

Do - It Activity Sheets

1. Cobblers

2. Proserpine

3. Macbeth

4. Crow

5. Crow 2

6. The Lady of Shalott

7. Newton

8. Tropical Hot Dog Night

Why not use these ideas to:

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

Cobbler, Cobbler...



Shoe shop

Explore the shoe shop - so many different kinds of footwear! Try them on, decorate with ribbons and flowers, show them off on the red carpet. Have a foot massage in the foot spa if you prefer

Cobbler

Meet the cobbler. Help him clean, polish and repair the shoes, hammering a rhtythm on wood benches and instruments

Shoe Puppet

From his bag the cobbler produces a strange shoe puppet who wants to make friends - she is the old woman who lives in a shoe! Liquorice laces to take home.

To Do: Make your own sock or shoe puppets. A shoe box can create a simple little theatre. Jazz up an old pair of shoes with glitter, ribbons, stickers. Visit your local Timpson and watch them repair shoes, cut keys and more (See website below)









Website of the week: http://www.timpson.co.uk/services/63/shoe-repairs
Also visit our own site www.innersense.org.uk for more inspiration

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Proserpine...

Poppy fields

See the wind rippling the poppy fields. Meet Proserpine, she gives you poppy petals that flutter and spin in the wind, blowing across the land. Play the gongs making trance-like music

Weary river

Follow the blue voiles as they billow towards the sea. Swim, float, dive through the flowing water, under, over, through the shifting colours.

Sea

Rippling blue water all around, dip your fingers and toes in the cool water, see the water beads glisten in the submersible lights. Play water music and paint blue and white ripples on mirrors

To Do: Buy some water gels, they are cheap and come in a variety of colours. They feel and look amazing - a great tactile resource. You can also find submersible lights to go with them. When you've finished playing you could create an ornament for your bedroom









Website of the week: http://www.ppu.org.uk/whitepoppy/
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Macbeth...



Banquet

Prepare for a banquet, clean and polish crocks and pots, play the metal sounds and sing as you work. Fill with chestnuts/walnuts/apples - see them roll around, drop them in bowls, hear the sounds

Witch's Cauldron

'Double, double, toil and trouble', the witch is making a spell and a witch's brew. help her by finding creatures, insects and herbs. Add them to her cauldron

Ghost

An apparition appears - hear his words echoing round you. In UV light the ghosts come dancing, play together. They bring sugar mice to eat

To Do: Using playdo, make witch's brew ingredients and label them in jars. Or maybe some pipe-cleaner spiders or a loo roll bat to hang upside-down on a branch in your room. For a tasty treat, pumpkin soup (see website below)







Website of the week: http://allrecipes.co.uk/recipe/13349/perfect-pumpkin-soup.aspx?o_is=LV Also visit our own site www.innersense.org.uk for more inspiration

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Crow...



Crow and stones

Meet the Crow and baby crow (puppet). The rock glows and dims as the Crow magic begins. Feel smooth, round stones, make patterns and lines, play stones together and create rhythms and songs. Paint flowers, birds and animals on the stones...

Flood

Thunder and lightning herald the flood, dance among the blue voile streams of water, make rain sounds with rainsticks and ocean drums, while thunder drums growl....

Rainforest

The rainforest begins to grow, trees and fungi all around as the water runs down leaves and waterfalls and rivers form before your eyes. Play with mushroom umbrellas in the projections.

To Do: Using black handprints make a flock of crows, or perhaps a scarecrow to scare them away! Go for a woodland walk and see how many different kinds of fungiyou can see or a 'Treetop walkway' - see website below..







Website of the week: http://www.kew.org/visit-kew-gardens

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Crow 2...



Birds

The rainforest has grown and birds gather in the treetops, singing their songs. Play with the feathers, see them flutter, feel them tickle fingers and toes, sort into colours, adorn yourselves. Meet the birds, play ocarinas and create bird sounds in the microphone, then fly away......

Drums

The sound of drumming calls you deeper into the forest. Play congas and drums, creating jungle rhythms together

Animals

Out of the forest, animals appear, see if you can identify them, or make their sounds. Play with the monkey puppets, share bananas and pineapples... but beware, in the distance the tiger growls...

To Do: Transform a room into a rainforest, add leaves, birds and animals. Make and taste jungle snacks of bananas and pineapple cubes on skewers









Website of the week: https://www.marwell.org.uk/zoo/

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Lady of Shalott...



Seeds

Fields of Barley and rye surround you, gather the seeds in bowls and baskets, sort them, feel them run through your fingers, roll them round in bowls, pour them into, out of cones, make patterns and piles, hear them fall onto tambours and drums...

Weaving

Find the Lady working at her mirror, creating a tapestry. Add wool, string and ribbons to her loom, explore the different textures and colours. The tapestry grows and colours project down onto whites that billow across the space. She turns...

Boat

"She left the web, she left the loom" - The lady lies down in the boat and drifts away as you accompany her with the watery sound of melancholy chimes and dulcimers

To Do: Make a loaf of rye bread to taste, or perhaps a seed necklace to wear. Half-orange bird feeders will give your garden friends a treat. Or plan a boat trip of your own (see website below)







Website of the week: http://www.frenchbrothers.co.uk/group-travel/disabled-and-wheelchair-access/

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Newton...



What goes up...

Newton is busy with his work...an apple falls, so does a feather. Play with dropping objects onto sand, how fast do they fall, what sound do they make? Prisms in light create rainbows all round.

Telescope

Look up to the stars through the giant telescope and boomwhacker tubes. See colours through kaleidoscopes. Call and listen, create rhythms with sound tubes.

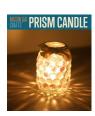
Orrery

Planets circle overhead, see them spin and turn. Roll silver and coloured balls around the space as lightspinners create flashing rainbows around the room.

To Do: Make your own solar system or spinning mobile. A prism candle can be created by sticking transparent gems onto a jar and placing a tealight inside. Or visit a planetarium and see the night sky recreated before your eyes. See website below







Website of the week: http://www.winchestersciencecentre.org/

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Tropical Hot Dog Night...



Ev'ry colour of day...

Enter a paper bag forest, full of coloured light. Decorate bags with coloured pens and stickers, fill them with scrunchy tissue paper and lights.

The Night Monster

Find the monster hiding in the stars. Play hide and seek, then chase him away with your coloured lanterns and calling colours on the microphone.

2 Flamingos

The space lights up with rainbow colours and 2 flamingos appear, dancing and playful. Dress up and dance in the colours, playing rhythms on maracas and shakers. Then taste the coloured fruit they bring and chill in the lantern light.

To Do: Paint your hand like a flamingo and see him dance. Decorate paper bags to create lanterns or how about making a tropical fruit salad for your tea.







Website of the week: https://www.youtube.com/watch?v=KW8GX2n4qbY

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