

InnerSense "Storybook"

Why not use these ideas to:

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

Songlines...



Songline to face-paints

Follow the light pathway on walkabout. Paint arms faces, legs - spirits of the animals, decorate with fur and feathers

Fire

Light the fire and celebrate with clave rhythms, didgeridoo sounds and dancing

Animal spirits

See animal silhouettes come and go, while you rest by the fire. Draw animal pictures on cave walls and in sand

To Do: Use a cardboard tube to make your own didgeridoo. Or use dot painting to make pictures on paper or stones



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

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

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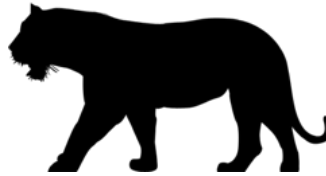
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Life of Pi...



Adrift in a boat

Hot sun shines down as you drift on the sea. Ocean drums dip and sway making the sounds of the sea. Put suncream on faces, arms and hands to protect you

Tiger

Growls in the back of the boat....a tiger appears, feel his fur, make friends, look after each other

Nemo and UV

A flying fish leads you to the place where phosphorescent colours shimmer and twirl and UV sea creatures dnace in the strange light as UV bubbles float around you.

To Do: Use a soft fur throw and a tiger mask to become a tiger. Or make your own jellyfish with coloured paper plates and ribbons...or decorate an umbrella with streamers and fairylights.



Website of the week: <https://www.youtube.com/watch?v=mX2HBsHbNZM>

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3 Little Shelters...



Shelter 1

Make a house of plastic netting and corrugated plastic. Adorn with stripped plastic and rags and plastic bottles...

Shelter 2

A cloth teepee that you can dance through and around. See the cloths moving overhead under, dance between, play hide n seek

Shelter 3

Find the strong, solid bamboo hut and bamboo instruments. Play rhythms and music and dance and sing, safe in your bamboo home.

To Do: Use cloths to make yourselves a secret hide-away, either indoors or outside. Put cushions, fairy lights and some of your favourite things inside...



Website of the week: <http://gb.pinterest.com/sherron/plastic-bottle-crafts/>

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The Man Who Planted Trees...



Shepherd

Meet Elzeard Bouffier. He is a shepherd, sitting outside his hut with his sheep. Come and say hello, feel the sheepskin, make friends...

Planting Trees

Acorns, pine-coans, nuts, seeds and beans. Feel them, roll them around in bowls, make patterns, drop them on instruments, then plant them in the ground and water them with rainsticks... see them grow...

Fountain

Water returns to the land. Blue-green voiles run like rivers across the space and lead you to a beautiful fountain, where you may drink the crystal clear water

To Do: Find a seed and plant a tree. Make a tree picture with real bark and leaves, or gather some branches and dress it with leaves you have made.



Website of the week: <https://www.woodlandtrust.org.uk/plant-trees/>

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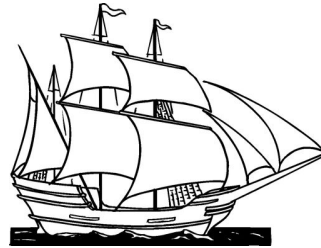
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Gulliver's Travels...



All aboard

Climb aboard and sail away, feel the sea breeze and see the sails billow in the wind, but be careful, a storm is coming...

Lilliput

Little people all around, little houses, animals and a rolling landscape. Make friends and create giant shadows on the sails.

Giant

Giant shadows turn into giant people! Greet the giant, he won't harm you and if he likes you he will gently blow you home.

To Do: Make your own Lilliput, with giant insects and flowers/leaves. Draw round yourself, cut out and decorate to sit/stand in 'garden'. Or make yourself some sailing ship fairy cakes.



Website of the week: https://www.youtube.com/watch?v=BnG_Ce8Qz9w

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Aladdin's Cave...



Cave

Enter the cave, sparkling with gems and treasure. Find costumes and make-up and adorn and pamper yourselves

Treasure

Explore cave and find beautiful cloths, jewellery, instruments, precious oils for massage, oriental spices. Play the strange instruments and make music together

Puppets

The music wakes the puppets who dance and sing for you...and the Genie appears. He grants 3 wishes and gives you golden treasure

To Do: Make a jewellery box with stick on gems, or weave a magic carpet with coloured card or strips cut from colourful magazines.



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The Secret Garden...



Robin

Hear the birds singing as you enter. Robin puppets greet you and introduce you to the other birds. Sing together with ocarinas and whistles

Key

Find key in robin's nest. Open the gate and enter Secret Garden. Find roses projected everywhere, catch them with moonhoops and on your bodies and hands.

Lavender

Lay down blankets among the lavender and enjoy gentle massage with lavender oils while watching secret gardens appear and disappear around you.

To Do: Make cake case flowers on lolly sticks, or delicious flower biscuits. Go for a walk in the woods and listen to all the different bird songs



Website of the week: <http://www.taste.com.au/recipes/33513/flower+biscuits>

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Sleeping Beauty...

Animals and Butterflies

Enter the forest, animals and butterflies are all asleep! Gently wake them and dance and play

Castle walls

Butterfly leads you to the castle walls. Knock down the walls and step inside the castle where everything sleeps...

Sleeping Beauty

Find Sleeping Beauty and wake her with a kiss. Everyone wakes and dancing begins (projections on walls). Join the celebrations, then feast on fruit.

To Do: Make your own castle with a cardboard box and loo rolls. Or how about a crown, with glittery pipe cleaners or a cone with tassels. Visit a castle near you.



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Humpty...



On the Farm

Meet Humpty - he's a happy fellow! Roll eggs down chutes and play the egg shakers with the friendly chicken.

Humpty's Wall

See Humpty fall - he's ok. Play with boxes, build them up and knock them down

Bouncy balls and balloons

Have fun with giant balls and balloons. Play together, bouncing them over the wall. Jump up and down on trampetes. The King's horse arrives with chocolate eggs for all

To Do: Make a Humpty puzzle or your very own hobby horse, from a foam swimming strip. Visit real horses at the stables.



Website of the week: <http://spanishfood.about.com/od/maincourses/r/huevosrotos.htm>

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