

# InnerSense "Storybook"

*Why not use these ideas to:*

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

## The Snow Queen...



### Ice

Find the 'ice tree'. Explore texture, sound and properties of silver foil. Twist roll and crumple it, wrinkle and flatten it smooth - make necklaces, headwear, bracelets

### Mirrors

Travel to the Snow Queen's Ice Castle. Mirrors are everywhere - on floor, walls, all around. Mobile mirrors make the lights dance across the space. See reflections behind, above, beneath you. Find each others' reflections.

### Snow Queen

Snow queen appears with rolling snowballs for play. Find the instruments, make music and melt her heart. She gives you ice-pops/cream to taste

**To Do:** Make your own ice cream (see website) or try making beads for a bracelet or necklace



Website of the week:

[http://www.bbc.co.uk/food/recipes/how\\_to\\_make\\_ice\\_cream\\_97157](http://www.bbc.co.uk/food/recipes/how_to_make_ice_cream_97157)

Also visit our own site [www.innersense.org.uk](http://www.innersense.org.uk) for more inspiration

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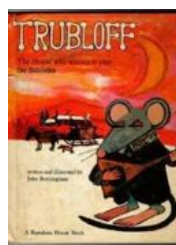
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## Trubloff (Pt 1)...



### Mousehole

Enter the mousehole, they're waiting for you. Meet Trubloff and his family and say hello. Play with your friends the mice in the woodwool. Put on mouse ears and noses and make squeaky sounds in microphone.

### Snow Blizzard

Hear the sounds of the balalaika in the distance. Put on hats and scarves and climb aboard the sledge, snuggling under furs and blankets - off you go with sleigh bells ringing, in search of the music. The wind howls and the snowstorm rages around you.



### Fire

Night falls, cold and tired you light a fire and settle for the night under a big round moon. The journey continues next week...

**To Do:** Make a picture of fingerprint mice....  
puppet of your own.



or a simple finger

Website of the week: <http://www.youtube.com/watch?v=gkHHdGhoGhw>

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## Trubloff (Pt 2)...



### Footprints

Lantern lights show the way as you and Trubloff follow the footprints and reach the town where the music plays



### The Inn

The Inn is warm and cosy. Take your seats and play pub table games, cards, dominoes, Russian dolls

### The Band

Trubloff finds his balalaika at last and begins to play. The other musicians join in and music fills the air...

**To Do:** Make a trail of your own footprints and get your friends to find you. Make your own lantern with cane and tissue paper coated in watered down PVA.



Website of the week: <http://www.youtube.com/watch?v=Hh9-D6W3Sy4>

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## Spirit of the Wind...



### Sounds of the Wind

Listen to the sounds of voices and instruments played by the wind. Use megaphones with fans, play the whirrers and sing into the wind

### Movement of Wind

Feel the air moving all around you. Dance in the wind with poys and fans

### Spirit of the wind

Wind spirits appear, blown by the wind and dance and play with you until the giant kite puppet appears to blow you home.

**To Do:** Make your own windsock with rags or ribbons, or a jangling windchime with a pile of old keys or cutlery



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## Nessie...



## Fishing

Find the pool and use nets and jingly fishing rods to catch fish for Nessie. Gather them together in baskets

## Set up Camp

Put up your tents, set out sleeping bags and light the fire. Call Nessie with bagpipe music and songs. Use binoculars to search Loch Ness

## Nessie

Nessie appears - she is timid and shy. Feed her fish and worms and she will come and say hello

**To Do:** Make your own fish - thread beads onto pipe cleaners and twist into shape, or stick sparkly gems onto old cds with fins and tail



Website of the week: <http://www.nessie.co.uk/view.html>

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## Sword in the Stone...



### Merlin Magic

Meet Merlin, make wishes on the magic Crystal Ball, dance with light spinners and dream torches...

### Sword in the Stone

Find the stone circle surrounding the sword. Feel the stones, decorate one, make patterns, tap and play rhythms together, until one person manages to take the sword

### Crown the King

The King is crowned and the celebrations begin. Bring your stone gift, play music and dance with the ribbon sticks. Toast your new King with Mead

**To Do:** Go for a walk and find a nice stone. Take home and decorate. Make yourself a King's crown



Website of the week: <http://purplecandy.hubpages.com/hub/PAINTING-AND-DRAWING-ON-STONES>

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## The Round Table...



### Round Table

Coloured gels light the round table, play with colours on arms, face and legs, catch them on moonhoops. Make coloured pathways with the moonstones

### Spinning tops and Gongs

See the tops spin round in the coloured light...on and on they go...like the sound of the gongs reverberating on

### Dragon

Hear the dragon in his lair, see the lights of his eyes, be brave knights and greet him - to find the chocolate treasure he is guarding.

**To Do:** Decorate plastic glasses with stick-on gems for a royal toast. Or make your own dragon - 2 wooden spoons with string body. Tie coloured ribbons, rags or wool to string to make body



Website of the week: <http://www.instructables.com/id/Fire-Breathing-Dragon-Cake!!/>

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## The Book Man...



## Book Shop

Meet the Book Man, explore his amazing collection of old books; smell them, look at the pictures, see the words, flick the pages, tap and pat them, make pathways and towers, seats and landscapes

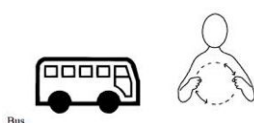
## Newspapers

Newspapers scattered here and there, rip and tear and scrunch and roll, make beaters and hats and costumes if you will, flick them and flap them and sit on them too!

## Words

Words on the walls and ceiling and floor, all around you. Find paper and card and make your own marks, pictures, stories with black charcoal

**To Do:** Learn some Makaton signs or... make a book about YOU...



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## Radio Story...



### Sounds

Strange sounds travel down the airwaves...sing and make sounds into microphones, play theramin and vibratones....where do the sounds go?

### Down the airwaves

See things travel through the air...springy elastic, slinkys and coils, fibre optic lights coiling along above your heads

### Storytime

Settle in comfy chairs with tea and biscuits and listen to the news, the weather, a story, music...

**To Do:** Make your own phone line with cups/tins and string



Website of the week: <http://www.kidspublicradio.org/>

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