

Summer Term 2015

Who's Who?

Do-It Sheets

InnerSense

"Who's Who?"

Why not use these ideas to:

- *Write a diary*
- *Inspire your own art session*
- *Talk about what you*

The May Queen...



Flowers and crowns

Spring has sprung, blossom is everywhere....find and play with petals and tissue flowers. Paint flowers on faces and hands with face paint

The May Queen

Choose and crown your May Queen, process to her throne with waving branches. Dance with ribbon sticks and bells as you celebrate the arrival of spring

Maypole

Hold onto ribbons and dance together round the Maypole, singing as you go....then feast on fruit and juice

To Do: Make your own ivy crowns or garlands and decorate with real or tissue flowers. Tie bells and ribbons to legs and arms and have a go at Morris dancing (see website below)



Website of the week: https://www.youtube.com/watch?v=sArAC2_ow2k

Also visit our own site www.innersense.org.uk for more inspiration

This term has been made possible with funding from:
Awards for All, Lloyds TSB, Garfield Weston & Grants for Arts, LDDF

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La Ardilla...



Squirrel and Oranges

Pick the oranges from the trees, roll them down chutes, wrap in tissue and pack in crates

Orange Press

Pour oranges into the orange press, push the handles and turn it round and round. Collect the pure juice and taste its sweet refreshing flavour.

Flamenco

Work is over, dress up for flamenco dancing. Play guitars, castanets and cahons, stamp your feet and clap hands to flamenco rhythms.

To Do: Go shopping for oranges, peel them, smell the zest, crush them to make your own fresh juice. Dress for flamenco dancing, clap rhythms, or play with small stones like castanets (see website below)



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Dagda's Harp...



Leprechaun

Follow the rainbow colours. Search among the branches and find golden treasure. Play where all is gold. Meet the leprechaun and return his treasure.

Dagda

The Celtic god Dagda played a living harp, the seasons came into order - Spring following Winter, Summer succeeding Spring followed by Autumn. He composed all the sounds of nature, bird songs, the lapping of the waves, sounds of rippling streams, passage of the wind through the leaves, so sweet was the music from the harp that no one could hear it and not follow. Play music together

Finn McCool

A poem is heard. Finn the giant appears to greet you. The ceilidh begins - happy music with fiddles, flutes, whistles and accordion, jigs and feasting.

To Do: A door harp will tinkle when anyone enters - paint an old picture frame and attach bells on strings, then hang on door. Or make your own simple harp.



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Orca (captive)...



Aquarium

Step inside this Seaworld place. See the aquariums, meet the exhibits; hermit crab, octopus, jellyfish, turtle and fish

Touch the whale

His skin is smooth and shiny and cold - feel latex and rubber, play with rubber objects

Sad whale

The whale sings a sad song - he is lonely and longs for the sea. Call to him through the microphone, sing along.....set him free...

To Do: Make your own aquariums using a shoe box or large plastic water bottles. Visit the Wyevale Garden Centre, Binfield (RG42 4HA) and see their colourful collection of aquatic creatures.



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Orca (free)...



Seabed

Put on your swimhats, flippers and goggles and dive down through the water to the seabed - find sand, shells, sea anemones and sea slugs + the creatures from the 'touching pool'

Mantas

Dive deeper into blue/green voiles which billow across the space. See the manta rays floating and gliding overhead. Play deep sea music on xylophones and chimes. Beautiful jellyfish appear and bob up and down all around you...

Winnie whale

You hear her calling, then see her appear, swimming free and happy through the deep water. Say hello, then swim away home...

To Do: Make a beautiful jellyfish umbrella (clear plastic ones available in Poundworld) using stripped plastic, beads or fairylights. If that's too big, how about a little finger puppet?



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Pingu...



Penguin ahoy!

Meet Pingu, talk in strange language of sound and gesture. Play games together with snowballs, try and catch the silver fish in the pool in the ice

Sealion trouble

Meet Pingu's friend, the seal pup, who tries to pinch your fish! A snowstorm begins, snowflakes blowing in the wind across the space

Shelter

Find ice-blocks and build a shelter together, then snuggle in furs and enjoy ice-pops as you watch Pingu and his friends out in the snow

To Do: Have a go at making penguin cakes, white snow icing should be fun! Or visit the penguins at Marwell Zoo, SO21 1JH



Website of the week: <https://www.marwell.org.uk/zoo/explore/animal-stars/humboldt-penguins>
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Heart...



Blood

Roll the white and red blood cells down the arteries (tubes). See them spin and roll, hear the sounds as they bounce, drop and fall on tambours and drums

Heartbeat

Hear the heartbeat, join in and create pulsing rhythms with hands, feet and drums

Hearts

Find the giant heart, see it pulsing as corpuscles (balloons) dance around the space and red streamers dance and stream like blood all around you

To Do: Create heart shapes and patterns in many different ways... Go through your own 'stuff' and find some things to take to the BHF Charity Shop near you.



Website of the week: <https://www.bhf.org.uk/heart-health/preventing-heart-disease>

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da Vinci...

Elastic perspective

Elastic lines cross the space, follow them, stretch them, let them go. Hear the sound they make as they twang. Play with the elastic maypole, see the lines twist, stretch and turn

Cogs, wheels and rhythms

Click - clack go the cogs and wheels as they turn around, play mechanical sounding rhythms on tables and boards. Draw circles round cups and plates

Paper

See bodies, heads and hands. Draw pictures. Rip, scrunch and roll parchment paper, hear the sounds, feel the textures.

To Do: Make a paper aeroplane (see website below) or a lifesized picture of yourself. Old rolls of wallpaper are useful for this activity!



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Two Sisters...



Reflections

Find mirrors and 3-way mirror boxes, look at hands, faces, feet, balls. Paint on faces and see reflection. Paint on mirrors and make shapes and patterns dance around the space

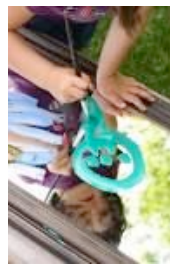
Green sister

Meet green sister - movement. Dance and move around space with green chinese wind fans and green ferns, watching reflections in mirrors

Purple sister

Meet purple sister - stillness. She brings lavender flowers to touch and smell. Relax and massage with lavender oils

To Do: Putting shapes on mirrors, or painting, gives multiple reflections and repeating patterns. Acrylic mirrors are safer (see website below to buy). Pick lavender and hang up to dry, then use dried flowers to make lavender bags



Website of the week: <http://csmirrors.co.uk/acrylic-mirrors/>

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