

# Hertfordshire Year of Culture ACTIVITY PACK

HYOC2020 is all about celebrating Hertfordshire as a county of creative and cultural opportunity.

This pack does just that!

We've asked our friends and partner organisations from the creative sector across the county to share some of their favourite creative activities as well as sharing a little about themselves.

All the activities included can be done at home and don't need any special equipment. Some are craft based, but others are about talking to our family and friends and making connections.

If you have an activity you would like to share then it's not too late. Contact us at [HYOC2020@hertsmere.gov.uk](mailto:HYOC2020@hertsmere.gov.uk) or visit [www.creativehertfordshire.org.uk/resources/hyoc2020](http://www.creativehertfordshire.org.uk/resources/hyoc2020) to find out more.



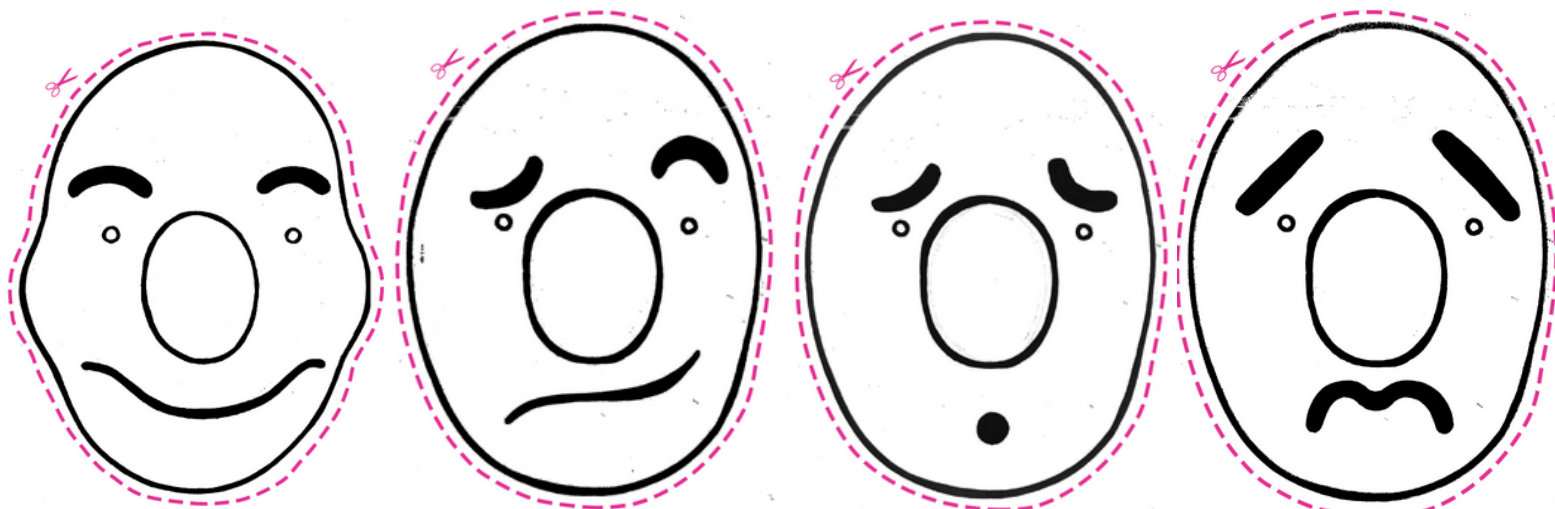
# Hertfordshire Year of Culture ACTIVITY PACK

## ACTIVITIES

- Make Your Own Mask - Trestle Theatre Company
- Design a Coat of Arms - Hertfordshire Archives & Local Studies
- Collage Creatives - Open Art Box CIC
- Make a Recycled Flower Mobile - Nysa Projects
- Back to Back - Connecting Conversations
- Music Makers- Connecting Conversations
- Musical Chairs - Connecting Conversations
- Rhyme and Reason - Connecting Conversations
- Take A Moment - Connecting Conversations
- Fairy Tale Drama - Connecting Conversations
- Make a Video Call - Hertfordshire Libraries
- Craft a Porthole - Learning Through The Arts
- Make your own Empire Windrush - Learning Through The Arts
- 2m Long Poem - Hertfordshire Libraries
- Write an Acrostic Poem - Hertfordshire Libraries
- Write an Anti-Poem - Hertfordshire Libraries
- Make Baby's First Black and White Book - Hertfordshire Libraries
- Book Folded Mouse - Hertfordshire Libraries
- Seasonal Haiku - Hertfordshire Libraries
- Rainbow Poem - Hertfordshire Libraries
- Lockdown Limerick - Hertfordshire Libraries
- Marble Maze - Hertfordshire Adult and Family Learning Service (HAFLS)
- Make A Dream Jar - Junction 7 Creatives
- Star Making - University of Hertfordshire Arts
- Soap Carving - Woolenwick Infant and Nursery School
- Code a Robot to Make a Sandwich - Hertfordshire Libraries
- Code a Robot to Draw a Picture - Hertfordshire Libraries

# MAKE YOUR OWN MASK

Trestle Theatre Company



Make yourself a mask, develop a character and get performing. For other creative challenges, visit <https://www.trestle.co.uk/creativity-through-covid19>

## You Will Need:

- Some paper
- Some colouring pens or pencils
- A pair of scissors
- Some string or wool
- Use the online template available at <https://www.trestle.org.uk/creativity-through-covid19> or draw your own

## Let's Get Started:

- Draw or print your mask template
- Colour it in. Is your mask happy, sad, confused, angry or excited? What colours can you use to show how it's feeling?
- Cut out your mask and make some small holes on either side.
- Use the wool or string to tie it round the back of your head.

## What next?

- Wear your mask to do something funny or interesting and take a picture
- Make a 3-D mask - watch the video and download the template at: <https://www.trestle.org.uk/creativity-through-covid19>
- Add to your costume using props from around the house - what about a bedsheet robe or a saucepan as a hat?
- Introduce your character in front of the mirror or to someone else at home - what is their name, age, job? Think of a fun fact about them.
- Visit [www.trestle.org.uk](http://www.trestle.org.uk) for inspiration and other #TrestleChallenges

# DESIGN A COAT OF ARMS

**Hertfordshire Archives & Local Studies**



A Coat of Arms tells a story about a place or family to show how special they are and we want you design your own! Hertfordshire County Council was granted its Coat of Arms in 1925. It shows the motto of the council “Trust and Fear Not” and you can see two Harts (male deer), which are the symbol of Hertfordshire, guarding the shield. The arms are based on those of Hertford, the County town and St Albans. For other creative challenges, visit

<https://www.hertsmemories.org.uk/content/category/herts-history/topics/life-in-the-time-of-covid/creative-lockdown>

## You Will Need:

- White paper
- Crayons, colouring pencils or pens
- Scissors
- Use the online template available at <https://www.hertsmemories.org.uk/content/herts-history/topics/life-in-the-time-of-covid/creative-lockdown/design-your-own-coat-of-arms> or draw your own

## What next?

- Draw another Coat of Arms for your favourite place or for a friend
- Share pictures of your creation on Twitter @HertsArchives with the hashtag #CoatofArms

## Let's Get Started:

- Draw or print your shield template
- Have a closer look at the Coat of Arms for Hertfordshire County Council, what can you see?
- Now design the Coat of Arms for your family or where you live
- What would your motto be?
- Who or what would guard your Coat of Arms? Can you draw them?
- What special objects or places would you put on your shield? If you are making one for your town, where do you like to visit?



**HERTS MEMORIES**

GATEWAY TO HERTFORDSHIRE'S COMMUNITY ARCHIVE NETWORK





Collage creatives is a wonderful way to play with layout, making layers and using different colours and textures. Collages can have a mix of words and images and be an imaginative way to create stories. With collage everything goes, so experiment and have fun!

## You Will Need:

- A piece of card (a base to stick things to)
- A mix of different paper
- A selections of words and images cut from magazines
- Glue stick
- Scissors
- Sticky dots
- Felt pens

## What next?

- Try tearing more intricate or detailed images to create a visual story with your collage.
- You could draw on the collage to add to your design
- Copy or print out some home photos to create a family collage
- Use repetitive images to make a patterned collage

## Let's Get Started:

- First choose your materials from the words and images you selected. Think about how you would like them to be used: cutting, tearing, overlapping or folding
- Arrange your ideas on the card first and then stick them down with the glue stick when you're happy
- Add other materials that you find interesting such as the sticky dots



# MAKE A RECYCLED FLOWER MOBILE

Nysa Projects



Creative makes from household waste! Raid your recycling bin for materials and turn your rubbish into something beautiful. For an accompanying YouTube video visit <https://nysa.co.uk/blog/recycled-flower-mobile-creative-makes-waste-household-items>

## You Will Need:

- Raid the rubbish for cardboard to make the flowers, old tins, small lids and bottles for templates and bottle lids to weigh the mobile
- String, wire, wool, thread, yarn or cut up fabric into thin strands
- Glue. Use PVA, Pritt Stick, double sided sticky tape or make your own glue using flour and water
- Paint
- Scissors

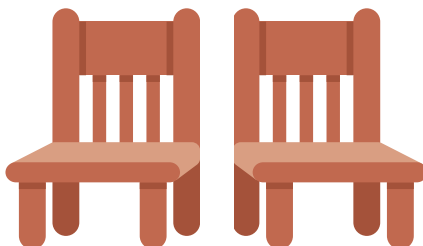
## What next?

- Go large! These mobiles look fabulous if you go large and can also be glued to a canvas to create beautiful work of art for your wall



## Let's Get Started:

- Draw 8 round circles with the larger bottle template and 8 with the smaller round template
- Cut them all out
- Attach the small circle to one side of the larger circles
- Mix some paint, paint one side and wait to dry
- Snip the flowers to shape them.
- Run a length of wool down the middle of two flowers. Attach with glue leaving a gap of 10cm between flowers and 20cm at the top and bottom. Glue two flowers together and wait to dry
- Paint the middle circle with a contrasting colour
- Add a bottle top to the bottom of the wool
- Attach a stick to the top
- Hang it somewhere you can enjoy it
- Have fun!



This activity uses the power of descriptive words to describe and then recreate a piece of art. The activity is an opportunity to connect with other people and can be done in a group or just with one other person. It has previously been used with older people as part of the Connecting Conversations project.

## You Will Need:

- A pre-drawn picture - this could be a famous piece of art, a picture that you like or one you've drawn yourself
- Two chairs positioned back to back
- Paper to draw on
- Pen or a pencil

## Let's Get Started:

- Sit back to back on the chairs.
- The speaker describes their chosen picture, gradually giving details to the listener without revealing the whole picture
- The listener draws those details onto the piece of paper
- Compare both pictures. What differences are there? How hard was it to do?



## What next?

- This activity doesn't have to be done with both participants in the same room. It can also be done using zoom or a similar online platform
- It can also be adapted to use over the phone by choosing a well-known piece of art to describe, and the person listening and drawing can guess the artwork from their drawing
- Consider making tackling loneliness one of the aims of your activity. Think about who you will invite to your activity? Reach out to different areas in your community to invite new people who are potentially lonely.

*Connecting Conversations*



Use homemade or professional musical instruments to play along with recorded music. This activity allows people to feel part of a group. Following the leader and being able to contribute allows people to forget their own limitations and communicate without words. It has previously been used with older people as part of the Connecting Conversations project.

## You Will Need:

- Basic homemade percussion instruments or musical instruments
- Recorded music that is relevant to the people taking part
- Someone to lead the group and encourage everyone to join in

## Let's Get Started:

- A leader hands out homemade or professional musical instruments to the group
- Everyone is encouraged to follow the leader's instructions and join in with a basic rhythm or song
- As confidence builds, more rhythms can be introduced
- Ask everyone how they felt during and after the activity

## What next?

- This activity doesn't have to be done face to face and could be done using zoom or a similar online platform
- Consider making tackling loneliness one of the aims of your activity  
Think about who you will invite to your activity? Reach out to different areas in your community to invite new people who are potentially lonely
- People who've taken part in the activity before said that "it helped me rediscover connections with music, left me feeling good"

*Connecting Conversations*

Music24 aims to offer those who are most socially isolated and vulnerable in our society the opportunity to engage in their local community in a creative and non-judgmental environment. They work to build communities that are supportive, where people feel accepted and heard and use the many benefits of music to do this, thereby improving physical and emotional wellbeing, quality of life and reducing loneliness and isolation. <https://www.music24.org.uk/>. The Connecting Conversations project uses individual lived experience of loneliness as an asset. It empowers older people to contribute on an equal footing to help services tackle loneliness in Hertfordshire.





Use chair based exercises to keep mobile and moving. This activity is suitable for all but is designed for those with limited mobility. It has previously been used with older people as part of the Connecting Conversations project.

## You Will Need:

- Someone to lead the exercises
- Some chairs to sit on
- Music that's suitable for the group
- Drink of water
- A range of suitable exercises can be found online:  
[www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises/5-more-chair-based-exercises](http://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises/5-more-chair-based-exercises)

## Let's Get Started:

- The Leader gets everyone ready
- Play the music
- Start the exercises
- Keep the pace going - but ensure that everyone taking part is coping

## What next?

- This activity doesn't have to be done face to face and could be done using zoom or a similar online platform
- Consider making tackling loneliness one of the aims of your activity. Think about who you will invite to your activity? Reach out to different areas in your community to invite new people who are potentially lonely
- People who've taken part in the activity before said that "the music helped a lot - more fun rather than just being an exercise, being part of a group was also helpful"



Use poetry as a starting point for discussion of themes, feelings and experiences. This activity has previously been used with older people as part of the Connecting Conversations project.

## **You Will Need:**

- A suitable poem or song lyric which is relevant to the group
- Someone to read it aloud
- Someone to lead the discussions
- You could use your local library or online source to find suitable poems or lyrics or ask someone in the group to suggest one

## **Let's Get Started:**

- Choose a poem or song lyric - ideally a short piece that is relevant to the group
- Read it out to the group (or individual) twice over
- Ask the group what the poem means to them. Make sure everyone has the opportunity to speak

## **What next?**

- This activity doesn't have to be done face to face and could be done using zoom or a similar online platform
- Consider making tackling loneliness one of the aims of your activity. Think about who you will invite to your activity? Reach out to different areas in your community to invite new people who are potentially lonely
- People who've taken part in the activity before said "we enjoyed hearing the poem - and then discussing that - it was easier than discussing our personal situation."



Help increase awareness of what's happening in the present moment - through your body, mind and surroundings. The aim is to give time to reflect, reduce stress and become calmer. This activity has previously been used with older people as part of the Connecting Conversations project.

## You Will Need:

- Someone trained in mindfulness
- OR have a look at these online resources and introductory exercises which can be found at: <https://mindfulnessexercises.com/free-mindfulness-worksheets/>

## Let's Get Started:

- The group sits in a circle and is asked by the leader to close their eyes and focus on what is being said
- The leader then uses a set piece to communicate and help focus on the moment and the person's body and mind
- After the exercise the leader asks for feedback. How did this feel for you?

## What next?

- This activity doesn't have to be done face to face and could be done using zoom, a similar online platform or over the phone
- Consider making tackling loneliness one of the aims of your activity. Think about who you will invite to your activity? Reach out to different areas in your community to invite new people who are potentially lonely
- People who've taken part in the activity before said "it can be easy to rush through life without stopping to notice much. Paying more attention to the present moment - to your own thoughts and feelings and to the world around you - can improve your mental wellbeing."



*Connecting Conversations*

CDA Herts or Community Development Action Hertfordshire, are a countywide voluntary organisation who have been helping communities and delivering projects and services for over 50 years to help improve life for both rural and urban Hertfordshire. CDA Herts are also the Rural Community Charity for Hertfordshire and work to raise awareness of the needs of rural communities, farmers and businesses.

<https://www.cdaherts.org.uk/>. The Connecting Conversations project uses individual lived experience of loneliness as an asset. It empowers older people to contribute on an equal footing to help services tackle loneliness in Hertfordshire.



This activity provides the opportunity to listen to a person's story - allowing them to be heard. It can also be used as an opportunity to build up drama skills, communication and confidence by using a well known story. It has previously been used with older people as part of the Connecting Conversations project.

## You Will Need:

- Someone to act as a narrator who can interpret and communicate a story in short, bitesize sections
- A story. This could be a well known fairy-tale or 'my journey here today' or any personal story
- Some people to act out sections of the story

## Let's Get Started:

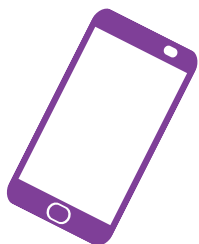
- The Narrator listens to someone's story (or a fairy tale) and then creates a short script of it
- Other people in the group act out the story in small sections
- Others listen and enjoy the story and the performance
- Talk together about the story and how it has impacted on you

## What next?

- This activity could also take place via Zoom or other similar platform. Just make sure that those who are acting can be seen by everyone taking part
- Try this with a different or personal story if you started with one that was well known or vice versa. How did your reactions differ?
- Consider making tackling loneliness one of the aims of your activity. How could your activity benefit people who are lonely? Try inviting potentially lonely people to help organise a session, not to just attend

*Connecting Conversations*





Social distancing has meant that we all need to find new ways to keep in touch. Use this guide to make a video call and reach out to your friends and family. You might not be able to see each other in the flesh, but you can still see each other on the screen!

## You Will Need:

- You and your friend/family member will each need a tablet OR a smartphone OR a computer with a webcam

## Let's Get Started:

- Visit the LearnMyWay website and complete the video calling instructional module:  
<https://www.learnmyway.com/courses/video-calling/> This easy to use module will teach you about the tools on offer including FaceTime, Skype, Messenger and WhatsApp and how to make calls with them
- Give your friend/family member a phone call and discuss which tool would work best for the two of you
- Both of you now download and/or register for the video calling tool
- Call your friend/family member for the first time!

## What next?

- If you are wanting further information - visit GCF Global <https://edu.gcfglobal.org/en/> and search 'video calling' for guides and how to videos
- Why not try making group calls with more than one person?
- Could you teach another friend or family member to video call
- Have a think about what you can do now you are able to use this technology - regular friend and family meet ups? Video calls as part of your regular club or could you host an online quiz night?



Hertfordshire Library Service offer so much more than just books! From helping you get started with computers, to answering any question you care to ask your local librarian, click on the link below to find some of the other services on offer

<https://www.hertfordshire.gov.uk/services/libraries-and-archives/libraries-and-archives.aspx>

# CRAFT A PORTHOLE

## Learning Through The Arts



Reflect on the Windrush generation's journey from the Caribbean to the UK by making your own ships' porthole. Consider what it would have felt like to make such a long journey and what you might have been able to see as you looked out of the ships' windows.

### You Will Need:

- Paper plates
- Scissors
- Tape or glue
- Cling film
- Coloured paper
- Optional: decorations, pens, pencils or crayons to add extra details

### What next?

- Have a think about a journey that you would really like to go on and imagine what the view would be like from your boat, car or plane on the way there.
- Create a porthole - or window - showing this view and put it up on your wall to help you look forward to your exciting future journey!

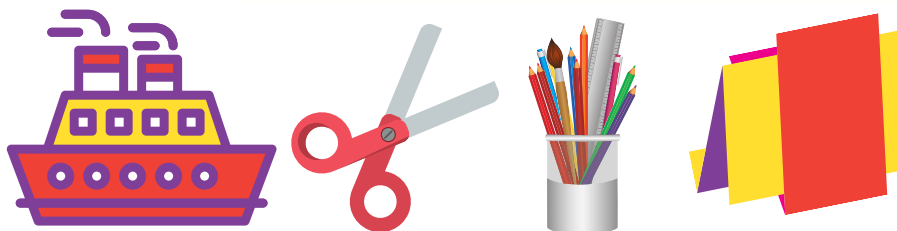


### Let's Get Started:

- Take two paper plates
- Fold one of the paper plates in half and cut along the inside of the ridge
- Open your plate out. You should have a large circle cut out of the middle. Place this face down on top of your other paper plate and tape it down at the edges
- Think about what you can see from your porthole! Use coloured paper, pencils, felt tips or crayons to decorate the inside or the porthole to make your view from the ship
- Cut out two shapes from a piece of paper. These could be boats, fish, a sun or clouds
- Unroll a piece of clingfilm big enough to cover your porthole
- Place the cut out shapes face down on top and sellotape in place
- Position this over the front of your porthole so the shapes are floating in front and secure it in place

# **MAKE YOUR OWN EMPIRE WINDRUSH**

## **Learning Through The Arts**



Learn about the Windrush Generation and the 492+ people who journeyed from the Caribbean to the UK in 1948 through making and decorating your own Empire Windrush ship.

## **You Will Need:**

- Sheet of A4 paper
- Scissors
- Colouring pens, pencils or crayons
- Optional: coloured or patterned paper and extra decorations

## **Let's Get Started:**

- Place your piece of paper on the table so that the long sides are facing towards you. Take the top right corner with your fingertips and fold it forwards so that it touches the left hand side. Flatten the crease with your hands
- Hold the folded paper in one hand and use the other hand to cut along the bottom to remove the spare rectangle of paper
- You now have a square of paper with a fold down the middle between two corners. Pick up one of the corners with the folded line in the middle of it and fold it over so that it's tip touches the opposite corner. Press down to make a clear fold

## **Let's Get Started (cont...)**

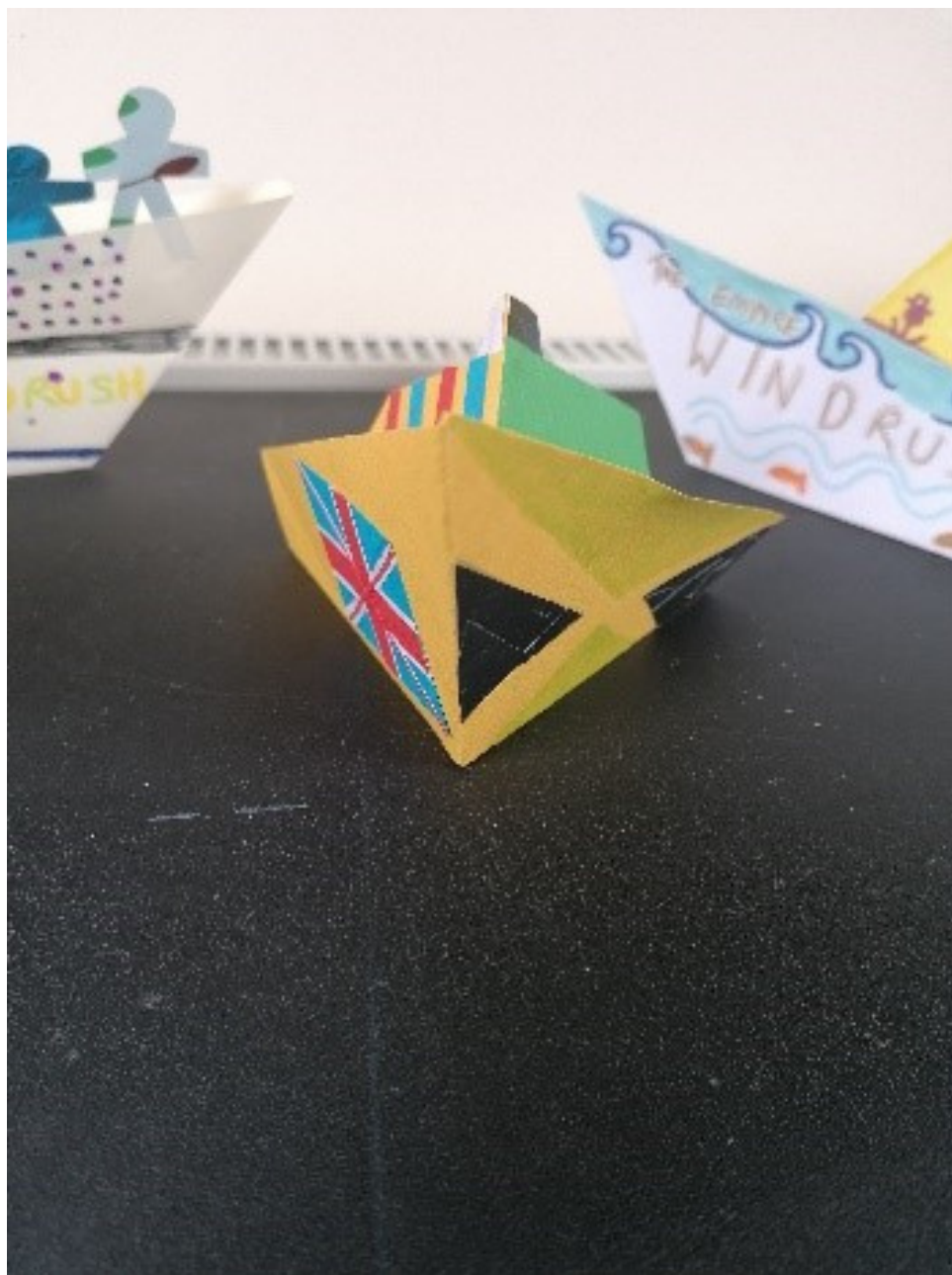
- Open your square back up. Pick up one of the corners and fold it forwards so that its top touches the centre of your square. Smooth down the folded over paper to make a crease.
- Pick up the tip of the corner touching the centre and fold it outwards so that it overlaps the edge of the paper
- Fold the tip back in towards the centre so that part of it is still overlapping the paper underneath
- Turn your piece of paper to the right. Fold the corner pointing towards you over so that it is touching the opposite side
- Turn your piece of paper over so that the small sticking out part is at the top. Fold forwards about half way up and press down to make a crease. Fold the same piece over the other way and re-crease
- Pinch the top section firmly and gently coax the bottom folded section upwards until it flips into place

# MAKE YOUR OWN EMPIRE WINDRUSH

Learning Through The Arts

## What next?

- Get decorating! You might like to decorate your ship with Caribbean flags, carnival colours or ocean waves.



Learning Through the Arts (LTTA), is social enterprise which works within the community to promote learning, creativity and skills development through the Arts. LTTA promotes a culture of life long learning. We seek to develop, nurture creative talents by providing training, organising workshops using all forms of creative arts as medium of instruction. <http://www.learningthroughthearts.co.uk/>





Write a 2 metre long poem all about social distancing

## You Will Need:

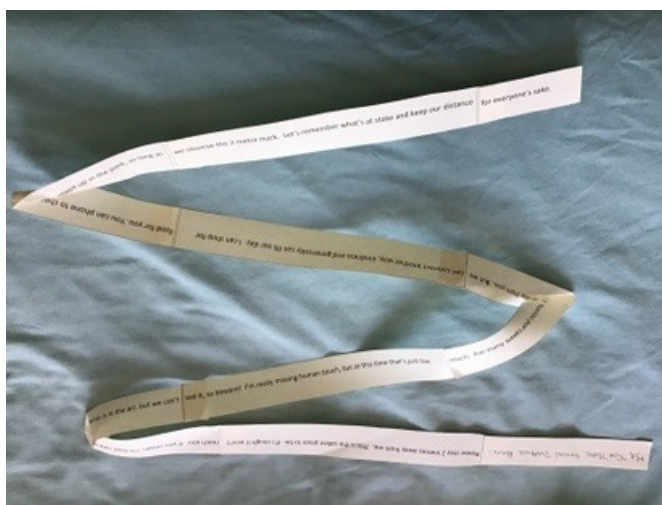
- Pencil
- Paper
- Scissors
- Glue
- Ruler

## What next?

- Try other lengths or shapes of poem
- What's the longest poem you can write?
- What other subjects could you choose to write about and what shapes would they be?

## Let's Get Started:

- A landscape piece of A4 paper is 30cm wide. To make a 2m long poem you will need to write 7 lines across the paper
- Write your poem
- Now cut it into strips and glue it together until it is 2 metres long

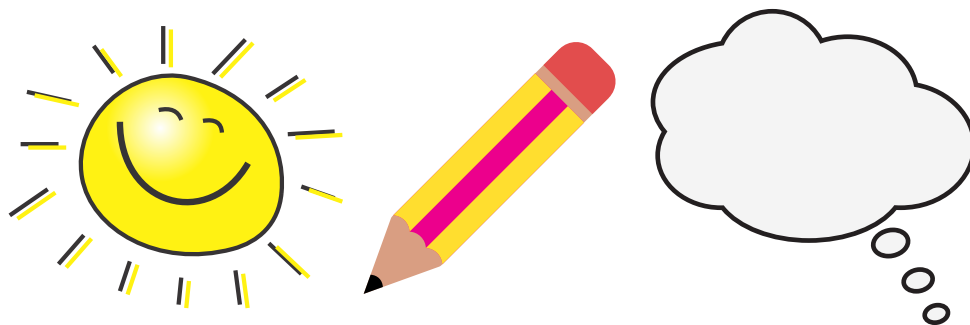


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# WRITE AN ACROSTIC POEM

Hertfordshire Libraries



Write an acrostic poem - a poem where the first letter of each line spells out a word which links to the subject of the poem. This one should spell out the word **HAPPY**.

## You Will Need:

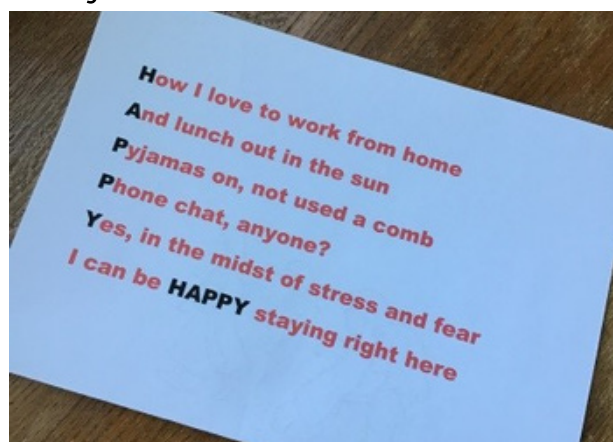
- Pencil
- Paper

## Let's Get Started:

- Write **HAPPY** down the left side of the page vertically
- Write the first line beginning with **H**
- Write a second line that begins with **A**
- Continue like this with **P,P,Y**
- Try to make some of the lines rhyme with each other

## What next?

- Think about other words you could use
- What about **LOCKDOWN** or **SOCIAL DISTANCING**?
- What's the longest word you can think of? Write an acrostic poem using it
- Decorate your paper to link with your word



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# WRITE AN ANTI-POEM

## Hertfordshire Libraries



Write an anti-poem, that is a poem without using the letters P, O, E or M!

### You Will Need:

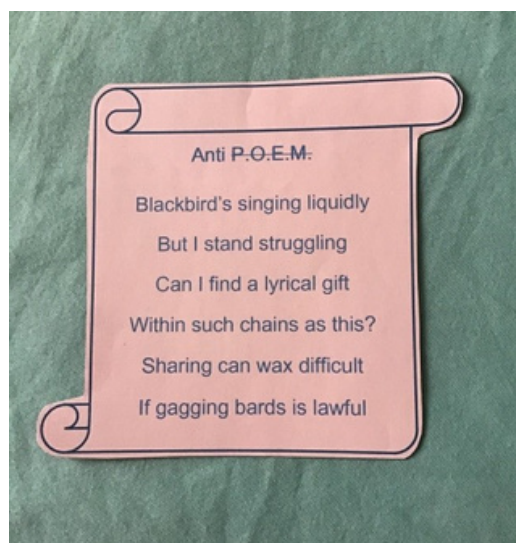
- Pencil
- Paper

### Let's Get Started:

- Write a poem without using any of the letters P, O, E or M
- Look over your poem to check you haven't used any of the letters.
- If you have, you'll need to write that thought in a different way

### What next?

- Give yourself some other rules for writing a poem
- Try and write a poem where every word starts with P, O, E or M or has at least one of those letters in it.
- Decorate your paper to link with your poem.



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Make a black and white book for a new baby. Babies love black and white shapes - they'll love to look and interact with the book by staring and smiling!

## You Will Need:

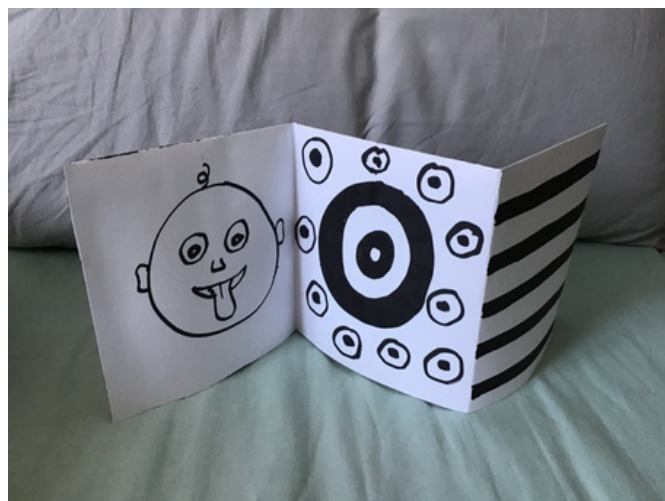
- Thick black felt pen
- Paper (A3 if possible)

## What next?

- Add one bright colour (use red or orange) for a slightly older baby.

## Let's Get Started:

- Fold a piece of paper in half lengthways and then into 3 to make a zigzag book
- Draw a simple shape or a pattern on each page with a thick, black felt pen
- Include a face, either smiling or with a tongue out for baby to copy
- Show baby the book and watch the reaction!



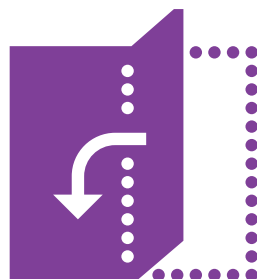
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# BOOK FOLDED MOUSE

Hertfordshire Libraries



Really make your book come to life - Take an old book, fold the pages and make yourself a mouse!

## You Will Need:

- Old Book
- Scissors
- Buttons
- Glue

## Let's Get Started:

1. Take the top corner of a page to the spine of the book and crease crisply
2. Take the point where this fold reaches the page edge to the spine and crease crisply
3. Fold up the piece that is now overhanging the bottom of the page and crease crisply
4. Continue with all the pages this way
5. Cut off the cover of the book and add button eyes, nose and paper whiskers

### Step 1



### Step 2



### Step 3



### Step 5



## What next?

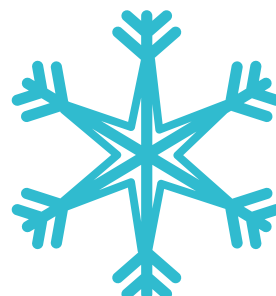
- Stand the mouse up after step 4 and decorate it to be a Christmas tree!

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# WRITE A SEASONAL HAIKU

Hertfordshire Libraries



Write a Haiku that describes the season. The first line should have 5 syllables, the second line 7, and the third line 5.

## You Will Need:

- Pencil
- Paper

## Let's Get Started:

- Write a line of 5 syllables about Spring
- Write a second line of 7 syllables continuing the theme (this line doesn't have to rhyme)
- Write a third line of 5 syllables summing up the first two lines

## What next?

- Write a Haiku about the other seasons



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# WRITE A RAINBOW POEM

## Hertfordshire Libraries



Write a rainbow poem. Each line should mention a colour of the rainbow.

### You Will Need:

- Pencil
- Paper
- Colouring pens or pencils

### What next?

- Make up your own colour poem

### Let's Get Started:

- Write a line about RED
- Write a rhyming line about ORANGE
- Write a line about YELLOW
- Write a rhyming line about GREEN
- Write a line about BLUE
- Write a rhyming line about INDIGO
- Write a line about VIOLET
- Write a rhyming line to finish the poem!

Red is the colour of the Stop Light  
Orange is the juicy fruit  
Yellow is the sun that shines so bright  
Green is the leaf and the shoot  
Blue is the sky reflected in the sea  
Indigo gives colour to jeans  
Violet flowers peek out at me  
See rainbows in Jelly Beans!

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# WRITE A LOCKDOWN LIMERICK

Hertfordshire Libraries



Write a lockdown limerick. Start the poem with the first line "There was a young man safe at home."

## You Will Need:

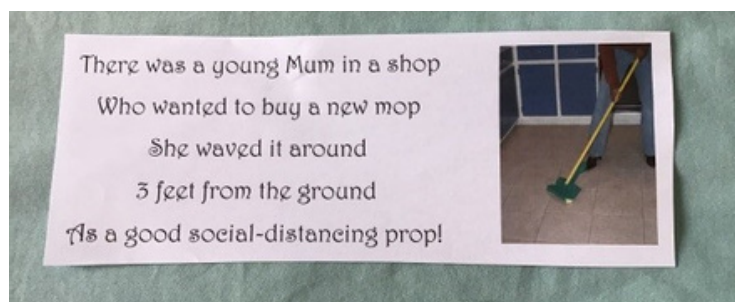
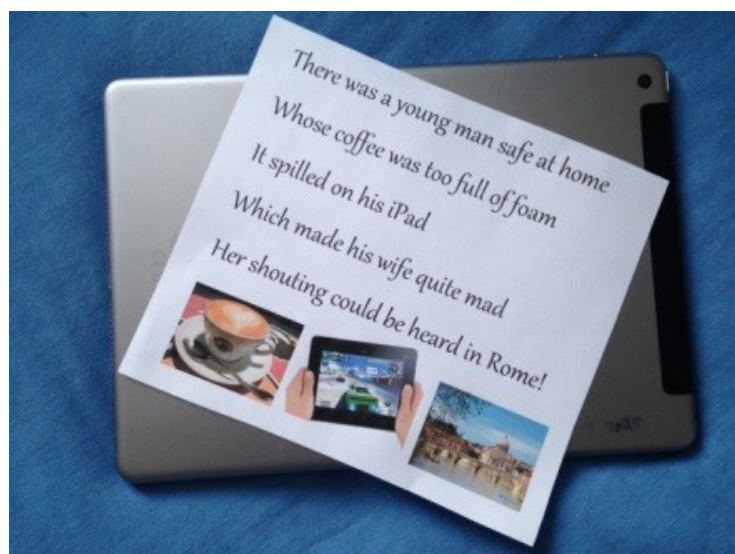
- Pencil
- Paper

## Let's Get Started:

- Write down the first line: "There was a young man safe at home"
- Think of rhymes for the word "home"
- Make up the 2nd and then the last line
- Write a funny couplet to go in the middle!

## What next?

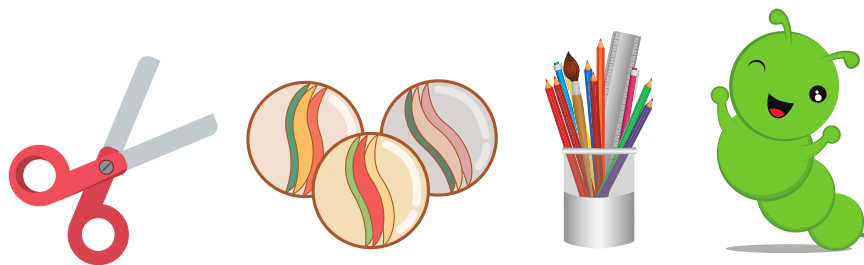
- Make up your own lockdown limerick



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Make a caterpillar maze for your marbles! This activity is aimed at younger children aged around 4-8 years old.

## You Will Need:

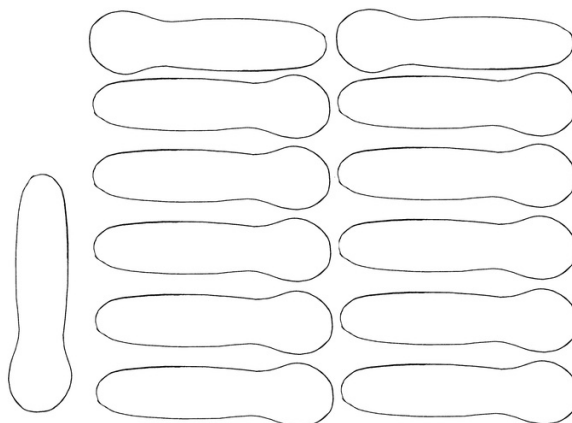
- 9" paper plate
- Colouring pens
- Scissors
- Wobbly eyes (optional)
- Glue Stick
- A piece of paper to draw your caterpillars on
- Marbles

## What next?

- Design other mazes on a larger scale or using different objects, the caterpillar could equally be snakes, bridges, bushes etc

## Let's Get Started:

- Decorate your plate to look like a garden - draw some leaves and flowers on it and colour it all in
- Draw three oblong shapes on the paper (have a look at the template for an idea of what these look like) to be your caterpillars and colour them in
- Cut them out and place a dab of glue on the head and tail. Attach to the plate making sure the stomach creates a curve for the marble to roll under



# MAKE A DREAM JAR

## Junction 7 Creatives



Make yourself a Dream Jar to fill with your hopes and dreams - for yourself, your loved ones, for the world!

### You Will Need:

- An empty jam jar (or you could eat LOADS of jam sandwiches until you have one!)
- Acrylic paints, marker pens, glue, glitter, sequins, any other decorations you like!
- Alternatively you can create a Dream Jar on paper. Use one of our templates at [www.junction7creatives.co.uk](http://www.junction7creatives.co.uk) or draw your own!

### Let's Get Started:

- Take your empty jam jar - or draw/print one on A4 paper
- Think about your dreams... what do you want the future to be like? For yourself, for others, for the world? Now create a dream jar to keep them in!
- Get decorating! Paint the outside of your Dream Jar in any colours and patterns you like. Add on sequins, glitter, fabrics, or any other decorations. For inspiration you can watch Marilyn make one at [www.junction7creatives.co.uk](http://www.junction7creatives.co.uk)

### Let's Get Started cont...

- If you're creating your Dream Jar on paper, you can add your dreams in words, draw a picture, or stick on a photo or object
- You can make as many dream jars as you like. There are no limits to our dreams!

### What next?

- Anytime you have a dream, add it to your Dream Jar (write it on a piece of paper or imagine placing it inside)
- If you ever feel 'stuck for dreams', why not try making a new Dream Jar and see what comes to mind...
- If you could do one thing to follow your dreams, what would it be?
- Keep dreaming!





Stars are not only for night-time! Join illustrator Emma Roberts to use simple paper folding techniques to create a star, you can create your own patterns too and create a star that is just for you. This is just one of many activities in Create It Share It, artist led activities put together by UH Arts for everyone to try:

<https://www.herts.ac.uk/uhbow/get-involved/create-it-share-it>

## You Will Need:

- 8 pieces of square paper
- Colouring materials: paint and paintbrush, crayons, colouring pens
- PVA Glue or similar

## Let's Get Started:

- Prepare the paper: Cut out 8 pieces of square paper
- You can decorate one side of each paper or leave it plain. Allow to dry and place under a heavy book to keep flat (especially if you've used paint)
- To make the star: Fold the square in half and fold in half again
- Open the square up
- Turn the paper to show plain side, fold from one corner into the centre of the paper to create a triangle
- Repeat, folding all corners to complete the square

## Let's Get Started cont...

- Take top corner and fold down. You are making a kite shape
- Repeat on the opposite side to complete the kite shape
- Repeat the above with all the other pieces of paper.
- Put the star together (see steps 1-4 on the next page)
- Place your first kite with the long point facing left (Step 1)
- Apply the glue to the bottom right corner
- Glue the 2nd kite shape to the first (Step 2)
- Repeat this sequence until all 8 points of the star are attached (Step 3 and 4)
- When finished, glue the underside of the star down flat. to keep it tidy

## Let's Get Started **CONTINUED...**

**Step 1**



**Step 2**



**Step 3**



**Step 4**



## What next?

- Display your finished star in a window or on a wall
- Make more stars to create a starry sky display. They can be different sizes (depending on the size of the paper that you start with) and you can decorate them differently





# SOAP CARVING

Woolenwick Infant and Nursery School,  
Stevenage



Stevenage is rich in public art from street art to mosaics and sculpture. Inspired by the natural world and the Polar Bear sculpture in Chells, Atelierista Richard Parker from Woolenwick Infant and Nursery School shares how to create a sculpture from a bar of soap, using everyday objects as tools for carving.

## You Will Need:

- Bar of Soap
- Pen
- Tools: Cutlery - spoon, fork, butter knife
- Other household items can be used as tools e.g. paper clip

## What next?

- Try with other media like clay
- Take inspiration for designs from the world around you

## Let's Get Started:

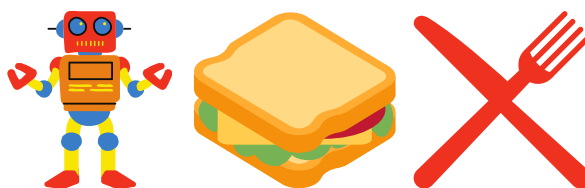
1. You will need a bar of soap and some utensils to carve. Try a teaspoon, butter knife and fork
2. Decide what you're going to sculpt and draw the outline of your design onto the soap with a felt tip pen
3. Use the spoon end to scrape away large part of the soap up to the outline
4. For more detailed sculpting such as curves, you can use the handle end of the spoon
5. As you sculpt, use your pen to draw the next guidelines for your design
6. After lots of careful carving you will end up with a beautiful sculpture!
7. See over the page to see how Richard did it, along with his finished frog sculpture

## Let's Get Started **CONTINUED...**



# CODE A ROBOT TO MAKE A SANDWICH

Hertfordshire Libraries



Learn the basics of coding by making a family member into a robot and instructing them to make a sandwich. You will need to think about and write down your coding instructions, give your 'robot' the instructions and see if they can make a tasty sandwich!

## You Will Need:

- Pen or pencil
- Paper
- Ingredients and tools to make a favourite sandwich
- A family member to be your robot!

## What next?

- You have learnt the beginnings of coding: how to write clear instructions, the importance of putting them in the right order, as well as what happens when code goes wrong and how to fix it
- Want to try more advanced coding? Why not try block coding to make games, animations and programmes using Scratch:  
<https://scratch.mit.edu/> if you want ideas and how to guidance on what to code, visit the Raspberry Pi foundation to find an amazing project  
<https://projects.raspberrypi.org/en/projects/>

## Let's Get Started:

- Begin by thinking about and listing the tools and ingredients you will use e.g. bread, butter, knife, jam etc.
- Think about and list the different actions you take with each tool/ingredient e.g. pick up, spread, open etc.
- Think about which hand uses each tool or ingredient. Your robot will need instructions for both hands!
- Write down your list of instructions - make sure you get it all in the correct order e.g. has the butter been opened before trying to scrape with the knife?
- Instruct your 'robot' to make a sandwich
- Is your sandwich successful? if so share it with your robot! if not, look at where you went wrong and 'debug' or rewrite your code

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# CODE A ROBOT TO DRAW A PICTURE

Hertfordshire Libraries



Learn the basics of coding by making a family member into a robot and instructing them to draw a picture.

## You Will Need:

- Pen or pencil
- Paper
- Ruler
- Protractor
- A family member to be your robot!

## What next?

- You have learnt the beginnings of coding: how to write clear instructions, the importance of putting them in the right order, as well as what happens when code goes wrong and how to fix it
- Want to try more advanced coding? Why not try block coding to make games, animations and programmes using Scratch:

<https://scratch.mit.edu/> if you want ideas and how to guidance on what to code, visit the Raspberry Pi foundation to find an amazing project  
<https://projects.raspberrypi.org/en/projects/>

## Let's Get Started:

- Draw a simple line drawing using a pencil and a ruler. Start simple! If you want to draw a curve, use straight lines and angle changes
- The instructions you give your robot are the 'pathway' of a pencil - choose a beginning and end point, imagining the continuous journey between those points
- Measure and record the straight lines and angle changes with your ruler and protractor. Take note when the pencil is drawing and when it's lifted
- Write down the instructions (in order) according to these commands:  
PENCIL UP (not drawing)  
PENCIL DOWN (drawing)  
MOVE FORWARD FOR X mm  
MOVE BACK FOR X mm  
TURN LEFT X DEGREES  
TURN RIGHT X DEGREES
- Give the code to your robot and see what they draw!
- Does it match your original drawing? If not, see where you went wrong and make the changes or 'debug' it

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