

DREAM

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InnerSense

"Dream"

Why not use these ideas to:

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

Pyjama Party...



Bedtime

Come into the bedroom. Decorate pillowslips with pens, stickers and ribbons. Taste the cereals and make shakers and jewellery.

Under the covers

Find the quilts, soft toys, hot water bottles and snuggle down. Crawl underneath, make dens, shine torches, in a comfy, warm, safe space

Lullabies

See the mobile begin to spin, count sheep, feathers, moons and stars. Sing lullabies, have hot choc and see the stars above you.

To Do: Make a paper plate sheep...or 2 or 3. Hang above your bed as a mobile. Or a pillowslip puppet, with a ping-pong ball and 2 sticks.



Website of the week: <http://www.ivillage.com/best-pajama-party-and-sleepover-ideas>

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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Dream Jester...



In the stars

Enter and find hanging stars, jingly bells, explore the space, meet the Dreamjester and catch falling stars in nets

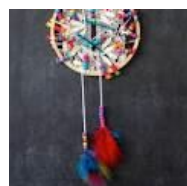
Rainbow

Dreamjester gives you a rainbow. Play with rainbow coloured voiles, travelling around space, moving between, through, under the colours, feeling textures.

Dreamcatcher

Settle on the rainbow, play with falling feathers, wear feather crowns and dress the giant dreamcatcher before falling gently to sleep

To Do: Make a starry crown, or mobile. Or try your own dreamcatcher to hang above your bed.



Website of the week: <http://www.wikihow.com/Make-a-Rainbow>

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Dragonfly...



Bubbles

Meet Caterpillar blowing bubbles in a nest of baby dragonflies. Play in the shiny nest, look after the 'bugs', roll and crawl and tumble around.

Dragonflies, giant leaves and flowers

Dragonflies dance and move around the space as giant leaves sway and flowers open and close their petals

Queen dragonfly

The Queen appears and joins the dance, then offers raisin 'flies' to all her new friends

To Do: Find out about dragonflies. Make a dragonfly of your own. In August you can go on dragonfly walks! (see website below). Decorate an umbrella as a giant flower.



Website of the week: <http://www.bbowt.org.uk/events/2014/08/03/dragonfly-walk>

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Midsummer Night's Dream...



Into the Wood

Meet Bottom in the woodland and listen to his tale. Play in the wood, choose a wooden instrument and share songs.

Enchanted Forest

Drink the magic juice and enter the enchanted forest. Find the fairies, they are everywhere, twinkling and dancing around the trees. Watch the sycamore seeds as they float and fall about.

Fairy Queen

The Fairy Queen appears and welcomes you to her forest. Move about the trees with her and watch her fairies fly.

To Do: Make your own fairy decoration using a wooden doll's peg and material. Or watch a performance of A Midsummer Night's Dream on YouTube.



Website of the week:

http://www.naturedetectives.org.uk/packs/fairy_pack.htm

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Alice...



Down the rabbit hole

Fall down the rabbit hole, where giant playing cards hang all round, find sparkly balls that roll and spin down funnels and dustbin lids, in bottles..

Cheshire cat

Meet this smiling friendly character, who appears and disappears in front of your eyes

Cats' Den

Snuggle up with furry cats in their den, make cat sounds, feel the fur and play with Tom Cat (ipad app) as he copies your words

To Do: Find a cat to make friends with: what does he like to eat, where does he sleep? Make your own cat mask, or paw print picture.



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

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Curiouser...



White tubes

Explore the white piping curling round the space. See the lights/balls rolling down tumble drier tubing. Play rhythms and dance with the white boomwhackers

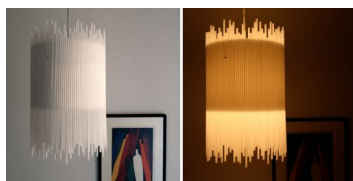
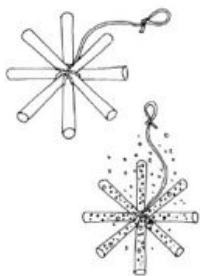
Giant dome

Find the white dome and character inside. Move round it, climb in and out, roll it, lift it over wheelchairs, hear the sounds it makes when it moves. Play white chimes.

Small hoops and moonhoops

Play with the small hooped orbs, make shadows with torches on moonhoops

To Do: Here are a few things you could make with white straws - a sparkly star, a lampshade or a skeleton picture



Website of the week: <https://www.youtube.com/watch?v=fLIAXq5TaL4>

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Excession



Small blue orbs

Follow the large blue lantern and find the small blue orbs and hooped rings, roll them around the space, to each other, gather them together and play the tank drum and black chimes. Paint blue circles on faces, hands and feet.

Giant blue orb

The giant blue orb appears, outer space projected on its surface. Move around it, get inside as it is lowered down over you. Peep through the portholes and meet the alien who lives inside

Moonhoops

Catch the space projection on moonhoops, see them turn and spin. Play the theramin making eerie, spacey music

To Do: Ping-pong balls over battery tea-lights make little orbs, or make your own orb lanterns with blue tissue and diluted PVA. Cover a cheap lampshade with ripped newspaper for an unusual spherical light source.



Website of the week: <http://pbskids.org/arthur/games/alien/alien.html>

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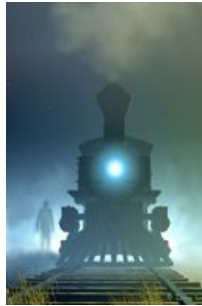
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Ghost Train...



Tickets please

Enter the waiting room and meet the strange ticket inspector. Buy your tickets and find your luggage. Play rhythms on the suitcases while you wait

Train Ride

All aboard....take your seats and prepare for a weird and wonderful journey, as the track twists and turns and strange objects float past your windows.

Ghosts

UV lighting outlines the floating shapes of ghosts who dance and play all around you.

To Do: Go for a train ride - it's fun! Play games with a suitcase - Lucky Dip, Kim's Game or 'Where shall we go?' (Clues inside...i.e.goggles, towel costume)

Make a train cake - no baking!



or a ghost...



Website of the week: http://www.dayoutwiththekids.co.uk/family-fun/Pinewood_Miniature_Railway/4823

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