

# Emporium

## DO-IT SHEETS

1. Aloha
2. Tales of Venice
3. Guzheng
4. Gongs and Bells
5. Bamboo
6. Panama Canal
7. Zulu
8. Sundial
9. Snake Oil

# InnerSense

## "Emporium"

*Why not use these ideas to:*

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

## Aloha...



## Welcome

Wear your 'lei', put flowers in your hair and come and play on the sandy shore. Find shells and stones, see fish swim in the waves and dance the hula

## Tribute to Pele

The conch calls. Gather shells to give to the goddess, explore the bamboo circle, celebrate with drumming and dancing

## Volcano

The volcano becomes active, thunderous sounds and curling smoke. Pele appears and gives red, glowing orbs in return for the shells. Rest under the stars.

**To Do:** Take a trip to the seaside or create your own beach with a little sand on a mirror, find shells/stones with which to decorate. Make pretty hair decorations with coloured mesh sponges and kirby grips. Paint your shells in rainbow colours.



Learn to hula dance here:

Website of the week: <https://www.youtube.com/watch?v=1qO10aSsWSU>

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

This term has been made possible with funding from:  
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## Tales of Venice...



### Herbs

Find the herb stall and buy your wares - feel, smell, taste them, crush them with mortar and pestle to bring out smells

### Pasta

Play with the pasta, sort different shapes/colours, hear them roll in bowls and on tambours. Make your own coloured 'playdoh' pasta, rolling, patting, cutting out shapes.

### Marco Polo

Marco appears and leads you to his ship, hoist the sails, feel and hear the wind blow, see streamers and petals flutter in the breeze. Taste ship's biscuits as you sail away

**To Do:** Make your own pizza/focaccia - buy a base and decorate with your favourite things - tomato ketchup, grated cheese, peppers, sausage. Make a pizza face for fun!



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## Gu Zheng...



## String, rope 'n' wool

Find baskets of wool/string/rope - all colours, textures, lengths, dress the space on fishing nets and lines, weave into hairnets, twist, plait and bind round arms/legs. Thread beads onto strings, dangle over instruments.

## Silk worms

Coloured caterpillars and silk worms appear, feel them with fingers, see the lights glow as they wriggle around you

## Zither

Hear the sound of the Gu Zheng. Play stringed instruments with fingers, chopsticks and bows. Find coloured silk and chinese fans and dance to the beautiful, haunting music.

**To Do:** Make your own zither with a shoe box and rubber bands. Using coloured wool make a 'string trap' and try and climb through the space or decorate wheelchairs with brightly coloured string.



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## Bells n Gongs...



### Small bells n gongs

Find a variety of small bells n gongs, listen to the different sounds, play together, build sequences and rhythms, stop/start. Lots of listening.

### Puppet

The small puppet appears to entertain you. Meet and greet him, feel his costume, see his face. Paint your own faces like his; white face-paint, black liner and red lippy.

### Large bells n gongs

How different do the big ones sound? Take turns to try them all, creating haunting music. The life-size puppet appear and interacts with everyone. Become puppets on loops of elastic, explore movement qualities, tension and release

**To Do:** Make your own gongs (decorated aluminium trays) or ankle bells, stick bells, cup bells as below



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## Bamboo...



## Rice

Rice for pouring, shaking, running through fingers and onto instruments. Make patterns of rice in pools of coloured light, scoop into bamboo containers, make circles and lines, pile it up and smooth it flat

## Bamboo Instruments

Discover all different kinds of bamboo instruments, explore their textures and sounds, play alone or together, making bamboo music.

## Mr Bamboo

Your music has awoken him, he likes it and dances while you play, then gives rice krispies and rice cakes to share.

**To Do:** Decorate lengths of bamboo and hang from a stick to make wind chimes, or make a bamboo snake - small pieces of bamboo threaded onto wire, or a garden container from bamboo of different heights.



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## Panama Canal...



### Loading Crates

Sort the cargo of cereal boxes, plastic bottles, egg boxes into crates. Work to the sound of merengue rhythms. Feel the different textures of the packaging, shredded paper/bubble wrap/polystyrene chips. Load onto 'container' and pull/push along canal

### Pay Day

Work is over, collect your pay and get dressed up for a night on the town...

### Salsa

Taste 'cocktails' in the shanty bar and dance to salsa rhythms until the sun goes down.

**To Do:** Visit Boulter's Lock and see for yourself how a lock works. It's a lovely place for a day out and picnic. Or have a salsa party at home - straw hats for men, flowers in hair for girls, plenty of Panamanian music on YouTube.



Website of the week: <http://www.visitthames.co.uk/about-the-river/river-thames-locks/boulters-lock>

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**Zulu...**



### Gathering Food

Explore the feel, sounds of variety of beans/peas - make patterns, drop into tambours and bowls, gather together in baskets and leather bags

### Tribal Village

Give food to medicine lady and her goat, sit on woven mats and adorn selves with face-paint and feathers. Play African instruments and dance together

### Fire

Gather round fire for a feast and (non-alcoholic) beer, then sleep, wrapped in blankets, under the stars.

**To Do:** Weave place mats with brightly coloured paper or create your own Zulu mask with white chalk on black paper. Or you could try drawing animals with black o sandpaper - quite tricky but effective



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## Sundial...



### Sundial

See the shadow move as the sun moves round the space- time is passing, slowly. With wooden figures on moonhoops, play with shadows - hands, faces and feet too

### Tick-tock

Hear the metronome playing tick-tock rhythms. Play the wood instruments and add your own tick tick vocal sounds

### Giant sundial

The sun rises on a giant sundial - explore the space, in and out and round about. Play the timeless sound of chimes. As night falls, catch coloured laser beams which cross the space in a web of colour

**To Do:** Make your own sundials or clocks, or visit the City of London Sundial Trail (see website below)



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## Snake Oil...



### Suitcases

Play with the suitcases, hear the sounds as you tap and pat them with sticks and canes. Explore their contents.....is someone inside?

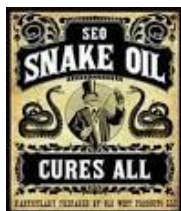
### County Fair

Follow the sounds of music to the fair. Smell the hay bales, taste fruit and pancakes on the foodstall, dance the hoedown....

### Snake oil

Meet the salesman - try out his creams lotions and potions, smell them, massage into hands and feet. Which one do you like best? Then rest under the stars

**To Do:** Make your own Snake Oil label - what would your medicine taste like? Try baking a pie with ready made pastry. Pick your own fruit at Grays Farm (website below)



Website of the week: <http://www.graysfarm.co.uk/>

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