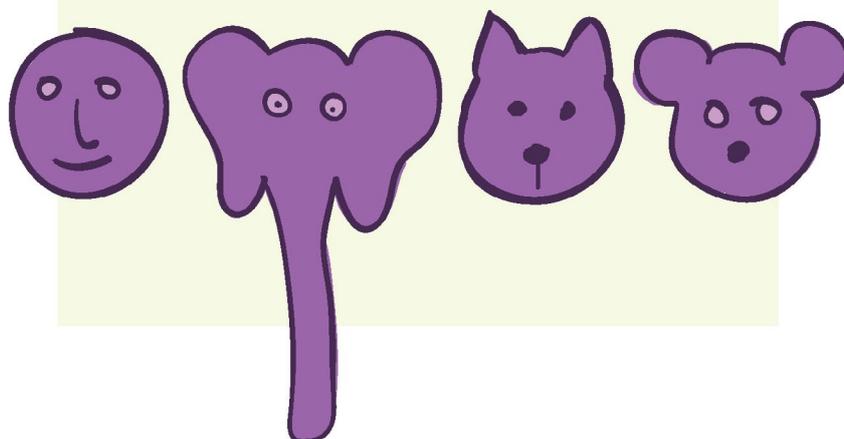
#### Copying and mirroring

1. Make a shape with the clay. Show the other person, can they copy it and make the same shape?
2. Try the other way round, can you copy the other persons shape?
3. With the other person sitting opposite you, they have to try copying you at the same time as you're making your clay shape, this is called mirroring. Do it slowly to start with so they can follow you.
4. Try mirroring them. When you've both practised a bit you could try going faster – it could get quite messy!

### Faces

Roll out and flatten a roundish shape, create a simple nose, eyes and mouth. Now let's play with the face:

- Can we turn it into an animal by adding ears, changing the nose, eyes and mouth?
- Perhaps we could create some human characters?
- You could work with someone else to create a face together, or you could make one each and guess what animal or character each other has made.
- If you have two faces perhaps they could 'talk' to each other? Tell a story or a joke – can you make your face smile or laugh? Perhaps it was a sad story and your face is crying or a bit cross because they didn't understand the joke! The mask making section has many ideas on how to make different faces and emotions. At the end of the game, roll the clay up into a ball – roll it round and round the table and put it all away.



Created by City Arts and artist Jess kemp





## Salt Dough Decorations

Many different sorts of decorations can be made using Salt Dough. You could give them as gifts or hang them up for events and celebrations i.e. Christmas.

### Material

- Salt Dough (see recipe - page 5)
- Cookie Cutters
- Pencil
- Beads of Glitter
- Paint
- Ribbon

### Steps

1. Roll the clay out until biscuit thin
2. Use cookie cutters to cut out your chosen shapes
3. Make a hole at the top of the shape with a pencil
4. Leave to dry or bake (see below)
5. Paint and decorate with beads or glitter (varnishing it is optional)
6. Thread a ribbon through the hole and tie into a loop for hanging or thread a number of decorations onto a ribbon to make a garland.

### Baking Instructions

When you're ready to dry your creations, you can bake them in an oven. Let them air dry a little first then bake on the lowest heat for around 3-4 hours. Keep an eye on them so as not to burn them and they may need turning over half way through.

Or you could microwave them for 3 minutes. If it's still wet then put back in for a further 20 seconds at a time until they are fully dry.

Sometimes at shapes can puff up a bit when using a microwave or may go too brown in the oven, use which ever method works best for you.

Warning: don't try baking the dough if it's got plastic beads or glitter in it, they will melt! You could leave it to dry naturally, this may take a few days. Leave the dough on something like a cooling tray so that the air can dry underneath too



### What you need/ materials to find:

salt dough / modelling clay / plasticine

Created by City Arts and artist Jess kemp





# ArtWord – Creative Writing Character Portraits

This absorbing art-and-writing activity liberates your imagination, using the interplay between mark-making and writing to create text for poems, stories and characters. It's accessible to everyone (irrespective of writing or drawing confidence).

## Part 1: Finding the face

Draw a face shape, using a soft pencil, using a whole sheet of A4 or A3 paper (See picture 2).

Don't worry about it being 'perfect'. In fact the rougher you make the shape the better... everyone's will be different...

Next, draw a slightly curved line half way up the face (where our eyes roughly are)... (See picture 3)

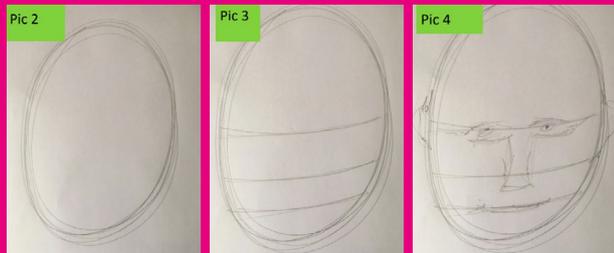
Then, a similar line half way up the bottom half of the face (where our nostrils roughly are)...

Then, a similar line splitting the rest (where our mouth roughly is)...

Then, add just an indication of the eyes, nose, mouth and ears, as shown here... (Picture 4)

Keeping the pencil drawing 'loose' will give it more character...

As you draw, think about the character who is emerging on the page....



The drawing could be of you... of someone you know... or someone entirely in your imagination...you can decide, and change your mind as you draw...

## Part 2: Finding the character

Whilst you are still drawing, think about your character as if they were thinking about themselves...

Write down whatever comes to mind...it doesn't have to make sense or be consistent...

To help this you can either:  
Fill in the boxes in the grid (See picture 5) responding to the questions.

OR...

Think about the following questions and write a list or wordbank:

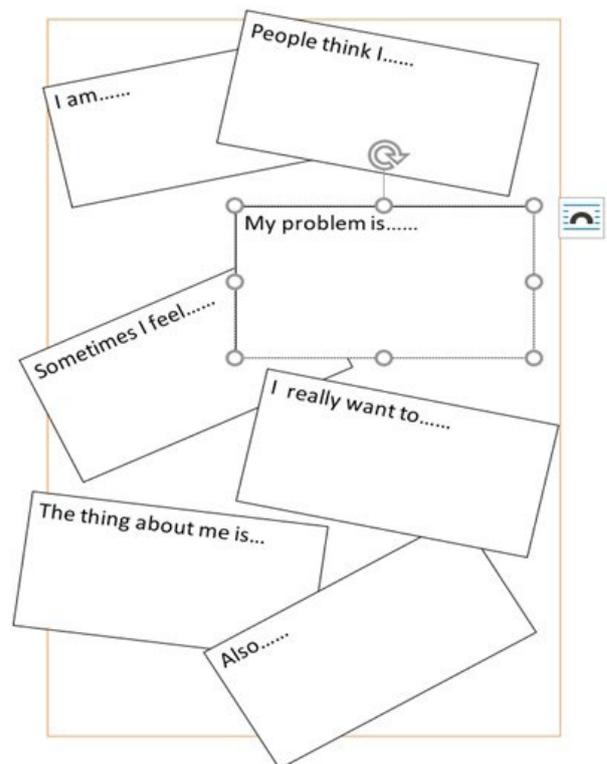
- "Who is this?..."
- "Where might they be?"
- "What are they thinking?"
- "What are they feeling?"
- "What are they saying?"
- "What can they taste/touch/smell? "

OR...

Think about the above questions, and simply start writing to create the features on the portrait

e.g. You can try writing what the character sees, where their eyes are...

or what they want to say, where their mouth is... or what they are thinking, in their head, and so on...



### Part 3: Developing the portrait

Use a rubber to smudge or remove any marks you want to change, or words you want to re-write, edit, remove or blend into the drawing.

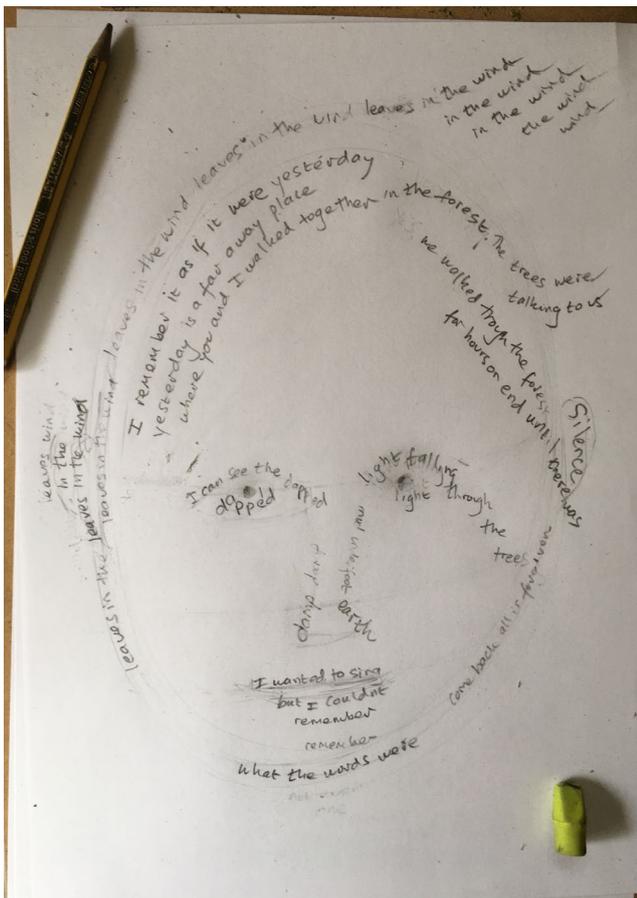
It's an improvisation and it's good to keep changing the marks and words all the time to let the portrait grow.

Play around with how the words are shaping the portrait. Here, I discovered I could have the character's hair ruffled by the forest breeze. (Picture 6)

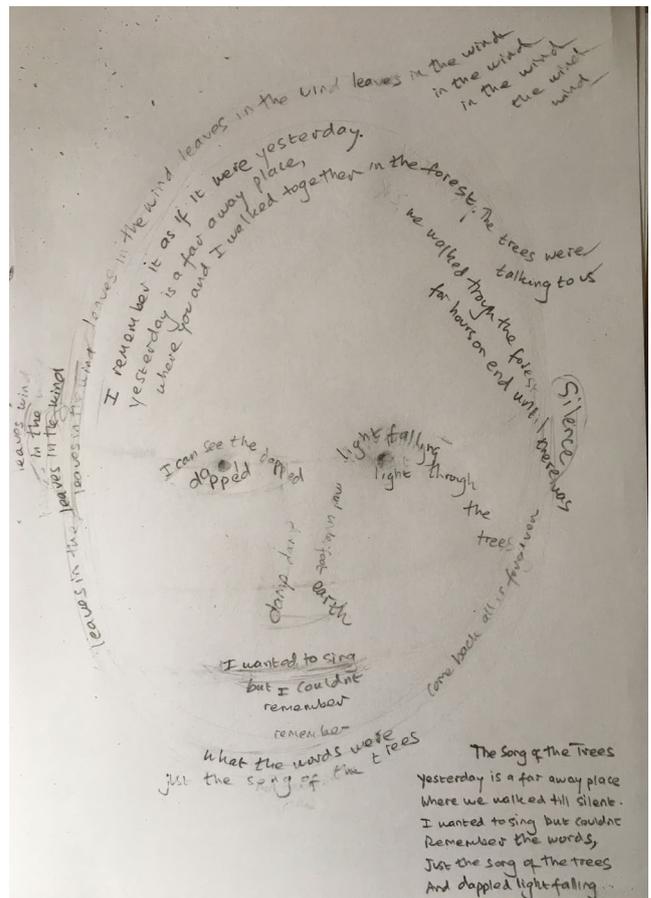
You can draft a poem, story, or character description on your picture itself, or write it on another piece of paper.

Keep experimenting with drawing and writing as long as you like. (Picture 7)

The final portrait can be displayed and used for further writing, role play or discussion whether it's about you or a character from your imagination.



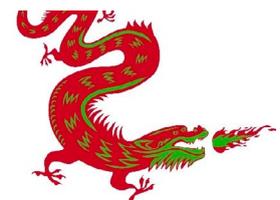
Picture 6



Picture 7

### What you need/ materials to find:

- A4 or A3 white paper
- Soft and hard pencils
- Soft rubbers
- List of questions



DragonBreath  
THEATRE



## ArtWord – Creating and Making Poetry Cubes

This hands-on, writing activity is an enjoyable way to create simple, changeable poems, individually or in a group.

### Step 1: Making the poetry cubes

Photocopy or print the Cube Template onto thin A4 coloured card, the inside of a cornflake box, or onto a thick piece of paper.

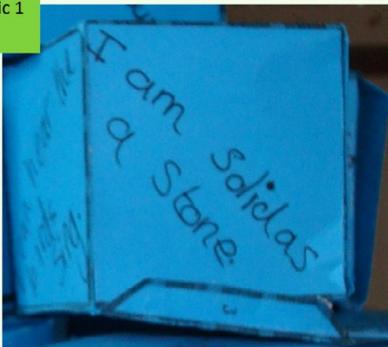
Cut around the OUTSIDE of the template shape only.

Score the dotted INSIDE lines only, very gently.

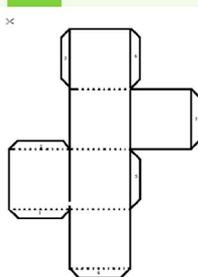
Fold the cube, and preferably glue (or blue tack) the sides together in the numbered order. The tabs should be on the inside to make a smooth sided cube. [pics 2,3,4]

You could also wait to make up the 3D cubes until later, when the poetry ideas have been developed - it may be easier to write on a 2D surface.

Pic 1



Pic 2



Pic 3



Pic 4



### Step 2: Finding the poetry ideas

There are many ways to find the ideas for these Poetry Cubes. Here is one that uses water as a metaphor for emotions.

Find a piece of music that suggests the sea, or the sound effect of the sea. If you use music it can generate powerful emotions to draw from when developing the poems.

Here are 4 different kinds of music stimulus as examples (my favourite for this exercise is the last because of its dramatic form):

- Nature: Actual sound of ocean waves  
[www.youtube.com/watch?v=dsDTJ\\_jioo](http://www.youtube.com/watch?v=dsDTJ_jioo)
- Relaxing music sea mix:  
[www.youtube.com/watch?v=OVct34NUk3U](http://www.youtube.com/watch?v=OVct34NUk3U)
- Mendelssohn's Hebrides Overture:  
[www.youtube.com/watch?v=zcogD-hHEYS](http://www.youtube.com/watch?v=zcogD-hHEYS)
- AR Rahman Mumbai theme:  
[www.youtube.com/watch?v=dKSVGAAm07w](http://www.youtube.com/watch?v=dKSVGAAm07w)

1. Play the music - just listen!
2. Now play the music again and think about these questions:

What is the sea like? Rough or calm, icy or tropical, sluggish or tempestuous, clear or muddy, clean or polluted, full of fish or barren, and so on.

Imagine or dream they can see a 'character' at sea... a human, creature, or spirit, real or fantastical...or maybe themselves.

What is the character doing in the sea story or dream? Why are they there?

What's happening? Are there other characters or creatures in the story?

What are they feeling? What are your feelings as you imagine the story?

What can they taste/touch/smell?

What might they be thinking or saying?  
(Are there any metaphors?)

### Step 3: Collating and developing the poetry ideas

Now try and list words and phrases in response to these questions. They could be collected in a grid.

Don't worry about spelling or grammar. Short descriptive phrases, comments or feelings work best.

None of the ideas need to be consistent or make sense.

### Step 4: Writing the poetry cube

Then, using a pencil, write 6 of your most interesting phrases on the 6 square sides of your cube (not on the tabs if you haven't made the cubes 3D yet).

Do it quickly without worrying too much. You can make changes as you write them down, or write new ideas completely as you go along - keep improvising.

e.g. I took from my ideas, fairly randomly:

"Small girl small boat"

"Breathe...breathe..."

"Pearl diver down, down, down"

"Lost lost"

"Searching for new horizons"

"Swish, swish, magical blue fish"

### Step 5: Reading the poetry cubes

When the cube is covered in writing, read the cube in different sequences.

Once you are happy with the words on each face of the cube, write over the pencil in dark pen so the words stand out.

Try reading your poems in as many ways as you like, until you find one that you really like.

With a friend or family member decide which version of your cube works best, and why.

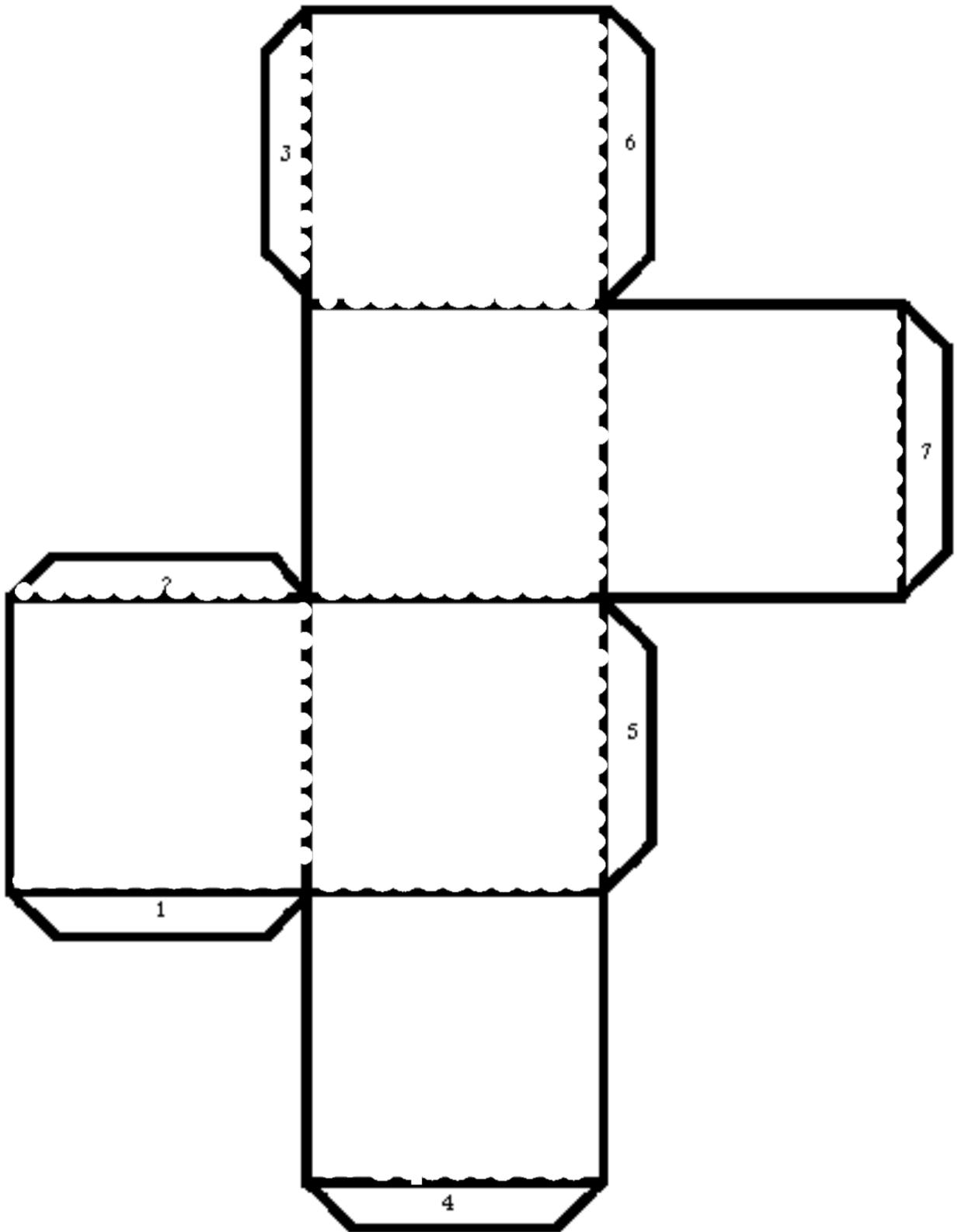
Write the final poem down on a piece of paper to display with the cubes. [Pic 6 Cubes]



### What you need/ materials to find:

- A4 coloured card for photocopied Poetry Cube template
- A4 writing paper
- Pens and/or dark coloured pencils or pens
- Pritt Stick and/or Blue Tack
- Scissors
- Rulers
- Cube template







## My 2020 Time Capsule

We're living through history right now. Complete these literacy-themed time capsule activities and create a bank of memories of the 2020 lockdown to look back on in the future. Have fun improving your writing and creativity skills in the process!

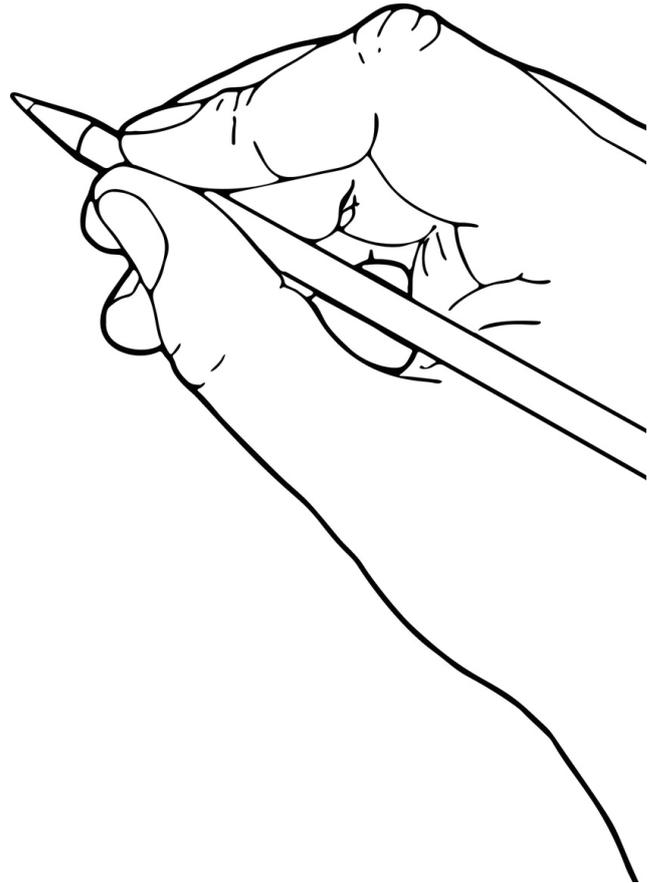
### Instructions:

Download the [Time Capsule booklet](#) when you have filled the time capsule, why not hide it together!

- Find an envelope or make one by sticking/taping two pieces of paper together.
- Pop your time capsule pages in your envelope!
- Write your name and the date to be opened on the front - you could pick a date a few months away or a year from now.
- Decorate your envelope however you like!
- Find the perfect spot to hide your time capsule - it could be at the back of a cupboard, under a rug or buried under your socks - but don't forget where you've hidden it!

### Extra tips:

- If you have a spare shoe box, you could make your time capsule bigger! You could include some of the fun things you've been up to during lockdown such as your pictures, writing and crafts. Just pop them in a box along with your time capsule pages then decorate and hide your box as above!
- Make sure you don't forget where you've hidden your time capsule by making your own treasure map to find it again! Try this treasure hunt activity on Family Zone to make a map to your time capsule's hiding place.



READ ON  
NOTTINGHAM



What you need/ materials to find:

[Time Capsule booklet](#) and a pen or pencil



## Be a Map Maker!

It would be great to reflect on your perspectives on the city. This activity invites you to make your own unique map of a local place. Find out more about our Making Place project at: [www.weareprimary.org](http://www.weareprimary.org)

### Instructions:

1. Choose a walk to make a map of. You could be walking to the shops, to the playground, to school or just going for a walk! Your journey may be new to you or really familiar. But your mission today is to LOOK CLOSER and notice the world around you in new and interesting ways.

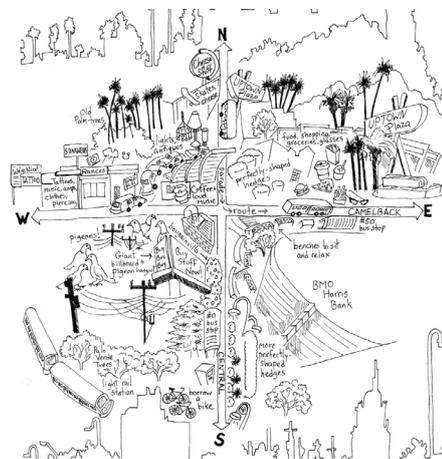
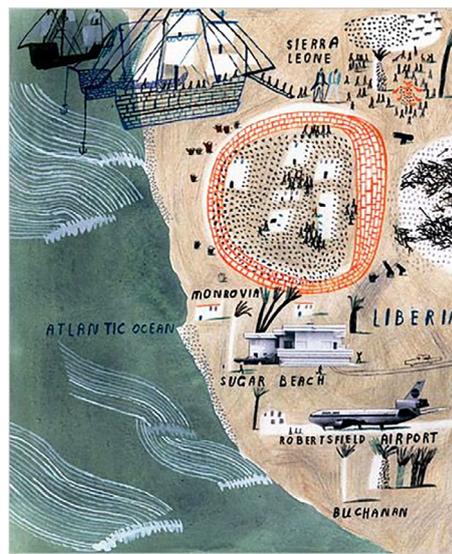
2. Have a look at the hand drawn maps that other map makers have made.

3. Whilst on your walk use paper, a pencil and something to lean on (like a book) to jot down what you notice. Be sure to do this safely though, and not when you're crossing the road. Open up your senses and include what you see, sounds you hear, things you touch, taste and smell!

4. Once back at home you could try using Google Maps online to find a map of your area. Can you find your house? Then see if you can use your finger to trace your route, showing which roads and paths you took.

5. Make a hand drawn map of your walk with drawings, colour and labels to share your experience of that journey.

Maps don't have to be to scale or show every detail. This is your personal record of what you found interesting and each one will look very different.



### What you need/ materials to find:

Paper and pens or pencils

Artist: Jo Wheeler

# PRIMARY



# The View from my Window

Lots of us are spending more time at home recently. This activity asks you to look closely at a familiar view.

1. Have a look at the examples that shows how different artists have drawn or painted the view outside their windows.

2. Choose a window in your house which you think has the most interesting view.

Look closely and make a list of everything you can see from the window, either in your head or write it down.

- What is far away? What is close to you?

- What is the weather doing today? Are there clouds in the sky?

- Is the sun casting shadows or is rain making puddles and reflections on the ground?

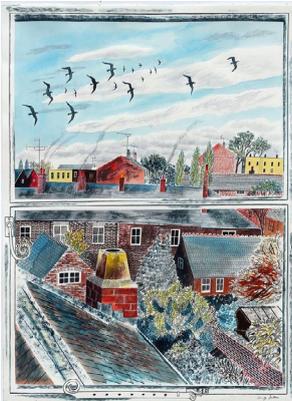
- What colours can you see? If you can see some trees and bushes can you see the shape of their leaves, do they have flowers?

- Can you see bits of buildings, paths and road? Are they made from bricks or tiles or blocks? Do they have rough or smooth surfaces?

- Are there people or cars passing by? Can you see a cat on a wall or birds in the sky or dogs going for a walk?

Think about how you can include the window frame you're looking through too.

3. Now use pens or pencils to draw what you see.



Emily Sutton



Anthony Eyton



Anna Melnichenko



David Hockney



Todd Mrozinski

### What you need/ materials to find:

Paper, pens or pencils

We'd love to see the results (tag photos with @weareprimary)

Artist: Jo Wheeler

# PRIMARY



## Spinning a Yarn

Create a set of drawings to share experiences and sources of comfort and strength. Weave these together to make an artwork to shelter in.

Lay out some lines of wool. We are going to use them to make a web structure – a kind of shelter to display our drawings. You can do this inside or outside between posts or trees.

On card or pieces of material think about your recent experiences during lockdown and draw. Use the drawing prompts below:

1. Draw or do a rubbing from your home or outdoors that feels good to touch
2. Draw an object that has a special meaning to you or your family
3. Draw an activity you enjoyed
4. Draw a wish for the future

Cut out the drawings and attach to the wool. Cross and weave the lines of wool together to create a collective artwork with your friends and family to shelter in. Share stories about the drawings in your special shelter. What are the things that bring comfort and joy? Are there common experiences and themes?

### **What you need/ materials to find:**

Large plain paper, card or pieces or material (A2/3), wool, felt pens, scissors, a holepunch or needle to make holes and thread together.

**Nottingham  
Contemporary**



Xenobia Bailey, Mothership 1: Sistah Paradise's Great Wall of Fire Tent, 1995. Courtesy of the artist.

Still I Rise explores the role women have played in protest and making change. You can see the exhibition in VR [here](#).

One of the artworks in the exhibition is a tent made using crochet, traditional African craft and 'make do and mend' techniques. The name of the artwork is Mothership 1: Sistah Paradise's Great Wall of Fire Revival Tent.

Think about the all the words in the title, what sort of place do you think the artist, Xenobia Bailey wants the tent to be? What is it for? How does she want people to feel there? Think about your special shelter, what title would you give yours?

<https://nottinghamcontemporary.org/record/still-i-rise-in-virtual-reality/>

For more activities go to:  
[www.nottinghamcontemporary.org](http://www.nottinghamcontemporary.org)



# Dizzy Ink Zine Activities

Dizzy Ink are a print studio in Nottingham. They run print and zine making activities for all ages. These are some fun activities to get you started in creating your own zines! So go publish your own work in a zine.

## 1. Gift Cards

### Materials

- Envelope.
- Two blank gift cards.
- Your choice of art materials.

Normally cards are given to recognise a special day however we want you to post one card to someone just because you can.

Think of things / moments that remind you of that person and write / draw / collage a design on the front of your card. Don't forget to write a message inside, then pop it in the post. We have even included an extra card which we want you to give to someone you are living with. On your tod? Why not send yourself a thank you card!

Exercise by **Rachel Tiplady**  
© serge.shop

## 2. Experimental Drawing

### Materials

- Your choice of art materials.
- Paper (lots of paper)

**Blind Drawing**, sit in front of someone else and draw them without looking at the page. Then try a self portrait in front of a mirror.

**10 Second Drawing**, pick some objects from around your house and get them laid out in front of you. Get the timer ready and spend 10 seconds drawing them. Move around the objects and try the exercise again.

**Zoom in**, take an object and zoom your vision in really close, thinking about the detail you are drawing. Draw what you see, then show a friend and see if they can guess what you have drawn.

Exercise by **Ian Brown**  
© ianjamesbrown





## Dizzy Ink Zine Activities

### 3. DIY Zine

#### Materials

- Zine Instructions.
- A4 / A3 Sheets of paper.
- Your choice of art materials.

Follow the instructions on the sheets to make your own zine. Make up each of the examples and number each of the pages. When you open the sheet back up you will now know where to place your artwork.

Zines are traditionally photocopied so you can produce lots of copies of your artwork and give them out to your mates! If you have a printer at home try scanning in the flat sheet of paper and photocopy it in black and white. Alternatively drop [hello@dizzyink.co.uk](mailto:hello@dizzyink.co.uk) an email to see if you can pop and get some printing done when they re-open.

A Zine can be about absolutely anything from polar bears to what you had for breakfast and feel free to be as wacky as possible. If you need some extra inspiration have a look at [@nottszinelibrary](https://www.instagram.com/nottszinelibrary) on Instagram.

Exercise by **Dizzy Ink**  
 [dizzy.ink](https://www.instagram.com/dizzy.ink)

### 4. Draw Your Dinner.

#### Materials

- Coloured paper
- Scissors and glue

What ingredients were in your dinner? Draw and cut out of the coloured paper all of the ingredients you used or draw them. Use these elements and write a quick recipe card or use the shapes to make an entirely different piece of artwork. Photograph what you make and tag us in the image on Instagram.

Exercise by **Zena Kay**  
 [zenaokay](https://www.instagram.com/zenaokay)

### 5. Pin Badges.

#### Materials

- Round pieces of paper
- Your chosen art materials

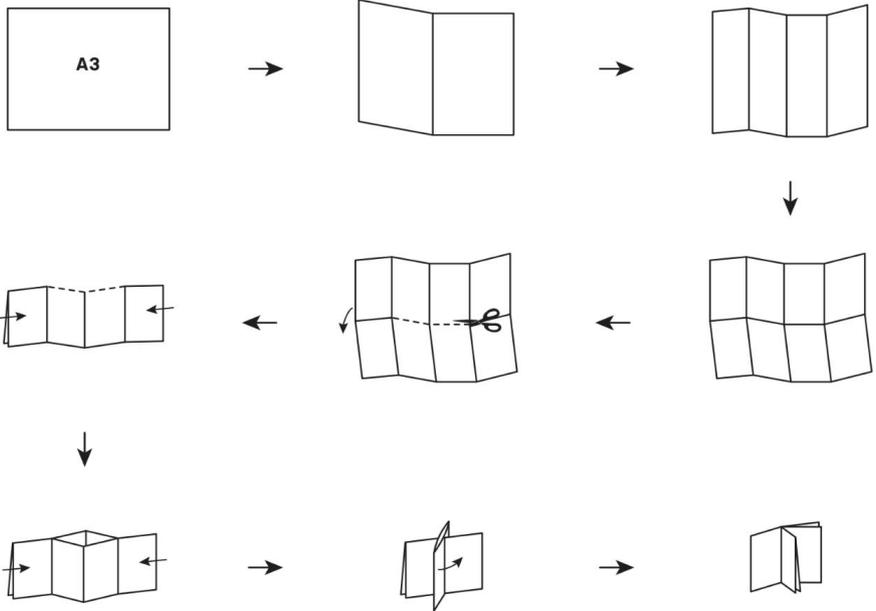
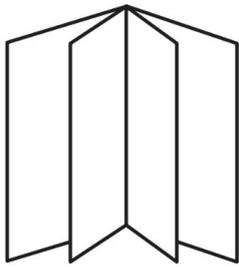
Get doodling some pin badges. They can include messages, slogans, logos or symbols that represent you. If you pop your finished circles in the post to us we can make them into badges.

Exercise by **Martin Rayment**  
 [martin\\_ray\\_art](https://www.instagram.com/martin_ray_art)

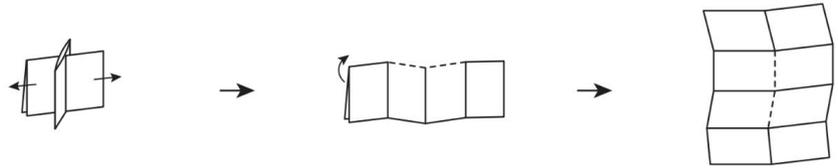


# BEAK ZINE

Has a poster on the other side!



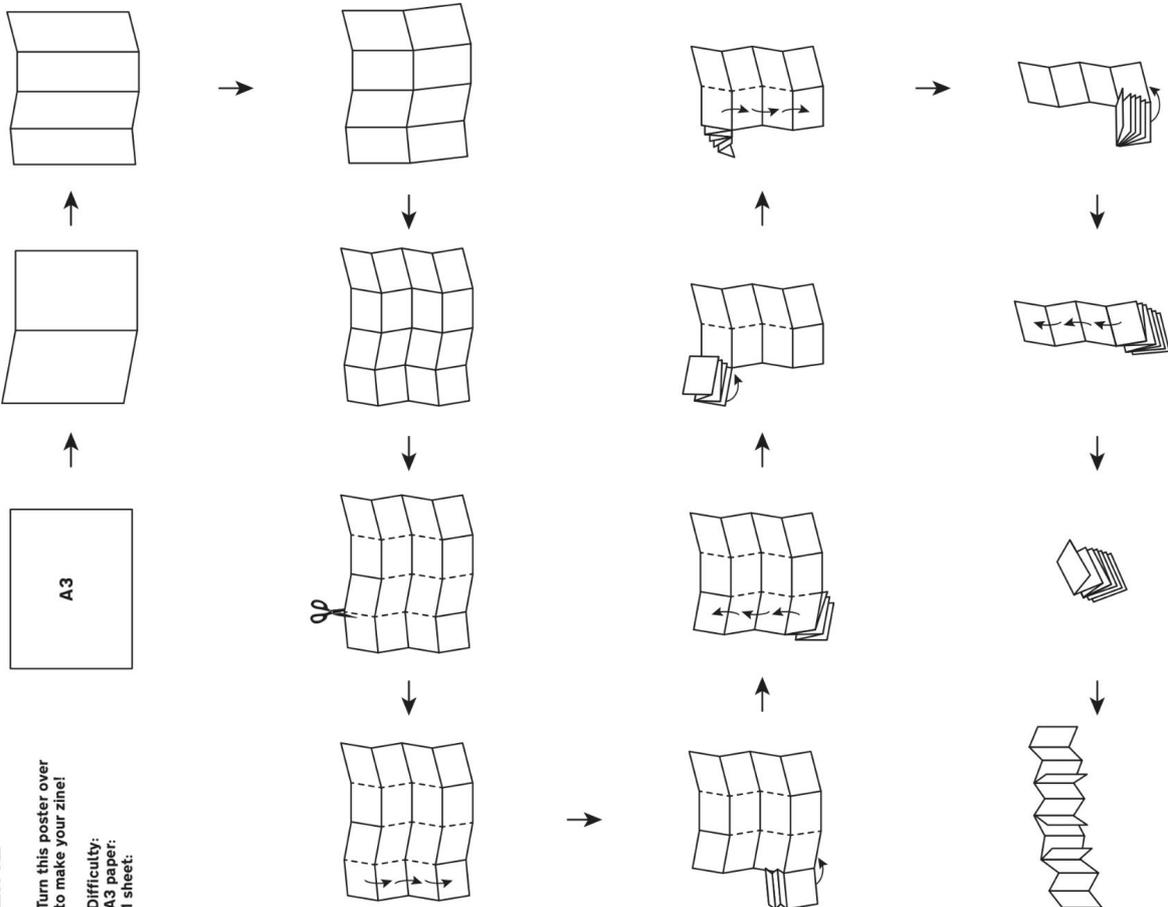
HAS A POSTER ON THE OTHER SIDE!



# ACCORDION ZINE

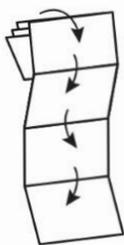
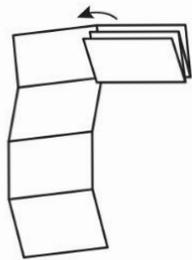
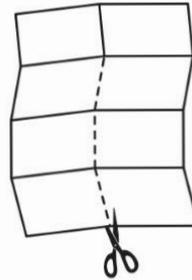
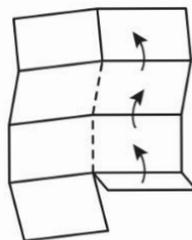
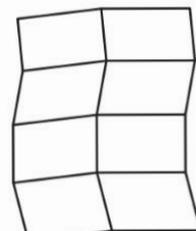
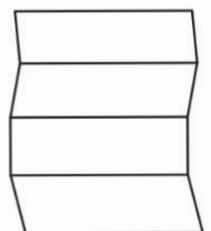
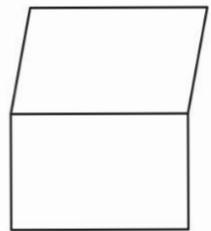
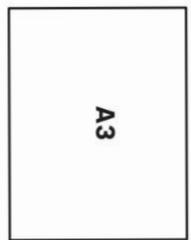
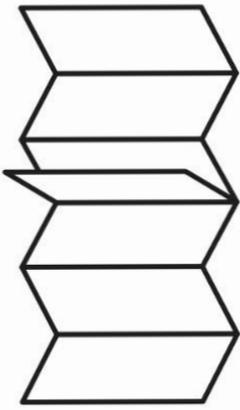
Turn this poster over to make your zine!

Difficulty:  
A3 paper:  
1 sheet:



# TROUSER ZINE

Difficulty:  
A3 paper:  
1 sheet:





# Dizzy Ink Zine Activities

## 6. Writing Exercises

### Materials

- Pen / pencil
- Paper / notebook.

### Freewriting

A good way to get writing is by freewriting, either by hand into a notebook or journal, or typing onto a document on your computer. Freewriting is the practice of writing down all your thoughts without stopping, and without regard for spelling, grammar, or any of the usual rules for writing. It might include a topic as a general guide, or it might not. The purpose of the exercise varies, but it can be used to generate ideas and to clear out distracting thoughts. There are various possible forms of freewriting, such as journals, essays, and fiction writing.

Write down anything that comes to mind. You might decide to set a limit such as the number of pages or a time limit. If you encounter an idea you want to explore during your freewrite, this is an impulse you should follow; but the main thing is to keep the flow going! Try giving freewriting a day for just 10 minutes a day – you might surprise yourself with what creative thoughts and ideas come up!

### 2 names, 2 objects and a place...

Visit the following websites to get 2 random names, 2 random objects, and a setting – write a story that ties them all together

- [www.name-generator.org.uk/quick/](http://www.name-generator.org.uk/quick/)
- [www.perchance.org/object](http://www.perchance.org/object)
- [www.name-generator.org.uk/town/](http://www.name-generator.org.uk/town/)

There's 1 rule with this exercise: You're not allowed to worry about it being surreal or ridiculous, sometimes these are the best ones!

### Old Line, New Story

A classic exercise you might have come across before! Find a book, flip it open at a random page – 2nd paragraph, 1st full sentence. Use this as a prompt to start write something new!

Exercise by  
Nottingham Writers Studio  
© [nottswritersstudio](https://www.instagram.com/nottswritersstudio)





## Dizzy Ink Zine Activities

### 7. T-Shirt Design Competition.

#### Materials

- T-Shirt Mockups
- Your choice of materials, keep it single colour!

Use the mini T-shirt templates to design your own clothing. Based on the theme of 'Hope & Panic.'

take a picture of your design and tag **@bantum\_clothing** in the image.

We will be selecting our favorite design and will teach how you to get it ready for us to print!

Exercise developed by **Bantum Clothing**  
© **bantum\_clothing**

### 8. Colouring In!

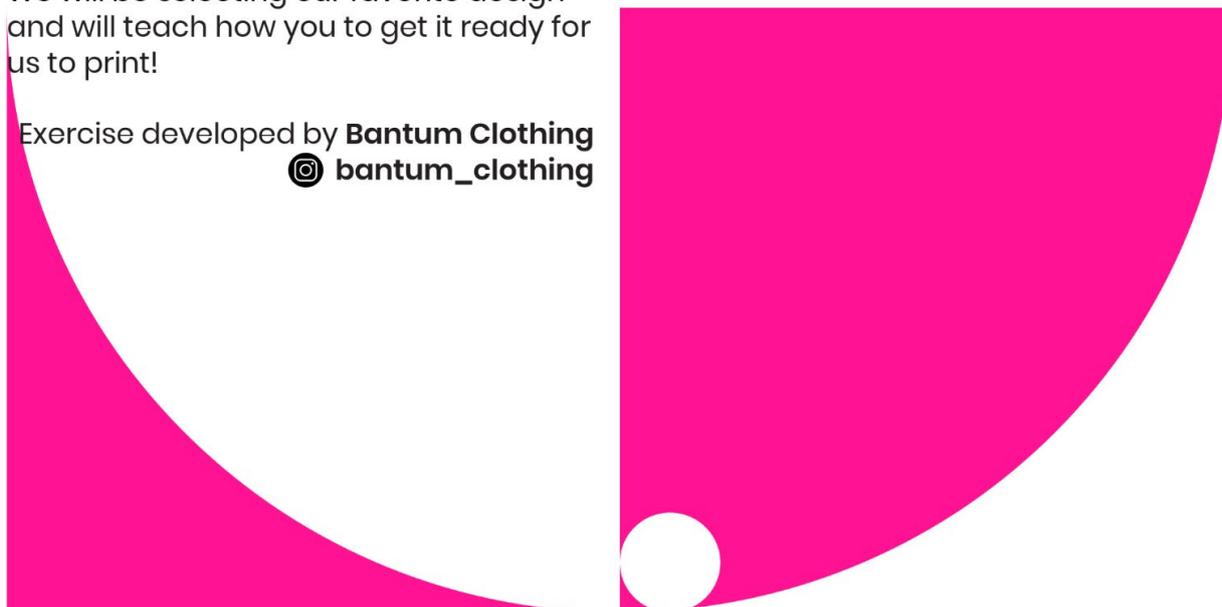
#### Materials:

- Poster on the other side of this sheet
- Whatever colours you want\*

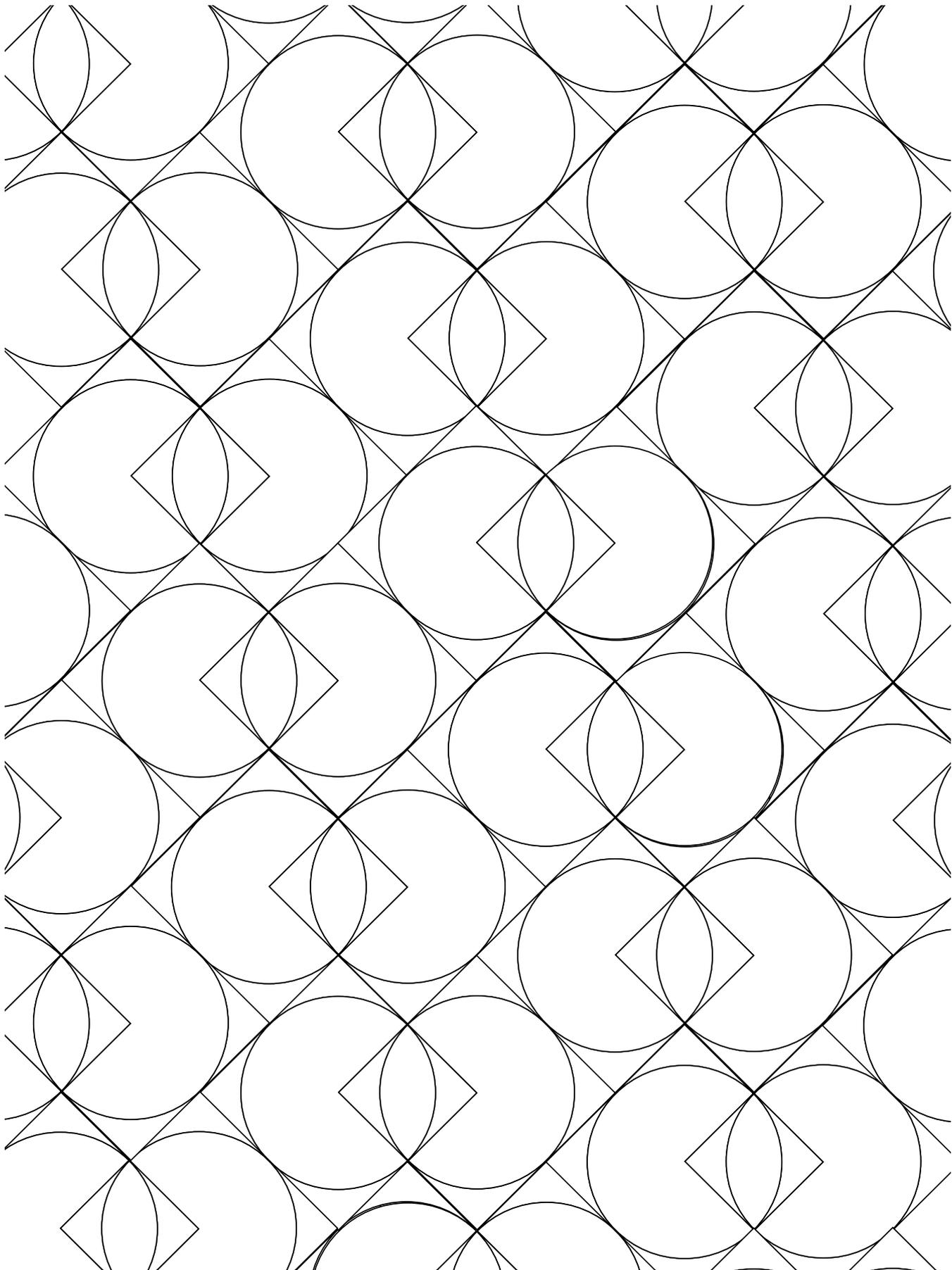
On the reverse of this sheet we have a pattern for you to colour in!

\*You might of guessed our favourite colours are pink and black.

Exercise by **THE CAROUSEL!**



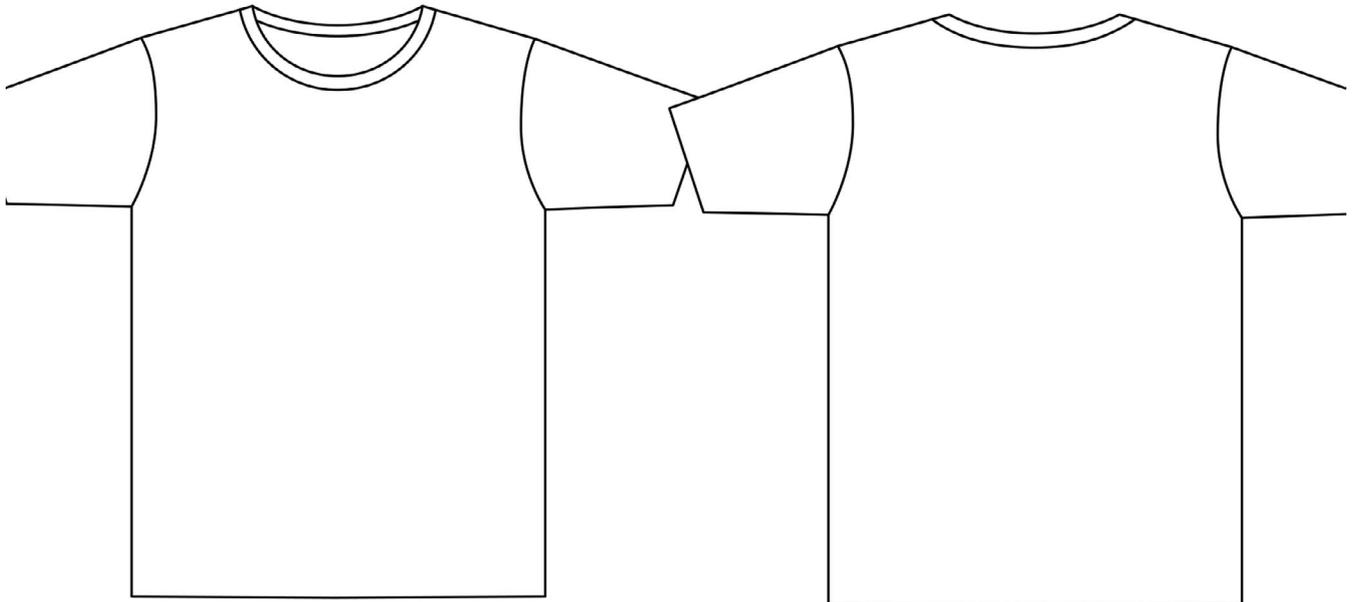
**Colour me in!**





CHALLENGE / DESIGN 1 COLOUR PRINT  
THEME / HOPE n PANIC (ANYTHING WITHIN THESE THEMES)  
DESIGNER \_\_\_\_\_  
CONTACT EMAIL \_\_\_\_\_

'HOPE n  
PANIC'



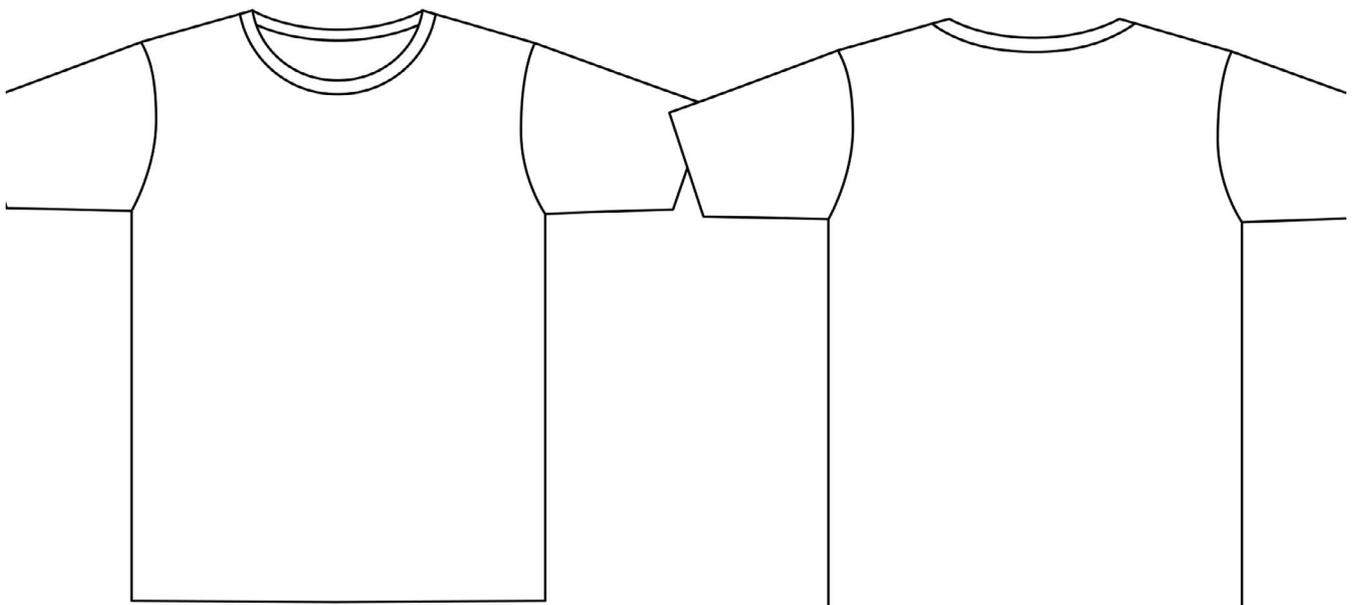
FRONT

BACK



CHALLENGE / DESIGN 1 COLOUR PRINT  
THEME / HOPE n PANIC (ANYTHING WITHIN THESE THEMES)  
DESIGNER \_\_\_\_\_  
CONTACT EMAIL \_\_\_\_\_

'HOPE n  
PANIC'



FRONT

BACK



## Let's Face It!

For this activity we will be using 4 fun techniques to try and improve your portrait drawing skills. Sit across the table from somebody else or use a photograph or a mirror to draw a self-portrait. If you are doing this with another person, take it in turns to try these activities.

Activity 1. The first picture is a continuous line drawing. For 1 minute, draw without taking your pen from the paper. Look at the face you are drawing more than the paper and think about what shapes you can see in the face - an eye isn't symmetrical and often is more of a mango shape.

Activity 2. With a new sheet of paper, cut out the shapes you can see in the person's face and lay them out to try and make a likeness using only the bits of paper you've cut out. Don't worry about the shapes all being to scale, or there being a likeness. This activity is all about splitting up an image into shapes.

Activity 3. For 1 minute, simply draw the face without looking at your drawing at all! Really focus on the way your hand is moving across the page and the sorts of marks you are making.

Activity 4. The final task is a fun one, but might feel frustrating! Have a go at drawing the portrait without using your hands at all. Hold the pen between your forearms, or in your mouth, or between your elbows. This may seem strange, and the final image might be weird and not great, but it will really force you to consider each and every movement. Spend as long as you need on this, but think about every movement you're making. You also may need to lightly tape the paper to the desk so it doesn't move when you are drawing.

Finally, have a go at drawing a normal straightforward portrait. Not only will it feel much easier than the weird portrait activities you've just done, but you should be able to achieve a greater likeness than you did before by considering the shapes and your mark making.



### What you need/ materials to find:

5x pieces of paper, a pen or pencil, scissors





# Online Consequences Activity

Explore and decide how to respond to various situations that may arise online. Use role-play to show how you might respond.

There are 4 scenarios that can be found on the National Justice Museum [free online resources page](#).

Read each story.

Discuss what you would do in this situation and what will happen next in this story.

Create a short roleplay or storyboard to show what has happened and what will happen next.

Use the questions at the bottom of the page to help you think about what to include.



### What you need/ materials to find:

Consequences Online scenarios  
Storyboard  
Pencil



# Protest Activity

Learn about the history of protest in the UK and internationally. Create your own campaign for a social justice cause of your choice.

Using the fact sheet found on the National Justice Museum [free online resources page](#), and some of your own research create a manifesto for a campaign or cause of your choice.

Once you have written your manifesto, design a placard (a sign) to take to your protest.

### What you need/ materials to find:

Factsheet  
Paper  
Pencil  
Art materials to create a placard



## Nature Study

Be inspired by Nature and spend the week carrying out an in-depth artistic study into a natural object. There are five tasks to complete, explore a range of techniques before creating a final artwork.

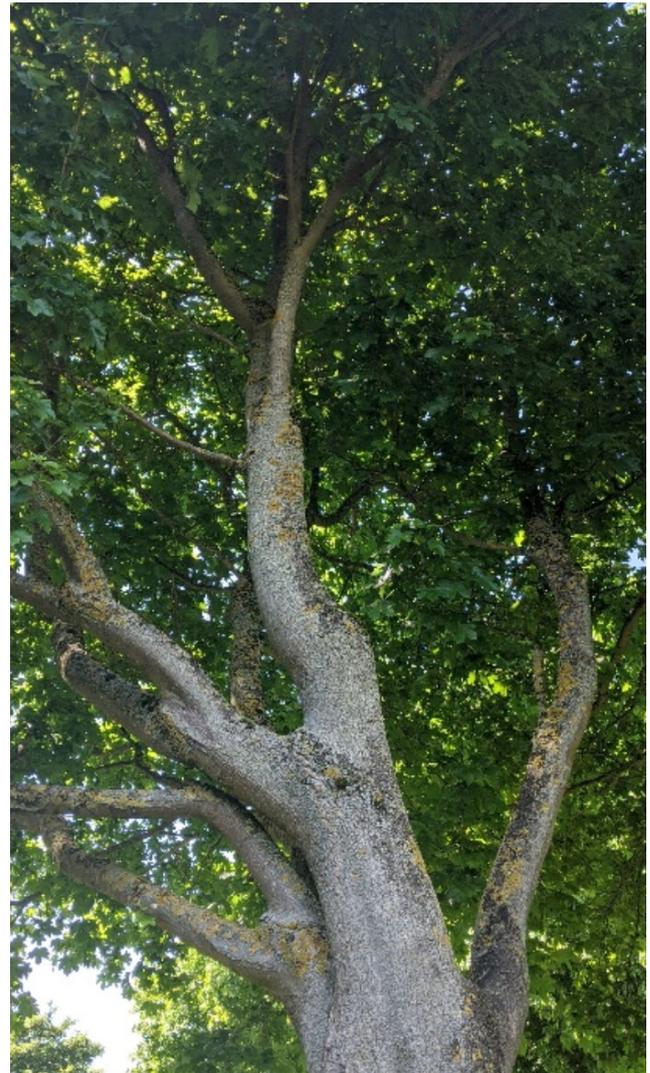
**Day 1:** Find the natural object you want to study a Tree, a Flower, a Hedge or a rock? Now take a series of photographs inspired by nine key words or phrases: edges; texture, through, shape, a flash or swath of colour, a shadow / dappled light, up close, underneath, unusual viewpoints. Make a digital collage of your images.

**Day 2: Textures:** Take some paper and a pencil or wax crayons, and do some tree and leaf rubbings! If the object is very fine, like a flower, make a detailed drawing of the texture.

**Day 3: Line:** Create a single line drawing of something in nature, don't take the pencil off the paper!

**Day 4: Details:** Create a simple viewer – a square cut out of some cardboard – and use your viewer to find interesting sections of your plant or tree and draw them! Add detail, texture and negative space. Draw from a number of angles or take pictures to be drawn later.

**Day 5: Drawing:** Take your time and complete an in-depth artistic study of your tree or plant. How could you share this?



Artists for further research are listed at the bottom of the [activity sheet](#) prepared by Jane Stockley and Rosny Hayward.

### What you need/ materials to find:

Camera / camera phone, pencils, pen, recycled cardboard

**LAKE  
SIDE  
ARTS**

Part of the University  
of Nottingham



## Sculpture and Pattern

Using installation Eurydice Prevails by artist Elpida Hadzi-Vasileva as inspiration, design and create your own patterns and add to a natural sculpture.

**Task 1 – Research:** Find out more about Elpida Hadzi-Vasileva. Follow the activity sheet

**Task 2 – Creating Pattern:** Go for a walk and take photos of natural objects, try zooming in. Now to create patterns - Could you use a Kaleidoscope App for a different view? Or a square mirror?

**Task 3 – Create a stencil:** Once you have created a pattern draw them out and create a stencil using card.

**Task 4 – Decorate an object:** Use this stencil to decorate a natural object, such as a stick or stones.

**Task 5 – Siting your object:** Once the object has been decorated, find a suitable place to locate it, you might try a number of places and take a photograph in these different settings.



Further inspiration can be found on the [activity sheet](#) prepared by Rosny Hayward.

### What you need/ materials to find:

Paper, pencil, scissors and paint (optional)

Visit Highfields Park by Lakeside Arts to see the sculptures up close!

Artist: Rosny Hayward



Part of the University of Nottingham



# Collaging Poetry

Learn how to make poetry the simplest way possible!

King Edwards Park in Sneinton was the site of the UK’s first county Asylum. It was designed to separate those inside from society. Patients were treated for what we now understand as mental health illnesses. The term asylum originally meant a place of refuge, safety and protection. Like King Edwards Park and society’s understanding of mental health, the meaning of certain words has changed over time.

We want you to think about the words you use and how the way that they are arranged on a page can alter their meaning.

1. Print out the next two pages with information, pictures and facts about the Asylum. We want you cut these out!
2. Pick words and sentences that stand out to you and rearrange them on a large piece of colourful card or paper to make your very own poem. A poem can be long or short, and it doesn’t have to rhyme.
3. When you’re happy with what you’ve made stick it down.

We would love to see your poetry when it’s finished! If you want your work to be included in an online exhibition please take a photo and send it via email to [gina.mollett@backlit.org.uk](mailto:gina.mollett@backlit.org.uk)

### What you need/ materials to find:

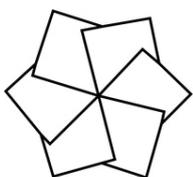
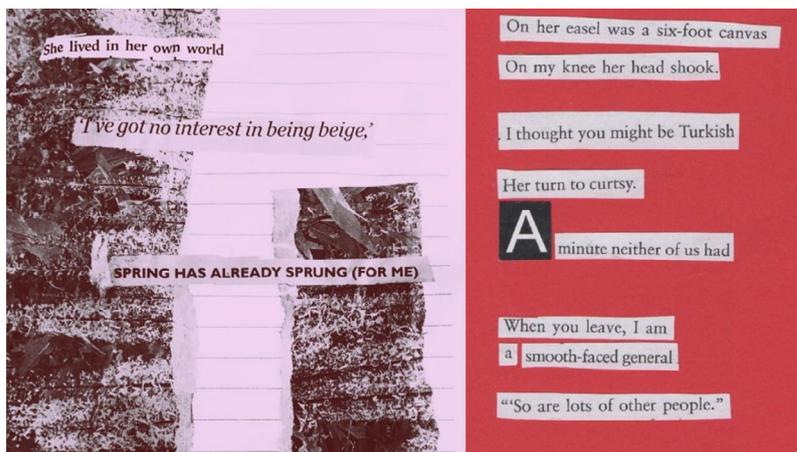
Large piece of colourful card or paper as your background

Scissors

Glue stick

Pen or pencil (if you want to fill in any blanks) or add some doodles

If you have any old newspapers or magazines lying around, you could use these too!



[www.backlit.org.uk](http://www.backlit.org.uk)

This activity has been developed by artist collective Soft Estate, as part of the County Asylum project at BACKLIT Gallery.

A site was selected to the east of the city, within Sneinton. The ground rose steeply from the Carlton Road to Windmill Hill in the south. The building's foundation was laid on 31st May 1810.

Accommodation for 80 patients of all classes was provided in the asylum over four storeys including a basement level. A sweeping carriage drive approached the site from Carlton Road to the north.

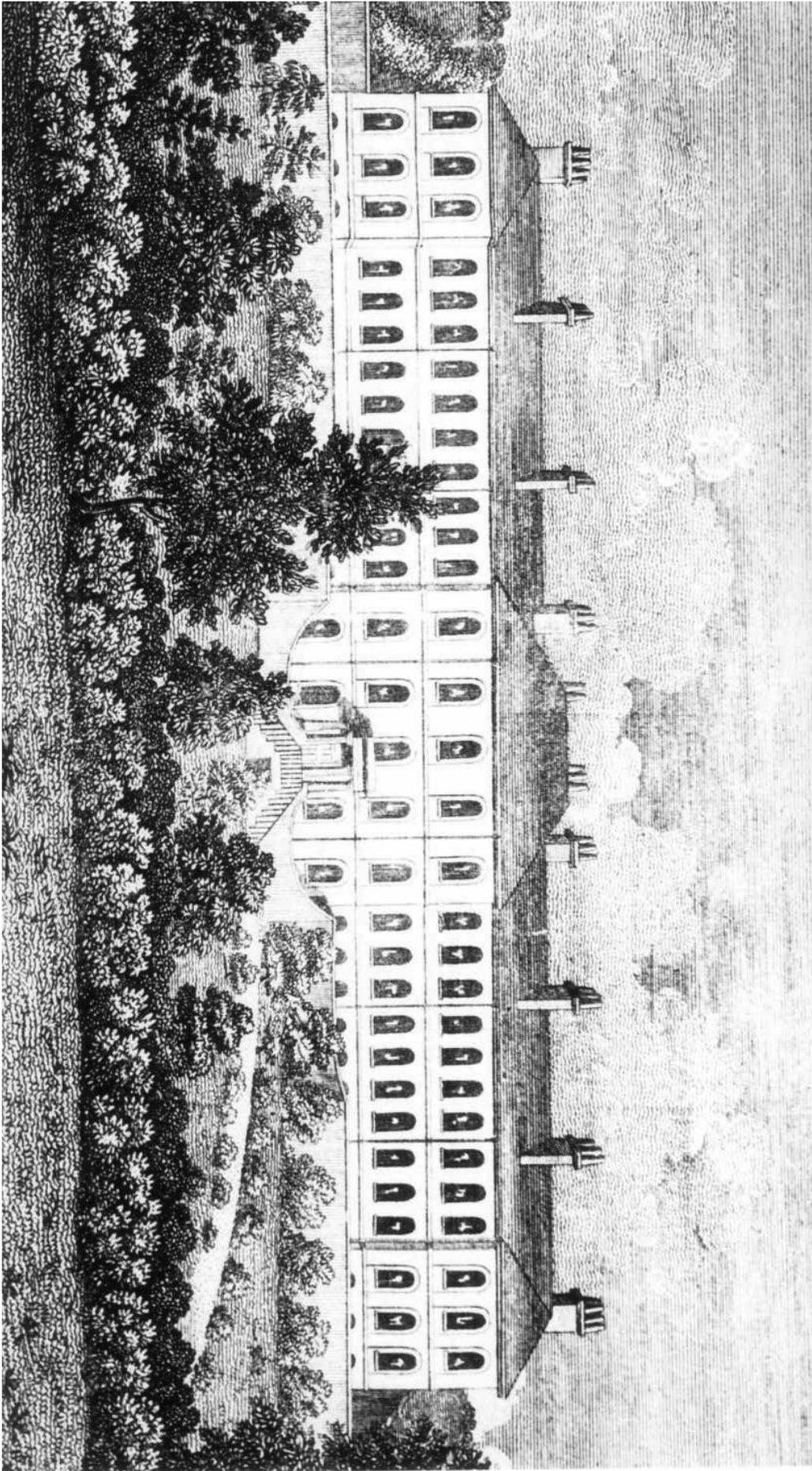
Asylum Patient Sarah Bednall – 18<sup>th</sup> October 1895. A domestic servant aged 16. Sarah complained about her stepmother always getting at her. Whilst awaiting trial she was placed in the workhouse. She was prone to outbursts of temper.

**Patients were treated differently according to social class. Gentlemen patients might spend their time writing poetry, staging plays or performing music.**

1908 – A Nottingham Post reporter visiting the site writing about the dilapidated condition of the building, noted it had become “the happy hunting ground of thieves”. The old Asylum buildings pulled down. The site already contained fine trees and shrubs.

1910 – King Edward Park opened by the Mayor. Local school children sang at the ceremony and were presented with a bun and an orange. Evening Post described it as “A lung for Sneinton.” There were soon issues with gangs of youths gambling in the park.

The asylums were closed a generation ago, in the belief that new medical treatments were making them redundant. Today there are lots of medications, yet more people are diagnosed with mental illnesses than ever before.





# A Story of Adventure!

Everyone loves a good adventure story, so here is a game you can make and play either on your own or with others to help you come up with an exciting story.



1. Come up with a name for your adventurer and decide what they are on a quest to find. Maybe it's some magical treasure or an everlasting box of chocolate.

2. Write some tasks and trials that your adventurer could face on small pieces of paper and pop them in a cup. It could be a pit of venomous snakes, a dragon, a huge waterfall, or an impossible riddle. Write as many as you can think of.

3. Write some objects onto other small pieces of paper and pop these in another cup. They could be anything from a teddy

bear, to a magical sword, from a rope bridge, to a banana. Again, write as many as you can think of.

4. You can now start telling the story of your adventurer's quest. Pick a task and an object from each cup. Be creative and find weird and wonderful ways to overcome the tasks with the help of the object!

5. If you are playing with someone else you can take it in turns to solve the challenges or you can both come up with ideas together.

What you need/ materials to find:

2 cups, paper, pens

**nonsuch  
studios**



## A Postcard to Me

A lot is changing at the moment. In this activity we will write a postcard for ourselves in the future.

1. Get a small piece of paper or card.
2. On the one side draw a picture. This can be a picture of anything, it can be a self-portrait (a drawing of yourself), something that you really like, or a place you like going to. This will be the outside of your postcard.
3. Turn the card over, on this side you need to write a letter to yourself, in the future. Think about the sorts of things you would like to be doing in the future. Write a couple of things you really like at the moment. Write how you are feeling. Write a couple of questions you would like the future you to answer.
4. The craft is done! If you want, you can save the postcard until you are older and then answer some of the questions you wanted to know!



### Go further...

You could write to your future self, imagining yourself and what you may be doing in 10 years, 30 years, or even 50 years time... what are your dreams for the future? Put each postcard in a different envelope. Keep your postcard in a safe place so that it becomes a timecapsule, and you can look back and remember what was important to you as a child.

What you need/ materials to find:

Postcard-sized piece of paper/ card, art supplies, pen/pencil

**nonsuch  
studios**



## Little Red Riding Hood Story and Drama Games

Retell the story of Little Red Riding Hood at home! Then, take part in five fun drama games, inspired by the traditional tale.

### Game 1

Den: Build a Den at home and act out part of the story

### Game 2

Picnic: Spread a blanket on the floor and eat an imaginary picnic - take it in turns to take an item out of the pretend basket and guess what the food or drink is!

### Game 3

Be the Tree: Be part of the wood Little Red Riding travels through! Are you big, strong and tall? Imagine the trees can whisper - what would they say?

### Game 4

Creatures in the Forest: You're travelled

deep into the forest, Act out imaginary creatures - grumpy troll, forest pixie and magical unicorn! Come up with your own and act them out!

### Game 5

Grandma's Footsteps; Player 1 faces a wall with their back to the other players Everyone else must act like the wolf and try and sneak up on Grandma! Every now and again, Player 1 will turn around and all other players will freeze.

If you are still moving and Grandma sees, you're out! Who can get close enough to tap Grandma on the shoulder? They're the winner!

Artist: Annabelle Terry

No materials needed

Drama games videos:

[www.youtube.com/watch?v=yY5wdwXmBR4](https://www.youtube.com/watch?v=yY5wdwXmBR4)

<https://www.youtube.com/watch?v=DLPs1AFV4nM>



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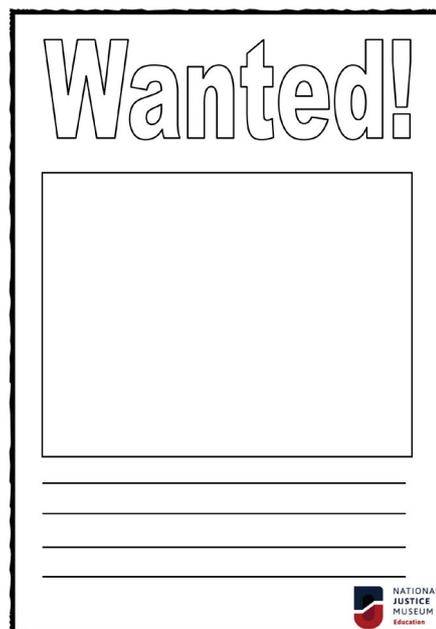




# Wanted Poster

Create a wanted poster for a favourite character using this simple template. They could be from stories, books, historical or contemporary events.

1. Choose your favourite character
2. Draw them on the Wanted Poster giving as much detail as you can
3. Write a description underneath including where they were, what they have done and what the reward is!



### What you need/ materials to find:

Wanted Poster template  
Pencil  
Colouring pencils/ crayons/  
felt tip pens





30 mins



# Wanted!

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NATIONAL  
JUSTICE  
MUSEUM  
Education



## Storytelling

Have you ever tried to tell a story from memory? Nicky Rafferty is sharing some fantastic stories over the next few months [online](#). You'll also learn lots of tips to become a confident storyteller yourself!

Every month Nicky will tell a new story and provide an activity to try out so you can become storytellers too! Listen to the story, try the activity and then recreate the story yourself.

### The Bears Walk

Ever wondered what happened to the 3 bears when they went on their walk? [Listen to Nicky's story](#) to find out. (9 mins) You will need a pen and paper to have a go yourself!



Try storytelling without a book! Ask one of your grownups what their favourite story was when they were your age. You can draw pictures of it, write it out in your own words or even tell that story to someone else.

What's your favourite story? You can write down 'prompts' to help you remember the important parts.

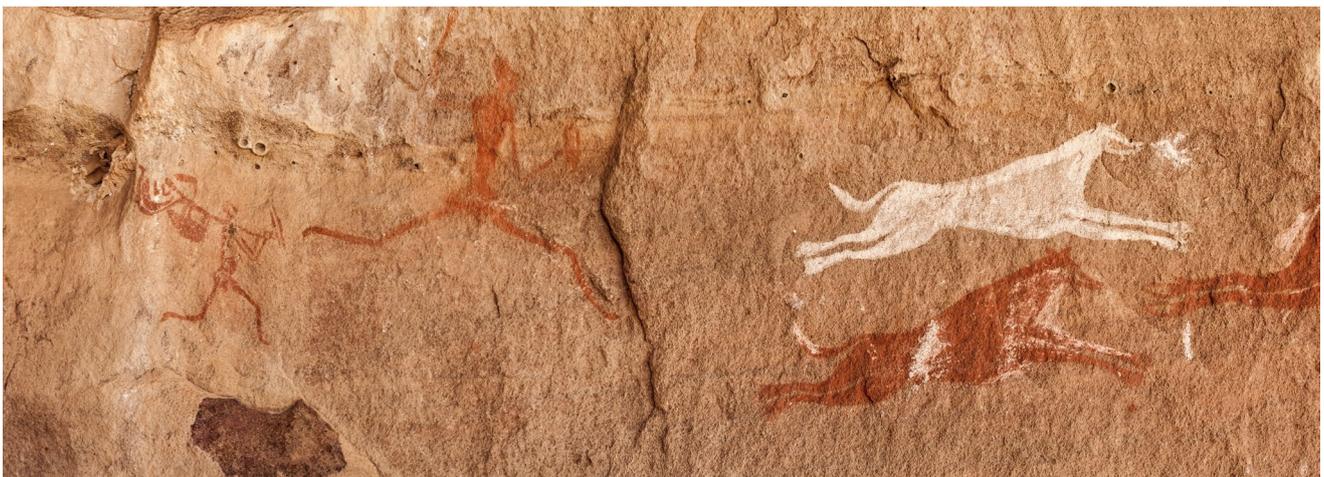
Remember when you retell the story, to add all the extra details to make the story come alive and feel exciting.

Using the 5 senses can help with this – what can your characters see, hear, touch, smell or taste?

People have been telling stories for thousands and thousands of years – well before humans learned how to write, they told stories! Cave paintings were early prompts – helping people to remember the important parts of their stories.

Stories have always been a way for people to share what's important to them. Throughout your life, make sure your stories are heard, because your experience is just as important as everyone else's!

Think of the prompts you might need to remember what's important to you, and the many different ways you can share your own stories.



### What you need/ materials to find:

Just your imagination

Nicky Rafferty <http://www.nickyraffertystorytelling.co.uk/>



### Be a performer!

This is a great exercise to practice being a versatile performer and using your voice in different ways to create different effects.

Think of a nursery rhyme that you know all the words to by heart, for example: ...

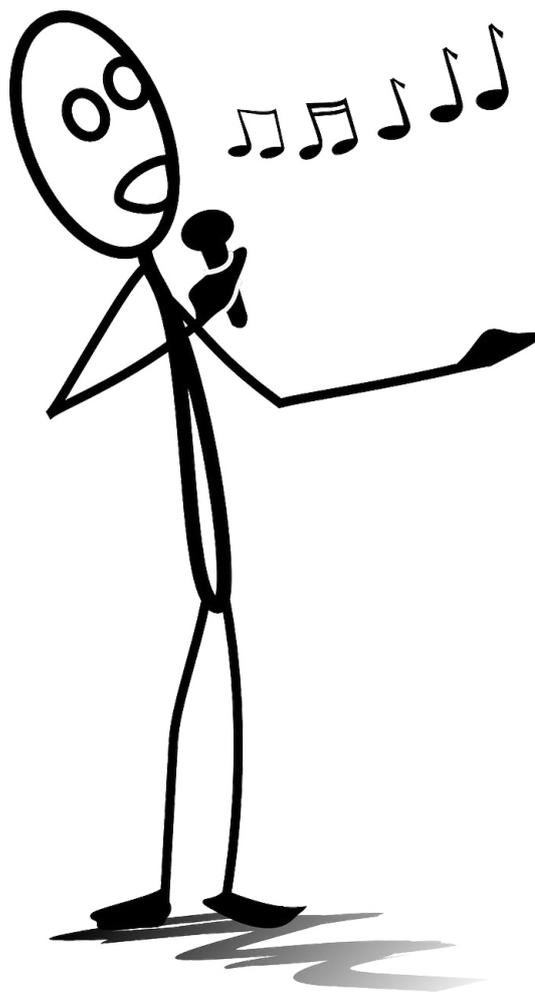
*Humpty Dumpty, Sat on a wall  
Humpty Dumpty had a great fall  
All the king's horses and all the king's men  
Couldn't put Humpty together again.*

Now practice performing this nursery rhyme but in the following ways:

- As a news reporter
- As a bedtime story
- As an opera
- As a rock song
- As a Rap or DJ

Remember to use your voice, body and face to bring the style alive.

Which was your favourite, and which one did you find the hardest?



#### Go further...

Now record a video of you performing your favourite style to share with others and see if they can guess the style?

For further online activities go to: [www.nae.org.uk](http://www.nae.org.uk)





# Create a review of a show

You are going to see a theatre show! There are so many theatre shows being streamed online now it's a great chance to see some theatre and think about what you like, what works well and what you would do differently.

### **I Wish I Was A Mountain** <https://vimeo.com/401349317> (43 mins, Suitable for 7+)

Written and performed by former Glastonbury Poetry Slam Champion Toby Thompson, I Wish I Was A Mountain uses rhyme, live music, and just a smattering of metaphysical philosophy to boldly reimagine Herman Hesse's classic fairy-tale. Do we really need the things that we need? What do mountains feel? How did time begin? Adults are kindly requested to leave all answers to these questions at the door. Children, come as you are.

I Wish I Was A Mountain was awarded the prestigious Showcase Victor Award at IPAY 2020 (People's Choice Award) - the International Performing Arts for Youth showcase in Philadelphia.

- So, get nice and comfy and enjoy the show.
- Keep your critical eyes and ears open. Make a few notes as you go.
- What did you think? Maybe you could quickly write any initial reactions down.
- Now it's finished, create a review of the show and share what you thought.
- You can use some of the questions as a guide in the review we've included here, or your review could be a drawing of your favourite moments, or you could capture a video of your thoughts.

### **My Theatre Review - Questions to think about...**

#### **Personal response:**

Was I stimulated, provoked, inspired, entertained, upset, bored, amused during this play?  
Did I feel that it had something to say? What?  
What were the best and worst aspects of the production?  
Would I recommend this play to others? Why?

#### **The Plot:**

What was the play about?  
Was there a major theme in the play? (e.g. love, family, religion etc)  
What was the mood of the piece?  
Were there any unexpected twists in the plot?

#### **The Actors:**

How strongly did you care for the characters and what was happening to them?  
Was there a protagonist (hero) and antagonist (baddie)? Who?  
Were movements natural or artificial, relaxed or comfortable? Was the acting good? Give examples!

#### **The Design/ Set/ Costumes:**

Did the designs/set/costume work well? What do you like about them?  
Can you draw your favourite design?  
What did you like/dislike in the play? Would you make any improvements?

#### **What you need / materials to find**

A device to watch the theatre show.  
Pens pencil and paper

For further online activities  
go to: [www.nae.org.uk](http://www.nae.org.uk)





### Move like an explorer

Imagine you are an intrepid explorer and must navigate your way across new and strange environments. This exercise will help you focus on the skills for being a physical performer. You can't use words or sound effects just your body and facial expressions to tell the story of where you are and what you are walking through.

Practice walking through these different situations:

- Under water
- On the moon
- Through feathers
- Through a tunnel
- Over glass
- Through an erupting volcano
- Through chewing gum
- Through slimy custard.

Can you think of some other situations too?

Which situation did you like best and why?



For further online activities go to: [www.nae.org.uk](http://www.nae.org.uk)





## Write a poem saying thank you to key workers

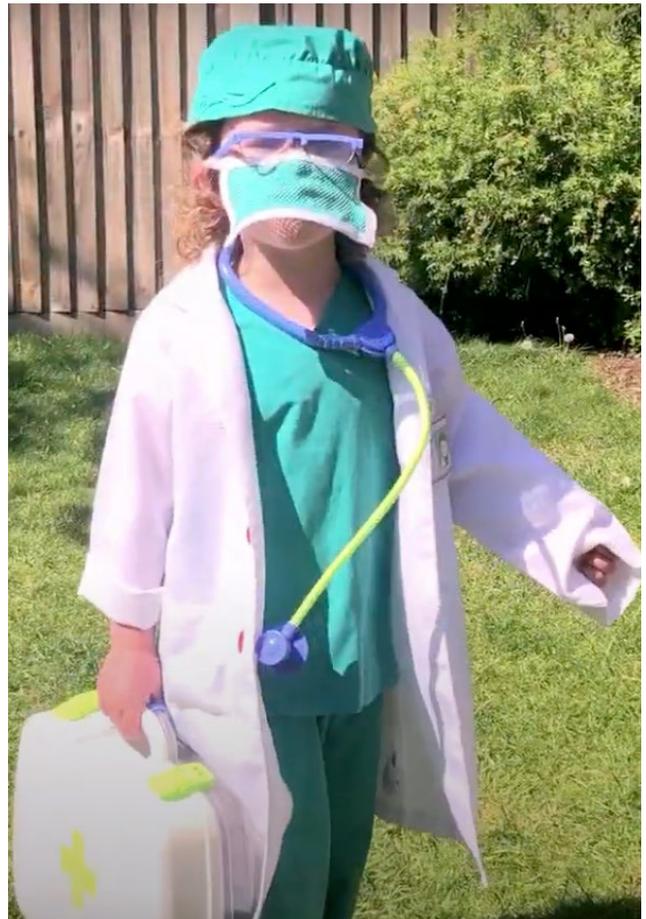
Laura Mucha recently helped children around the world to write and perform a poem called 'Dear Key Workers', using her digital poetry workshops. In this activity you can learn to write your own poem to saying thank you to key workers.

1. Visit Laura Mucha's [resource page](#) on the National Literacy Trust website.

2. Watch the poem '[Dear Key Workers](#)'.

3. Watch Laura Mucha's [instructional video](#).

4. [Download](#) the worksheet, and have a go at writing your own 'thank you' poem.



### What you need/ materials to find:

Computer/device with internet access, paper, pen, downloadable worksheet

Visit our the National Literacy Trust website, and find even more poetry-related writing activities on our dedicated Poetry Academy: <https://literacytrust.org.uk/family-zone/poetry-academy>

Laura Mucha, poet: [www.lauramucha.com](http://www.lauramucha.com)





# Drama Games

### Activity 1: Character study

Think about a character from a film you have seen recently, or a book you may have read.

All characters have a back-story - this is what happened to them before the story began. We often get clues to their back-stories. Actors work hard to understand their characters history and show it on the stage.

Can you create some still images that show your chosen character's history from when they were born until the time the story begins? Maybe perform these to an adult.

### Activity 2: Find the beat

Play your favourite song and create a dance to fit the music. If the song has lyrics, can you come up with moves that act out the lyrics? Or maybe you can create five dance steps and repeat them to the beat?

Tip: Professional choreographers think about moves that link together from a theme. Your theme could be summer!

### Activity 3: Back to back

Find someone else in your home to work with you in a pair. Spend 60 seconds looking at the other person (it might feel a bit strange and it is okay to laugh.) Then turn your backs to each other. You now have a minute to change 3 small things about the way you look, it could be untying a shoelace, removing a sock or changing your hair. Turn back to face the other person and try and guess what changes have been made.

Tip: The smaller the change is, the harder it will be for the other person to guess!

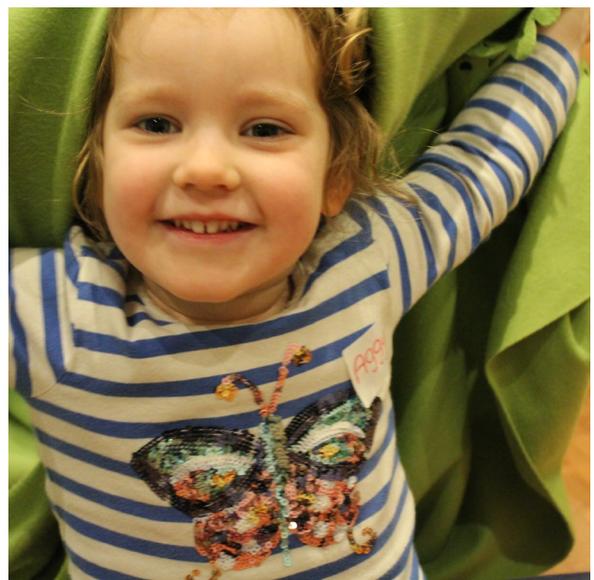
#### What you need/ materials to find:

Activity 1: Pencil and paper, your imagination!

Activity 2: Your favourite music and some space to move – anywhere will do!

Activity 3: Someone to play with!

Link to Nottingham Playhouse  
<https://www.nottinghamplayhouse.co.uk/participation/community/digital-playhouse/family-fest/>



[Download](#) Nottingham Playhouse Play Packs  
Designed for 4 to 8 year olds, crammed full of brilliant things to do, make, try out and enjoy.

# Nottingham Playhouse



# Shhh...akespeare!

Are you ready to take the Shhh...akespeare challenge? Perfect for brave souls aged 9+ years old. Step into the murky world of Macbeth and recreate your very own Complete Works. Shakespeare shaped acting, crafting, quizzical online activities.

1. Watch our Macbeth [short film](#) with actor Hayley Doherty (13 mins)
2. Download the short Macbeth script and act out all the characters from the witches to Macbeth to Lady Macbeth. Get stuck in. Act up a bit. You can print the script or use it on a screen. Watch our film again and read along or even make your own Macbeth film and send it to us (with your parents permission) we'll share it on our website.
3. Watch the film where Jayne shows you some of the props we used in our Macbeth which includes a mysterious book that Shakespeare's words unfold from. Choose a Shakespeare speech or write your own and follow Jayne's tips on how to craft your Complete Works with a bit of old cardboard and some craftiness.
4. Watch Jayne chatting about the emoji's we used to tell our Macbeth story. Have a go at creating your own and recreate your favourite Shakespeare play with no words, just emojis, see if anyone can guess which play it is.
5. Download our Shhh...akespeare playing cards which contain a different Shakespeare quote. See if you can be all actory and read them aloud in your best theatrical voice.
6. Have a look at our timeline of Shakespeare plays and see where the quotes from the playing cards are.
7. Take our Shakespeare or Song Lyric quiz. Watch the film where Jayne reads the quotes and see if you can guess if its Bard or Ballad. The Tempest or Taylor Swift? Macbeth or Bruno Mars?
8. Enjoy the glory of completing the world famous Shhh...akespeare challenge.

### What you need/ materials to find:

1. Something to view the Macbeth films on (phone, tablet, laptop).
2. If you'd like to act it out you can view the script on screen and/or print it off.
3. Some old cardboard (big or small) to create your book cover. Some paper and pens (any kind) some glue, a stapler or anything sticky (some chewed gum will do).
4. Paper and pens of any kind to create your emojis.
5. and 6. Something to view the Shhh...akespeare playing cards and timeline on (phone, tablet, laptop) and your actor voice.
7. Something to watch the Shhh quiz on (phone, tablet, laptop) and your quizzical brain - no Googling!

If you're inspired to take photos of your creations or make your own Macbeth film using the [downloadable script](#), you can send it to us (with your parents permission) at New Perspectives and we'll share it on our website.

## NEW PERSPECTIVES

Shhh...akespeare! is created by New Perspectives Participation Director, Jayne Williams alongside actor Hayley Doherty, director Gary Lagden, Designer Clare Taylor and film maker Ian Dearman.





# Young Writers Poetry Activities

Editing your poems with Dean Atta. Dean's writing deals with themes of race, gender and sexuality. He has appeared on the BBC and Channel 4.

image: Hussina Raja



- 1) Find a poem that you have written, and that you want to edit. If you have not got a poem, visit our Poetry Academy, where you will find lots of writing activities: [www.iteracytrust.org.uk/family-zone/poetry-academy/](http://www.iteracytrust.org.uk/family-zone/poetry-academy/)
- 2) Follow this link to find Dean Atta's 10 editing tips for poems: <https://literacytrust.org.uk/family-zone/zone-in/editing-your-poems-dean-atta/>
- 3) Watch Dean's video where he talks you through his editing tips

### What you need/ materials to find:

Computer/device with internet access,  
paper, pen

For further creative writing inspiration, visit the National Literacy Trust Poetry Academy: <https://literacytrust.org.uk/family-zone/poetry-academy>

Dean Atta: [About Dean Atta](#)





# Awesome Acrostic

Poetry can be a great way to get creative and here we have an activity to get you well on the way to writing a poem with something called an Acrostic poem.

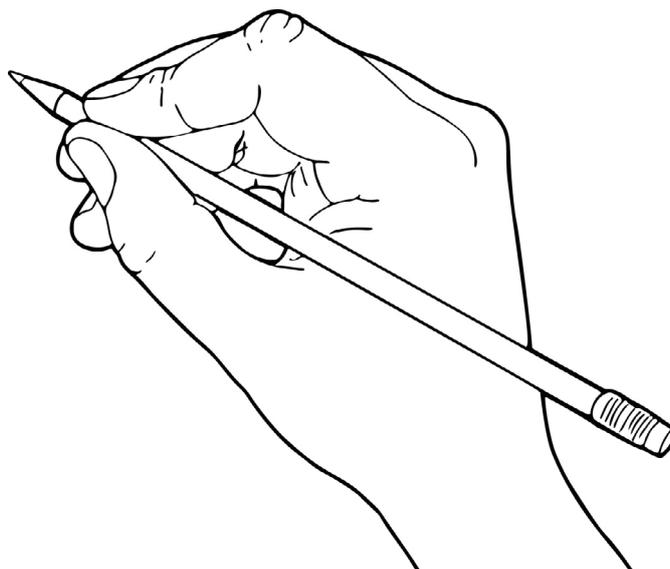
With an acrostic poem the first letter of each line spells a word and that word is the subject or topic of the poem.

Here's one we wrote earlier to give you an idea:

**B**ringing me new worlds  
**O**ut of my imagination.  
**O**h, look at the time!  
**K**ind of magical,  
**S**eeing words become stories.

Why not have a go at writing your own, here are some tips to get you started.

1. Think of a topic or subject you want to write about or you could choose your name or someone else's.
2. Write your word down vertically in capital letters.
3. Think of words or phrases that link to your topic that start with the letters on each line.
4. Now get creative and start writing something for each line and putting your poem together.



### What you need/ materials to find:

Pen and paper



If you want inspiration for your acrostic poem and have access to the internet there are loads of tutorials and examples to look at for ideas. If you have enjoyed this type of poem why not read about the other types of poems you can write here for inspiration:

<https://www.penguin.co.uk/articles/children/2019/oct/different-types-of-poetry-for-kids.html>



# Playful Responses to an Umbrella

Devised for YARD performing arts group at New Art Exchange, this activity takes an inanimate object such as an umbrella to explore the process of devising.

Look around your house for as many different umbrellas as you can find. Or search online.

List the different types of umbrellas you can find.

Document all the differences. This could include size, purpose, materials, colour, use, mechanisms, handles, etc.

Now experiment with many different ways to arrange or display them. This could be with the images of umbrellas, if you don't have any actual umbrellas. Try unusual ideas, for example, making a long chain, a tunnel, a web, a house, a sculpture. Add other materials such as water, fabric, people or paper.

Now photograph a few of your favourite arrangements of umbrellas.

### Sensory exploration of an Umbrella

Choose one umbrella and examine it closely. You might want to put some relaxing music on for this such as Sigur Ros or anything which you find uplifting.

Now close your eyes or tie a scarf around your eyes and focus one sense at a time.

What do you notice? What are the qualities of this particular umbrella?

Now using the voice recorder or video on your phone, audio-record or video yourself describing what you can reveal about the sensory qualities you have just discovered.

### The National Umbrella Trade Fayre

You have got a pitch at the long-awaited annual trade fayre. You will only have a few minutes to convince everyone why your umbrella is the one they should buy.

Write a convincing pitch to sell your umbrella. Remember to include all its distinct features.

To stand out from the crowd, you might want to consider creating a catchy slogan, tag line or jingle for your umbrella.

Practice and polish your pitch until you are happy with it. Now record your pitch using video or audio, whichever you prefer.



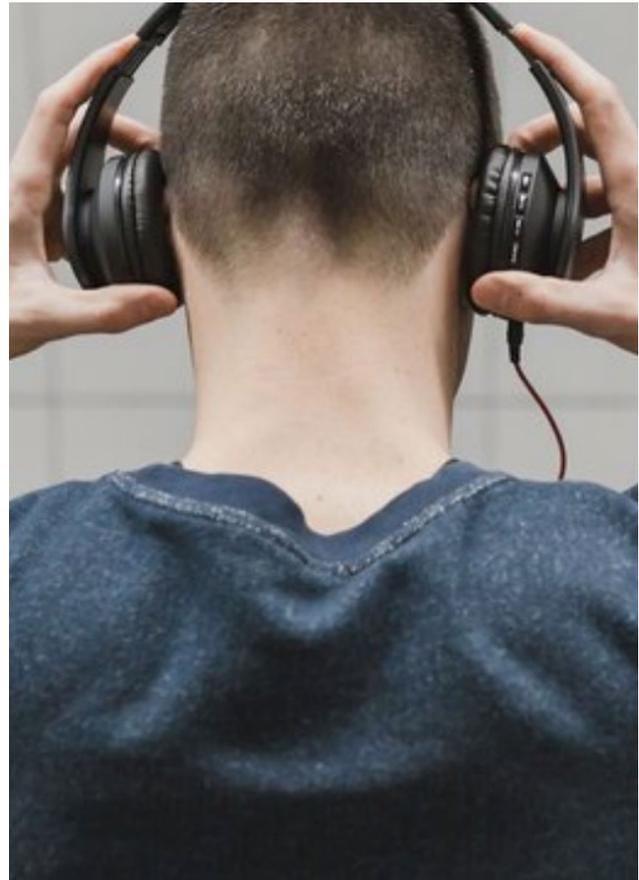
For further online activities go to: [www.nae.org.uk](http://www.nae.org.uk)



## Listen to The Sound Tapes

You've probably been told to include the five senses in your writing many times before. But have you ever really listened? Poet and sound artist Antosh Wojcik has and he's created three soundscapes to help you listen to the sounds all around you, even those inside you.

1. Visit the National Literacy Trust website, and explore the [resources](#) developed by Antosh Wojcik.
2. Choose a Sound Tape: Body, Inside, or Outside.
3. Once you have chosen the Sound Tape, download the writing exercises and complete the activities.
4. Read over your own writing - What do you want to keep? What do you want to develop? How did this activity make you feel?
5. Explore our Poetry Academy for Editing tips, to help you to develop your Sound Tapes writing.



### What you need/ materials to find:

Computer/device with internet access, audio equipment to play soundscapes (basic headphone/earphones/device speakers are suitable), pen, paper



Find more poetry-related writing activities via our online Poetry Academy:  
<https://literacytrust.org.uk/family-zone/zone-in/listen-sound-tapes/>



## Social Dis-DANCING tasks

10 fantastically fun, creative tasks for everyone to do at home or in the classroom. These can be created as solos, duets or in a group. Pick and choose which tasks you would like to try!

### Task 1

Can you find a small space (the smaller the better) and have a dance. The biggest dance you can do in your tiny space!

### Task 2

We would like you to find a prop... anything you can find in your house or classroom. A cushion? A broom? A teddy bear? A book? This is now your new partner! With your new partner can you create a duet?

### Task 3

Inspired by one of our dance films 'Chairs Stairs and Pickled onions', can you create a seated solo? On the sofa, maybe a chair, perhaps the floor? Try and keep that bottom on the seat, how can you move?

### Task 4

Inspired by another dance film of our 'The Magic Jumper', can you go and grab an item of clothing, the bigger the better! Explore all of the different ways of dancing with it, can you make it dance, or maybe try wearing it in a different way to create a dance. The possibilities are endless, so go raid that wardrobe!

### Task 5

Can you create us a dance with your shadow? Either inside with a lamp or outside with the sunshine, have a dance and play with your shadow!

### Task 6

The sock dance! Find the brightest, jazzy and most colourful socks in your house and have a sock dance. Let's get those feet moving...

### Task 7

Can you choose a body part, and film the biggest dance that single body part can do! An arm, your head... your tummy, maybe try a few. How fast can it go? How sloooooow can it go? Wiggle, slice, flick? Go crazy...

### Task 8

Create a short dance in response to the quote below  
Quote: 'Do a loony-goony dance 'cross the kitchen floor, put something silly in the world that ain't been there before' - Shel Silverstein, A Light in the Attic

### Task 9

Can you create a dance that does not come up from the floor, all your movements need to remain as close to the floor as possible, you could roll, slide, sit and lie but what other movements can you come up with?

### Task 10

Final task, taking inspiration from our film 'The Grandest of Stages' can you create a celebration dance. You can be celebrating a goal scored or hearing some good news! What you are celebrating is up to you!

### What you need/ materials to find:

Task 2 - A prop of your choice - a book, a broom and teddy, anything you like

Task 3 - You will need a chair

Task 4 - you will need an item of clothing

Task 6 - you will need some jazzy socks

Tasks 3, 4 and 10 - you will need access to Youtube if you would like to look at the inspiration videos

You can check out our website for some montage videos of other people giving the tasks a go...

[www.nextdoordance.co.uk/creativetasks](http://www.nextdoordance.co.uk/creativetasks)





## Colour of Movement

Take a cue from Denzil Forrester's paintings; put on your favourite music, dance and make art.

Explore [Denzil's paintings](#) (you can do this using VR). Look at the shapes of people's bodies as they dance. Can you use your body and create these shapes?

Put on some music and make your own shapes with your body.

Work with a partner. Take it in turns to dance and take photos. While you're dancing take photos from interesting angles of moving feet, hands, legs and arms.

Do your photos capture the energy of the dancing or the rhythm of the music?



### Go further..

Think about the moves and shapes you make when you dance and trace a line of the movement on the floor – it doesn't need to be the whole body, maybe a line from waist to the feet, or from one hand to the other that shows the shape (wiggle, bend, twist) of the body.

Add moves and lines of colour (they might overlap) to create an artwork of your movements. Which colours work for which movements?

Try it again dancing to different music. What movements, lines and colours suit different music? Watch this [short film](#) to see Denzil in action. Find out about the drawing techniques he uses and give it a go.

### What you need/ materials to find:

Music and a camera  
Something to make lines with -  
coloured tape, ribbon, tights, scarfs  
or clothes.

### Nottingham Contemporary

For more activities go to:  
[www.nottinghamcontemporary.org](http://www.nottinghamcontemporary.org)

Denzil Forrester, 'Catch a Fire', 2010. Copyright  
Denzil Forrester. Courtesy the artist and Stephen  
Friedman Gallery, London.



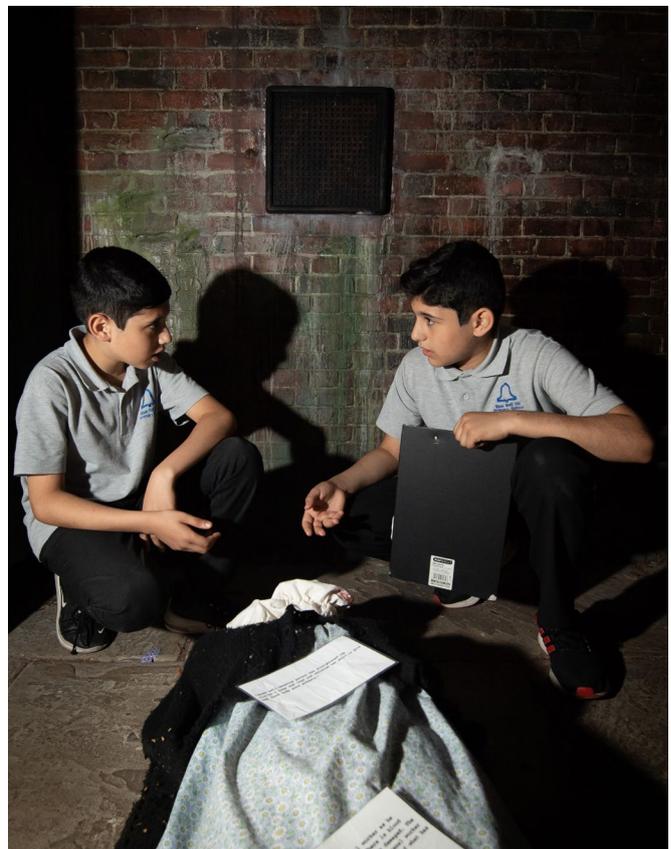
# Victorian CSI

It's 1888 and a crime has been committed in Narrow Marsh. Can you solve the crime as a Victorian Police Officer?

Either print out the clue cards and hide around the room/ house to be found by the Victorian Police Officer(s) or look at them online on the National Justice Museum website.

You will also need the Detective Notes worksheet for the questions the Officer(s) need to answer: [www.nationaljusticemuseum.org.uk/education/free-resources/](http://www.nationaljusticemuseum.org.uk/education/free-resources/)

1. The Police Officer(s) read through the clues and try to pick out the information which will help them to answer the questions on the worksheet.
2. Once the Officer(s) have investigated the crime as much as possible check through the answers to see if they have picked up on all the information.
3. Due to primitive Victorian policing practices and a lack of proper police procedure the murderer would probably never be caught, and their identity might never be known. Now get the Officers to think about how modern police would treat the crime scene and help find out who the killer and the victim are.



### What you need/ materials to find:

Clue cards  
Detective notepad worksheet  
Pencil



# Picture Nottingham Quiz

Nottingham Libraries has a large Local Studies collection containing many items relating to Nottingham’s history including a large collection of old photographs which can be viewed on Picture Nottingham [www.picturenottingham.co.uk](http://www.picturenottingham.co.uk) Why not try this quick quiz to explore some of the photographs on the website and find out some of Nottingham’s history.

1. Can you find a photograph of your school or the street where you live?  
Photograph number: \_\_\_\_\_

2. Find a photograph of Mortimer’s Hole. Where is it?  
Answer: \_\_\_\_\_

3. When did the pelican come to Goose Fair and who owned it?  
Answer: \_\_\_\_\_

4. Who pulled the Nottingham Fire Brigade Engine in 1906?  
Answer: \_\_\_\_\_

5. There is a monkey hiding on a roof in Nottingham – can you find him and which building is he on?  
Answer: \_\_\_\_\_

6. Find a photograph of Robin Hood’s Larder – what is it and what did he keep there?  
Answer: \_\_\_\_\_

7. Who was Albert Ball?  
Answer: \_\_\_\_\_

Answers  
2: Cave at Nottingham Castle; 3: 1921 George Wombwell; 4: A horse; 5: Nottingham & Nottinghamshire Bank (now NatWest); 6: Large hollow oak tree, venison stolen from King; 7: World War 1 fighter pilot

### What you need/ materials to find:

Access to Internet, pen and paper.

Why not search the website for other pictures such as places near where you live to see what they looked like in the past or the main menu on the website has themes such as Goose Fair or Robin Hood.





## **A Room with a View (Through Time)**

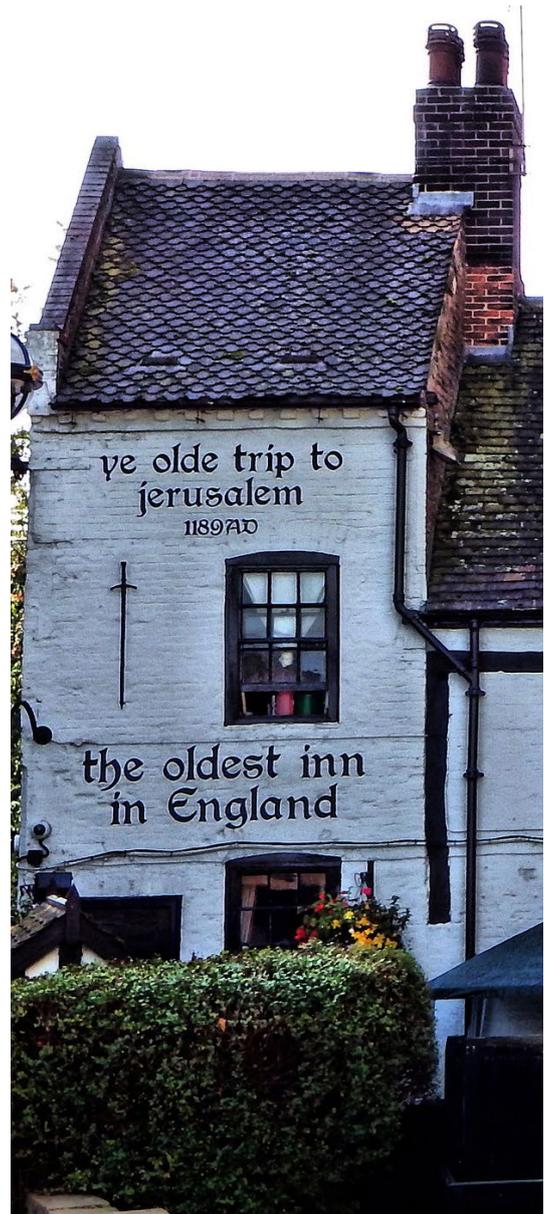
Every place has its own history and its own stories. In this activity, you will think about a place you know well and write three exciting short stories about it.

Choose a room, or a place that you know well. This can be a place that means something particularly special to you, where something happened, or just somewhere you like to visit. Consider what kinds of things may have happened, or may yet happen, in this place.

1) Firstly start by writing a story set in an historical era. Where is this place and who may have lived, worked, or visited there. Choose a period of history such as the tudors, during the world wars, or maybe the 1960s. If the room you have chosen is in a modern building, think about what might have existed there before the building. Use knowledge you have of that time, and the place, and try and make it as accurate as possible to how people might have lived then.

2) Your second short story should be set in the present day. It can be about you, and your memories of the place, or about something completely fictional. Consider what you or the people in your story might feel being in this place. What might they smell, hear, and see? Try and capture the atmosphere of the place in those few paragraphs.

3) This final story is set in the future. It could just be 20 years into the future, or it could be 40,000 years! Have a think about how people might live. What sorts of technological advances and scientific breakthroughs might have been made? How would those things impact on this place? What might people use this place for in the future? For this story really consider the similarities between this and the other two stories. What sorts of things might stay the same throughout?



**What you need/ materials to find:**

Writing supplies



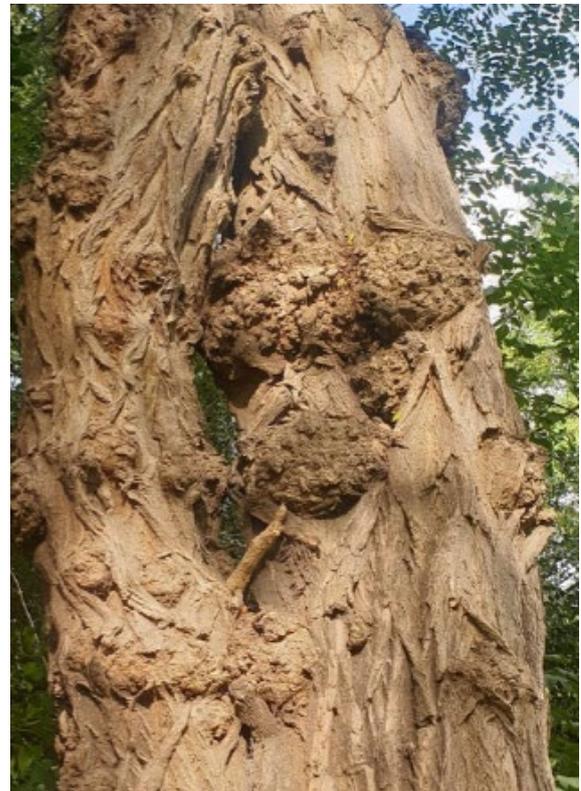


# Autumn Exploration Wollaton Park

It's autumn and there's such a lot to see—take an autumn walk in Wollaton Park or your local park or open space or in your garden or street.

Some trees lose their leaves for winter but first they change colour as the tree removes the green chlorophyll showing red, yellow, orange and brown colours.

On a dry day you can make a collection of different coloured and shaped leaves. Take a photo of your leaf collection and share with us, we'd love to see what you find.



Can you see a face in a tree trunk - perhaps a Halloween spooky face?

Mammals like mice and squirrels and many birds find a lot to eat in autumn as plants have plenty of berries, seeds and nuts. You might find hawthorn berries, blackberries, yew berries (yew is an evergreen tree that doesn't lose its leaves) acorns, winged seeds and sweet chestnuts. Leave the berries, seeds and nuts on the branches.



There's not much food for insects as nectar from flowers is in short supply when plants go to seed and die off for the winter, an exception is ivy which is in full flower and is a wonderful supply of winter food for bees, butterflies, moths and other insects.



Easy to spot in autumn are fungi – on the ground or growing from trees - lichen, moss and tree bark. Take a picture and share with us.



Make a collection of things you find on the ground – leaves, acorns, feathers, hawthorn berries, acorns, twigs, make a frame of twigs and create a piece of environmental art on the ground, take a photo and share.

Keep safe - Make sure you wash your hands after handling the natural objects and don't pick berries or fungi.

Email pictures of your findings on your exploration or your Environmental Art to [schools.programmes@nottinghamcity.gov.uk](mailto:schools.programmes@nottinghamcity.gov.uk)

Or tag us on twitter or Instagram @NCMGlarning



Nottingham  
City Council



Wollaton Hall



## Back Garden, Park Scavenger

Take a closer look into what nature you can find in your back garden or local park.

1. Five different types of leaves
2. Three different flowers
3. A beautiful rock or pebble
4. Something with six legs
5. Something that begins with the first letter of your name
6. Something with eight legs
7. Something that flies
8. Some lichen
9. A feather
10. Some moss
11. Something hairy
12. Three different types of seeds
13. Something man-made
14. Something that makes a noise
15. Something straight
16. Something hollow
17. A drawing of something unusual
18. A tree rubbing
19. Something that's been nibbled
20. Something you've never seen before
21. Something that you only see this time of year
22. A map showing where you found everything
23. An idea for helping nature

You could make a mixed media map of where you found everything on the list once you've finished.



### What you need/ materials to find:

The list and an outdoor space.

Repeat the activity in a different type of environment - such as along a river or canal in the city centre - and compare which things are easier or harder to find.





## Nature Colour Hunts

Select various colours and look to match them with natural objects in your garden or local area or Park. Over time try changing these colours depending on the season, is there a predominant colour for each season?

Try a mix of 'easy' colours with more 'difficult' ones to keep it interesting.

For ideas on colours use paint colour cards – swatch cards - for ideas. There are often a great range of similar shades. Paint companies often have them and they are available on line.

Task 1: On a piece of card, add a row of double sided tape for each colour you have chosen and as you find things stick them in.

Task 2: Create a bracelet out of card and add double sided tape, as you find things and create a rainbow you can wear.

Task 3: Using an egg box add the colour you want to find to the bottom and when found collect them into their own compartment.

Task 4: On a piece of paper add a sample of the colours you want to find using pens or pencils – keep a tally of how many things you see.

For lots more ideas on exploring the world around you visit [Nature's School](#) – where you will find a range of activities to undertake.



These activities have been produced with thanks to PECT (Peterborough Environment City Trust)



## Natural Expressions – Connect with nature through outdoor art

Nature offers an ideal context for exploring the 7 elements of art:

**Line** – Can be sharp, angular, soft or curved; conveying movement, contours or expressions.

**Shape** – Can be geometric or irregular. Shapes can be representative or abstract.

**Form** – 3D shapes in sculpture or 3D design work. Shading can give shapes form in 2D works.

**Tone** – Created by representing the way light hits a 3D object with highlighting, and graded shading.

**Texture** – Can be actual texture of the surface or a visual effect.

**Pattern** – Created from repeating lines, shapes, tones or colours.

**Colour** – The impact of the piece is affected by the hue (colour), tone and intensity (brightness) used.

Find a suitable outdoor area that provides a range of loose natural materials to work with: e.g. sticks, cones, shells, pebbles, leaves, seeds, sand etc.

Use the outdoors and local nature as a stimulus for an art project focusing upon one of the 7 elements of art. Seek inspiration, take photographs or videos, collect artefacts and plan the work. Through the internet, look at the work of Andy Goldsworthy, Nils-Udo, Richard Shilling and Agnes Denes for further inspiration.

Back indoors: Identify a subject from nature such as a rose, a tree or a landscape and recreate it in a work influenced by the style of a famous artist.

For example:

**Charles Rennie Mackintosh** – Art Deco. Look at his depictions of flowers in his designs.

**Georges Seurat** – Pointillism. Look at 'La Seine à la Grande-Jatte'

**Claude Monet** – Impressionism. Look at 'Water Lilies'

**Pablo Picasso** – Abstract art / Cubism. Look at his works on trees and landscapes

**Andy Warhol** – Pop art. Look at his works on fruit or animals



For more details on this activity and other resources visit [www.ltl.org.uk/free-resources](http://www.ltl.org.uk/free-resources)



## Postcards from Space

Imagine you're an astronaut: you've embarked on a journey into space and now you're writing a postcard home, telling everyone about what you can see and what you've been doing.

1. Take an A5 piece of card.
2. On one side of the card, draw a scene from space.
3. On the other side, divide the card into  $\frac{2}{3}$  and  $\frac{1}{3}$ .
4. Write the address of the person you want to send your postcard to in the smaller third. Leave a space at the top right to stick a stamp on.
5. In the bigger third, write a note to the person you're sending your postcard to, telling them about space.
6. Put it in the postbox and wait for the person you've sent it to, to let you know they've got it.

### Tips of what to draw and write

You can do some research in books or online about space to help make your postcard home accurate, but you can let your imagination go a bit wild too - after all, there are many things scientists don't yet know about space.

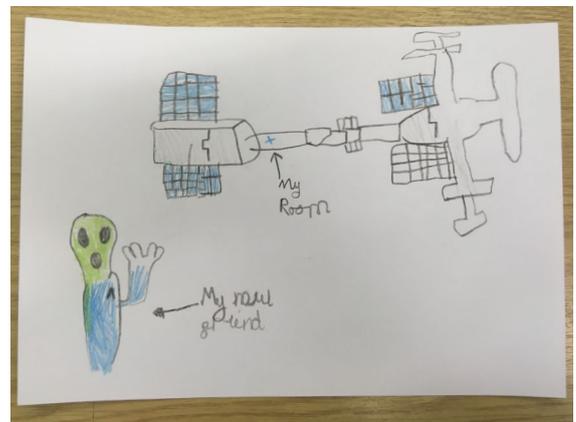
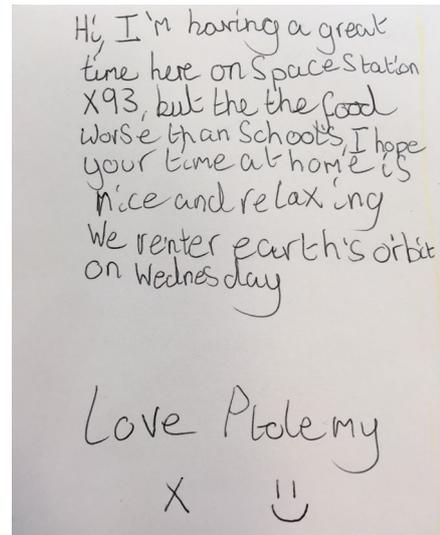
Imagine you are an astronaut starting a colony on a new planet, or a scientist doing research on a new planet. Or maybe you're on an asteroid, or a moon, or maybe the International Space Station.

You're writing home to let people know about your trip. Who are you writing to? Maybe a grandparent or cousins? Will they be joining you later on? Did they suggest you visit where you are? Maybe it's your family and you want to let them know you're safe? Maybe they're your boss and you need to report back to them? What interests do they have?

What can you see? What can you hear? Who are you with? Is it hot? Is it cold? What colours are there? What is there to eat? Why are you there? How long did it take to get there? What's your mission? Did anything happen on the way? How can you move on the surface? Is there evidence of other life forms?

### What you need / materials to find:

Card (more sturdy than paper for if you're going to post it!)  
Pens/pencils  
Stamps



You could set up a space pen-pal with one of your friends or someone in your family - communicating to and fro.



Credit: This activity was originally developed by Julian Hanby - [jhanby.com](http://jhanby.com)



## Science Busking - The Bong Experiment

Try these simple science tricks and experiments and then show them to others! More interactive, fun and quick activities can be found in the [Science Busking Handbook](#)

Take a metal household object (like a cooling rack) and tie 2 pieces of string on two sides. Ask the participant to hold out their two index fingers horizontally and place the loops of the string on their fingers so the object hangs.

Use the dinger to tap the metal object. Ask the participant what kind of sound it makes: a ding or a bong? Now ask the participant to place the ends of their fingers in their ears. Using the dinger, tap on the metal object again. What kind of sound it makes this time: a ding or a bong? The effect is like sitting inside a gong (or Big Ben).



**How it works:** Sound waves travel much better through a denser medium as the molecules are closer together and can pass on vibrations better. The molecules in air are more spaced apart than the molecules in string and fingers so the sound travels better. This means that we can hear the natural resonance and deeper harmonics that we rarely hear through air.

### What you need/ materials to find:

A metal cooling rack/baking tray and some string





## Science Busking - Hole in the Hand

Try these simple science tricks and experiments and then show them to others! More interactive, fun and quick activities can be found in the [Science Busking Handbook](#)

Give the participant the paper or card and ask them to roll it up into a tube (or make the tube with masking tape first). Ask them to hold it up to one eye and close the other. Get them to hold the tube in their curled hand close to their eye; if they are using their right eye, then their right hand is holding the tube close to the eye. Then ask them to place the far end of the tube in the crook of their other hand. The back of this hand should be facing them.

With one eye still closed, get them to look at through the tube at a distant object. Then ask them to open the other eye, that is both eyes, and a hole will appear in their hand.



**How it works:** Since we have two eyes, we have binocular vision. The left eye sees one angle, the right eye sees another angle and the brain puts both together to form a single combined picture. In this trick, one eye sees the hand, the other sees through the tube and the brain puts them together, putting a hole in your hand!

**What you need/ materials to find:**

A piece of A4 card or paper





## Science Busking - The Pulfrich Effect

Try these simple science tricks and experiments and then show them to others! More interactive, fun and quick activities can be found in the [Science Busking Handbook](#)

Give each participant a pair of the sunglasses and ask them to form a line facing you at a distance of about 2 metres. Instruct them first, without wearing the glasses, to watch you swing the pendulum from side-to-side (you might want to jokingly promise that you're not trying to hypnotise them). Ask them to confirm what they are seeing; that the pendulum is moving from side to side.

Then tell them to put the sunglasses on and ask them if they see anything different. Most people will see the pendulum appear to move in a circular elliptical motion. Now ask them to turn the sunglasses upside down (so the other eye is covered) and ask them if they see anything different. Most people will see the pendulum circle in the opposite way. Finally, place your hand behind the swinging pendulum and most will see the pendulum pass behind or through your hand!



### What you need/ materials to find:

A pair of sunglasses with one lens removed and a pendulum (can be made from a ball/curtain ring and a piece of string)

**How it works:** The brain always tries to make sense of information, regardless of whether it makes physical sense or not and so in the Pulfrich Effect experiment, an optical illusion is created. The brain deduces distance and depth by comparing the views seen by different eyes. When one eye is covered with a dark filter, the brain interprets the depth of what it sees through this eye more slowly. This delay is at its greatest when the pendulum is moving the fastest (in the middle of the swing when it is perpendicular to the ground) and consequently the brain sees the pendulum to be moving in a circular motion.



# Contributors to the Activities Pack

## City Arts

City Arts was established in 1977 and helps communities and artists to create and explore all artforms, including music, writing, art and dance. City Arts aim to give everyone the chance to be creative.

**Alma Solarte-Tobon**  
alma@city-arts.org.uk  
0115 9505251  
[www.city-arts.org.uk](http://www.city-arts.org.uk)

## Dragon Breath Theatre

Dragon Breath work in schools, museums, galleries, theatres and site-specific spaces to create theatre with and for young people. Long-term residencies in schools and multi-artform workshops support creative curriculum development. Award winning playwright, poet and storyteller, Peter Rumney works alongside teachers to develop creative ways of teaching literacy through art, movement and drama. Peter is also an Associate Artist at Nottingham Contemporary.

**Peter Rumney**  
dragonbreaththeatre@gmail.com  
07900 552553  
[www.dragonbreaththeatre.com](http://www.dragonbreaththeatre.com)

## Ignite!

Ignite's work is all about bringing together creativity, curiosity and community by working with schools, youth groups and communities. Their projects cover a whole range of themes and topics - from the environment to the movement of microbes, from astrophysics to the manipulation of our senses - using creative thinking approaches to bring the subject matter to life.

**Megan Shore**  
megan@ignitefutures.org.uk  
07794 432370  
[www.ignitefutures.org.uk](http://www.ignitefutures.org.uk)

## Messages to teachers

The City Arts Youth Programme runs bespoke workshops and develops unique art projects with schools. City Arts also run ART CLUB, a free, friendly and supportive monthly workshop for 13-17 year olds experiencing loneliness and isolation.

Download the [Activity Pack](#) created for Refugee Week 2020

In 2020/21, Dragon Breath will continue to offer their day-long immersive Victorian and industrial history performance, [A Temple To Water](#), at the Papplewick Pumping Station.

Links:

[Animating Literacy leaflet](#)

[KS2/3 Victorian and Water Curriculum](#)

Papplewick [Impact film](#)

Jumping on my Shadow  
[KS2/3 Diversity Curriculum](#)

Cassandra Room at Wollaton Hall  
[Catalogue](#)

Ignite! will continue to adapt its work with schools across the city to deliver projects to promote curiosity.

Topics include Ada Lovelace Day in October, Primary Parliament, Our City on Mars and [The Nottingham Festival of Science and Curiosity](#) (10-17 Feb 2021).

Get in touch to find out how Ignite! can support science learning in your school.

Links: [Ignite! Resources](#)

## Lakeside Arts

Lakeside Arts is the University of Nottingham's public arts programme. Over 200,000 people of all ages and abilities engage annually with Lakeside's cultural programme – enriching the lives Nottingham and Nottinghamshire communities, including the University's staff and students.

**Louise Kay**  
louise.kay@nottingham.ac.uk  
0115 8467185  
[www.lakesidearts.org.uk](http://www.lakesidearts.org.uk)

## National Justice Museum

The National Justice Museum's work inspires people of all ages to become active citizens through fun and engaging activities, exhibitions and educational programmes relating to law and justice. Based at Nottingham's historic Shire Hall and County Gaol visitors can delve into the fascinating history of justice through time by meeting historical characters, exploring the vast collection and taking part in a range of interactive games and activities.

**Gill Brailey**  
gill.brailey@nationaljusticemuseum.org.uk  
079174 40155  
[www.nationaljusticemuseum.org.uk](http://www.nationaljusticemuseum.org.uk)

## National Literacy Trust

The Literacy Trust is an independent charity working with schools and communities to give disadvantaged children the literacy skills to succeed in life. The Young Writers programme supports schools to partner with cultural and heritage venues around the UK to provide memorable and exciting experiences to inspire and improve students' writing. The online Poetry Academy features writing tutorials by top poets and is suitable for all ages.

**Fay Lant**  
fay.lant@literacytrust.org.uk  
0207 5871842  
[www.literacytrust.org.uk](http://www.literacytrust.org.uk)

Lakeside Arts are currently unable to welcome you to their buildings, but are very keen to come into your school and offer a wide variety of workshops with their associate artists, from Drama, through Visual arts to Dance.

Links: [Lakeside Take Part and Learn](#)

The education programme helps students to gain a practical understanding of the law and justice system, so they are inspired by their rights and responsibilities, to play an active role in society.

Links: [Education resources](#)

Children across the UK have started writing poetry as a way to support their wellbeing through lockdown. The National Literacy Trust provides access to professional poets with both video and print based resources. There are still spaces available for schools to join the Young Nottingham Poets project, contact them to find out more. In 2020/21 the Literacy Trust will work with your school to ensure delivery takes into account your plans for recovery and pupil wellbeing.

Links:  
[Poetry Academy](#)  
[Family Zone](#)  
[Zone in](#)

## New Art Exchange

New Art Exchange (NAE) believes in 'Culturally Diverse Arts for All' and is a contemporary arts space in Hyson Green that celebrates the region's cultural richness and diversity. It is the largest gallery in the UK dedicated to culturally diverse contemporary visual arts. The venue presents an ever-changing programme of art exhibitions, creative activities for families and young people, film screenings, symposiums, lectures, festivals and a live performance programme of music, dance and theatre - stimulating new perspectives on the value of diversity within art and society. Entry to NAE is FREE!

Ruth Lewis-Jones  
ruth@nae.org.uk  
0115 9248630  
[www.nae.org.uk](http://www.nae.org.uk)

## New Perspectives Theatre

New Perspectives is an East Midlands' based touring theatre company, specialising in bringing new work to rural and community audiences. Their annual programme of original adaptations, rare revivals and new writing, brings live theatre that's diverse, affordable and accessible into the heart of communities, as well as to regional, national and international venues.

Jayne Williams - Participation Director  
jayne@newperspectives.co.uk  
07967 106594  
[www.newperspectives.co.uk](http://www.newperspectives.co.uk)

## Next Door Dance

A Nottingham based all-female company, who are passionate about creating performances that are exciting and relevant to a wide range of audiences - especially those that might believe dance is not for them.

Laura Savage  
hello@nextdoordance.co.uk  
07795 097428  
[www.nextdoordance.co.uk](http://www.nextdoordance.co.uk)

NAE welcomes teachers and students to connect with them through their exhibitions, Associate Artists and other resources. They aim to open the galleries in November 2020 but until then are available for collaboration and consultation. The Creating Connections project will continue in schools after the Covid-19 pause. They are also able to arrange for Associate Artists to work in schools. NAE continue to be deeply committed to exploring issues raised by the Black Lives Matter campaign and welcome the chance to discuss educational possibilities with teachers at this critical time.

Links: [NAE schools page](#)

New Perspectives Theatre Company work with schools (primary and secondary) to create high quality theatre performance and innovative cultural learning opportunities for children and young people, as well as CPD for teachers, across the East Midlands.

Links: [Shhh...akespeare online workshops](#)

Next door Dance are passionate about working with and inspiring children and young people. They run three youth dance companies in Nottingham and Derbyshire, and offer workshops, performances, classes, talks and work experience/placements to encourage young people to get moving and creating.

## Nonsuch Studios

Nonsuch Studios is a creative venue and studio theatre based in Hockley that showcases a diverse range of comedy, theatre and film. They are currently running Nonsuch City Lab (a series of projects with the aim of creating tangible change across Nottingham), producing Creative Quarantine (an email with activities suitable for all), delivering digital Arts Awards, and much more. Nonsuch Studios is all about unlocking creativity and celebrating life.

**Maeve Morgan**  
getinvolved@wearenonsuch.com  
0115 8371950  
[www.wearenonsuch.com](http://www.wearenonsuch.com)

## Nottingham Castle Trust

Nottingham Castle will be a learning castle for all visitors – from toddlers through to life-long learners. Learning will happen throughout the ducal palace, caves, grounds and the site's other spaces – including those online.

The Castle Trust aim to advance the education of the public about:

- Nottingham Castle, its occupiers, the legend of Robin Hood and their place in Nottingham's and Great Britain's history.
- The history, use and geology of the caves at Nottingham Castle and Nottingham generally, including their importance in the development of Nottingham; and
- The history of the wider Castle site including Brewhouse Yard and those who lived outside the Castle walls.

**Gareth Morgan**  
gmorgan@nottinghamcastletrust.org  
07729 037475

**Josh Osoro Pickering**  
jpickering@nottinghamcastletrust.org  
07931 072054

[www.nottinghamcastletrust.org](http://www.nottinghamcastletrust.org)

An artist led organisation, that works with teachers to offer set-text, practitioner and course related workshops for GCSE, BTEC and A Level Drama/Performance courses, Nonsuch currently offer digital Discover in a Day Arts Awards and once it is safe to do so, they will deliver workshops in person again, alongside the digital offer. They will also be relaunching the in-person youth theatre group.

Links:

[Creative Quarantine](#), a series of free creative emails with activities suitable for all ages.

[Creative Fridays](#), a weekly creative workshop for those aged 6-12 years old.

Nottingham Castle opens in February 2021. The education programme is split into four curriculum areas: Art & Design, British Values/Citizenship, History and Literacy. There will be explainer facilitated workshops, tours and trails, teacher-led learning packs and on-site drop-in activities. Engaging and learning in these subjects outside the classroom has tremendous benefits; it not only provides a memorable learning experience, but the combination of an evocative setting, together with carefully crafted activities, allows children to develop a stronger, more easily recalled, knowledge and a deeper understanding.

The programmes come with pre and post-visit activity ideas to deliver in school to make the most of your day, plus teacher briefing guides for the spaces in and outside of the ducal palace. There is also a specially designed Local History study pack and SEND visual support resources.

Links: [Nottingham Castle Learning](#)

## Nottingham City Libraries

Nottingham City Libraries has moved online! As well as children's and adult's eBooks, eAudio, eMagazines, eNewspapers and eReference books you can read at home, they've made it easier to use their online resources. You'll find everything from boredom busters to help with school work.

Sandra Edis  
[sandra.edis@nottinghamcity.gov.uk](mailto:sandra.edis@nottinghamcity.gov.uk)

See website for individual branch phone numbers:  
[www.nottinghamcity.gov.uk/leisure-and-culture/libraries](http://www.nottinghamcity.gov.uk/leisure-and-culture/libraries)

## Nottingham City of Literature

The UNESCO City of Literature vision is for a city where everyone is reading and writing their way to a better life. Nottingham is ranked 11th most deprived area in the UK for low levels of literacy and improving reading and writing can be two of the most powerful tools for lifting young people out of poverty and inequality. The power of literature is a way for everyone to better understand each other and the world we live in. City of Literature work with local, national and international partnerships to support, animate and develop the UNESCO designation, and engage young audiences with reading and creative writing.

Sandeep Mahal  
[contactus@nottmcityoflit.org](mailto:contactus@nottmcityoflit.org)  
07903 342979  
[www.nottinghamcityofliterature.com](http://www.nottinghamcityofliterature.com)

Young Ambassadors:  
[www.nottinghamcityofliterature.com/projects/young-city-of-literature-ambassadors](http://www.nottinghamcityofliterature.com/projects/young-city-of-literature-ambassadors)

Join musician ROB.GREEN for three short, [playful songwriting videos](#) for children. Use your imagination to create fun rhymes and melodies inspired by nature, then put them all together and create a new song with Rob! Once you've watched all three videos you can listen to (and download) the exclusive backing track for your song by [following this link](#).

This project is presented by [StoryParks](#) in partnership with Young Creatives Nottingham. With thanks to [The Nottingham Building Society](#) and Nottingham City Libraries.

## Nottingham Contemporary

Nottingham Contemporary is a leading international art centre with an everchanging exhibition programme, widely acknowledged as one of the best for contemporary art in the UK.

Programmes support children and young people to explore contemporary issues and debates through collaborative and critical enquiry and making.

Nottingham Contemporary was shortlisted for Art Fund's Museum of the Year in 2019. Admission is free and it is fully accessible venue.

**Amanda Spruyt**  
[amanda@nottinghamcontemporary.org](mailto:amanda@nottinghamcontemporary.org)  
0115 9489750  
[www.nottinghamcontemporary.org](http://www.nottinghamcontemporary.org)

## Nottingham Music Hub

The Nottingham Music Hub vision is to provide a world class music education for all young people and support them to become their very best. They are committed to providing inspirational music opportunities that are a source of joy, self worth and achievement, also offering progression routes that are affordable, inclusive and seek to overcome barriers to access.

They work in a diverse range of educational settings including secondary schools, pupil referral units, and special schools. The majority of teaching is delivered in primary schools.

By providing diverse music making opportunities, including ensembles and performances, young people are able to contribute to the cultural life of our great city.

**Hannah Barrs**  
[info@nottinghammusichub.org.uk](mailto:info@nottinghammusichub.org.uk)  
0115 9476202  
[www.nottinghammusichub.org.uk](http://www.nottinghammusichub.org.uk)

Nottingham Contemporary offers artist made resources, artist workshops, exhibitions in VR, teacher CPD and partnerships. They aim to work flexibly and are keen to respond to school needs and share ideas and resources.

This Autumn, exhibitions will explore music artist and model Grace Jones and present work by Jimmy Robert. Themes include identity, representation and activism, as well as movement, body and touch. Workshops and resources are being developed to support an anti-racist curriculum and wellbeing. Research and design will also begin for an exciting summer exhibition in 2021, when local children will bring an unrealised playground by architect, Lina Bo Bardi, to life.

Links: [Digital Family activities](#)

Plans for music provision for the 2020-21 academic year are based on different scenarios for a wide range of different circumstances; all plans will align with the latest local and national guidelines on music teaching.

A "physical" timetable is being finalised for when schools face-to-face lessons are possible again, and alongside this a curriculum is being developed that will allow delivery of music teaching remotely. As well as planning to be able to teach lessons using instruments, the Music Hub are creating and resourcing a curriculum that will allow teaching high quality and highly specialised music without instruments.

Links:

[Digital Lessons](#)  
[Pots and Pans Drumming Challenge](#)  
[Music Maestros](#)

## Nottingham Playhouse

Awarded Regional Theatre of the Year 2019 by The Stage, Nottingham Playhouse is a leading UK producing theatre. Since 1948, they have been creating bold and imaginative productions: timeless classics, enthralling family shows and adventurous new commissions. Nottingham Playhouse believes theatre should be accessible to all, and runs wide-reaching participation schemes, youth theatres and its Amplify programme – which seeks to inspire and support theatre-makers from the East Midlands.

Participation Department  
[participation@nottinghamplayhouse.co.uk](mailto:participation@nottinghamplayhouse.co.uk)  
0115 9474361  
[www.nottinghamplayhouse.co.uk](http://www.nottinghamplayhouse.co.uk)

## Primary Studios

Primary is an artist-led contemporary visual arts organisation, which supports artistic research and production through the provision of studio and workshop spaces and an innovative public programme. They work with children and young people through long-term collaborative projects; workshops in schools and at Primary; and school holiday activity days.

Rebecca Beinart  
[rebecca@weareprimary.org](mailto:rebecca@weareprimary.org)  
07963 505429  
[www.weareprimary.org](http://www.weareprimary.org)

## Read On Nottingham

Lacking vital language skills at a young age will hold a child back at every stage of their life. Read On Nottingham, funded in Nottingham by Small Steps Big Changes, is a National Literacy Trust Hub working with families and young children to improve life chances by supporting early literacy skills.

Charlotte Malik  
[charlotte.malik@literacytrust.org.uk](mailto:charlotte.malik@literacytrust.org.uk)  
07729 000048  
[www.readonnottingham.org.uk](http://www.readonnottingham.org.uk)

Nottingham Playhouse runs over 30 regular programmes for young people and members of the community. These include youth theatres, Shine outreach sessions online and in lots of areas of the city, family festivals and much more. They provide drama, dance, music and craft workshops for schools on a huge variety of themes. To discuss covering and supporting a specific topic, or working on broader arts and drama provision, please get in touch.

Links:  
[Schools Insight Packs for our shows](#)  
[Family Festival downloads and activities](#)

Over the past three years the 'Making Place' programme has focused on learning from the city and use of public space. The project explores the issues that shape the neighbourhood – working with artists, designers and local communities to map, re-imagine and influence the places where we live and work. Primary are finding ways of continuing this project and are pleased to invite you to the Making Place exhibition which is open until the 12th December 2020.

## Small Steps Big Changes

Small Steps Big Changes (SSBC) is a programme of activities designed to give every child the best start in life. Projects and groups help children to learn to talk and communicate; be confident, friendly and understand their emotions & behaviour and enjoy eating well and staying healthy. All SSBC groups and activities are FREE and available to families who are either expecting a baby or who have a child under the age of 4 and live in Aspley, Bulwell, Hyson Green and Arboretum or St Ann's.

**Cara Thompson**  
cara.thompson2@nhs.net  
07910 033711  
[www.smallstepsbigchanges.org.uk](http://www.smallstepsbigchanges.org.uk)

## UK New Artists

UK New Artists champions the next generation of creativity. They work with aspiring, emerging and professional artists from all disciplines to provide opportunities to collaborate, create and have fun. They work to find new ways for children and young people to connect with the work of new artists, to encourage more young people to consider the arts as a career and to diversify and strengthen the arts as a sector.

**Vikki Jones**  
vikki@ukyoungartists.co.uk  
0115 8484773  
[www.ukyoungartists.co.uk](http://www.ukyoungartists.co.uk)

SSBC support families and children in our communities through creative fun interactive play and messaging.

Their free services include groups and activities as well as a peer to peer home visiting service to support with that all important developmental stage.

Links:  
[SSBC TV](#)

The majority of UK New Artist's work is project based and they are always looking for new schools to connect with as part of these activities. For example their latest project saw Year 8 and 9 pupils work with a craft artist to re-imagine the lace industry, linking with both the art and history curriculum.

They have links with over 1500 artists from a huge range of artistic disciplines and can use these links to provide bespoke workshops, student talks and teacher CPD. If this is of interest please get in touch and they will connect you with the right artists and facilitators.

## Young Creatives Nottingham

Since 2009, Nottingham's Young Creative Awards (YCA) has been an annual fixture in the city's calendar: a big, bright burst of originality; inspiring, supporting and celebrating young creative talent in Nottingham. Over 4,000 entries, nearly 300 awards.

The Young Creative Awards nurture and inspire Nottingham's next generation of musicians, performers, designers, writers and innovators. The organisation behind the awards, Young Creatives Nottingham, also provides a programme of workshops and masterclasses for young people in the city.

Our aim is to help young people to find positive ways to express themselves and to provide strong, supported pathways into further education and sustainable creative careers.

**Nick Lawford**  
[info@youngcreativeawards.org](mailto:info@youngcreativeawards.org)  
07855 455484  
[www.youngcreativeawards.org](http://www.youngcreativeawards.org)

### Masterclasses

#### Rob Green Songwriting sessions

Since winning a Young Creative Award in 2012, singer-songwriter ROB.GREEN has developed a successful music career. Here he leads a series of practical songwriting workshops, giving advice and guidance in lyric writing.

#### Lockdown Monologues

Actor Cassie Bradley (National Theatre, Coronation Street) delivers two special YCA webinars - "Approaching A Monologue" and "Shakespeare Monologues". These sessions are full of practical hints and tips for actors.

#### Puppetry with Nikki Charlesworth

Visual Arts category winner 2017, Nikki Charlesworth, introduces you to the world of puppetry, showing you how to make and animate your own puppets.

The aim of 'Young Creatives at Home' is to generate and share positivity through a challenging time; to provide opportunities for young people to develop their creativity and improve wellbeing; to share activities for young people to do at home, whilst in isolation; and to continue to support and provide paid opportunities for YCA alumni and early career professional creative practitioners in Nottingham.

YCA are keen to develop this programme of work, and particularly to link up with schools to distribute projects to young people.

View amazing masterclasses from young creatives and past winners

Links: [Masterclasses](#)

#### Embroidery Club with Liss Cooke

Young Creative Awards 2018 winner, Liss Cooke (Head Embroidery Designer at Mary Katrantzou), gives you a week's worth of free downloadable embroidery templates, each accompanied by step-by-step demo videos.

#### #YCAFLEXN with Jamal Sterrett

Jamal Sterrett - Young Creative Award winner in 2015 - introduces viewers to FLEXN, a unique style of street dance which originated in Brooklyn, New York.

#### Stretch. Play. Write. with Bridie Squires

A brand new Young Creatives at Home commission designed to help you chill out.

#### Charlotte Ashley's Introduction to Adobe

Charlotte (2019 YCA winner in Graphic Design) introduces the basics of Adobe Photoshop, Illustrator and InDesign.

## Here are some more arts partners in Nottingham, working with and for children and young people as part of their programmes.

**Baby People** A music and arts development organisation with a dedicated Hip Hop school.  
office@babypeople.co.uk [www.babypeople.co.uk](http://www.babypeople.co.uk)

**Backlit** An artist-led gallery and studio space based in Sneinton.  
Gina Mollett, gina.mollett@backlit.org.uk [www.backlit.org.uk](http://www.backlit.org.uk)

**Beatfeet Drumming** Global drumming, dance and wellbeing-related workshops for all age groups in schools and communities.  
Jude Winwood, info@beatfeetdrumming.co.uk [www.beatfeetdrumming.co.uk](http://www.beatfeetdrumming.co.uk)

**Bilborough Arts Festival** Local annual arts festival, celebrating art in schools and community.  
Wendy Smith, wendy.smith@nottinghamcity.gov.uk [www.bilborougharts.co.uk](http://www.bilborougharts.co.uk)

**Broadway** The cultural leader for independent cinema, arts and technology in the Midlands.  
Paul Hough, p.hough@broadway.org.uk [www.broadway.org.uk](http://www.broadway.org.uk)

**Bulwell Arts Festival** Local annual arts festival, by the community for the community.  
Nicola Curzon, nicola@bulwellartsfestival.com [www.bulwellartsfestival.com](http://www.bulwellartsfestival.com)

**Dance 4** Internationally recognised Dance development agency  
Hayley Arthur, hayley@dance4.co.uk [www.dance4.co.uk](http://www.dance4.co.uk)

**First Story** England's leading creative writing charity for young people.  
info@firststory.org.uk [www.firststory.org.uk](http://www.firststory.org.uk)

**Freedom Foundation** Support young people to understand the impact of technology and pros and cons of social media.  
laura.grant@freedomfactory.co.uk [www.freedomfoundationuk.org](http://www.freedomfoundationuk.org)

**Hockley Hustle** An annual weekend festival in October, raising money for local charities.  
[www.hockleyhustle.co.uk](http://www.hockleyhustle.co.uk)

**Nottingham City Museums and Galleries** Workshops, school trips, sleepovers, teacher training and bespoke projects. [www.nottinghammuseums.org.uk/learn](http://www.nottinghammuseums.org.uk/learn)

**Sherwood Art Week** Arts festival celebrating local creativity. [www.sherwoodartweek.co.uk](http://www.sherwoodartweek.co.uk)

**Skate Nottingham** Lessons, training and creative projects [www.skatenottingham.co.uk](http://www.skatenottingham.co.uk)

**Theatre Royal and Concert Hall** Two of the UK's most vibrant and thriving theatre, performance and concert venues  
kimberley.allsopp@nottinghamcity.gov.uk [www.trch.co.uk/learn/](http://www.trch.co.uk/learn/)

## Local Cultural Education Partnerships

ChalleNGe is the CEP in Nottingham.  
[www.challengenottingham.co.uk](http://www.challengenottingham.co.uk)

Captivate is the CEP for Nottinghamshire.  
[www.captivateed.org.uk](http://www.captivateed.org.uk)

**Arts Mark** [www.artsmark.org.uk](http://www.artsmark.org.uk)

**Arts Award** [www.artsaward.org.uk](http://www.artsaward.org.uk)

## Children and Young People's Wellbeing

The Covid-19 coronavirus pandemic has impacted on children and young people's mental health. They've had to adjust to dramatic changes in their education, routine and home life and some have experienced bereavement or other traumatic experiences during the lockdown period.

We aim for the creative activities in this pack to provide an outlet or positive activity to improve children and young people's mental and physical wellbeing. If you are concerned, there are lots of free, useful websites to provide help and advice for children and young people struggling with their mental health, here are a few:

[Young Minds](#) is the UK's leading charity fighting for children and young people's mental health. Their website has excellent advice and support on how to take better care of yourself.

[Childline](#) is a free service to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, Childline's trained counsellors are there to provide support.

[Kooth](#) provides online counselling and free, safe, anonymous support for children and young people.

[The Mix](#) is the UK's leading support service for young people. They will help with any challenge - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

[The Samaritans](#) offers a safe place for children and young people to talk at any time in their own way, about whatever they want to.

[Shout](#) is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

[Cruse Bereavement Care](#) offers telephone advice, email and website support for anyone who is dealing with grief or loss.

## Mental Health Support Teams for Schools

There are two Mental Health Support Teams (MHSTs) in Nottingham City offering support across 37 schools within the city. MHSTs are part of a national project that is NHS England funded and they offer a collaborative, system-wide approach to support the mental wellbeing of children in both Primary and Secondary schools and colleges. This support is in addition to the other services that are offered within schools in Nottingham and by the Targeted CAMHS team, Community CAMHS team and third sector agencies such as Kooth and Base51 that are available to Children and Young people.

Go to [Ask Lion](#) to find out more

CAMHS [Flyer](#)



### Time for Wellbeing Calendar - for primary and secondary schools.

ChalleNGe Nottingham has worked with partners across the city to create a digital 'Time for Wellbeing' calendar for 30 days! There is a short 2-3min wellbeing video for each day of the month, with activities based on the '5 Ways of Wellbeing' **Connect, Be Active, Take Notice, Keep Learning and Give.**

For all the video links and teacher guides, go to: <http://bit.ly/ChalleNGeTFW>

If you have any photos, videos or artwork that come from taking part in the activities, please share them with us on social media #TimeForWellbeing @ChalleNGeNottm

**Thank you to all  
contributors and we  
hope you have fun  
taking part!**