




Art and creativity in Lockdown

Unlocking artmaking with found materials during lockdown

A RESOURCE BOOK MADE AS PART OF THE COMMUNITY AND PROFESSIONAL PRACTICE MODULE OF THE BA HONOURS IN ART THERAPY. FOR REMOTE APPLICATION IN COMMUNITY WHEN COVID19 LOCKDOWN PREVENTED PHYSICAL SOCIAL ACTION ENGAGEMENT IN THE SITES.






Co-authored by Janeé Caboz, Chad Edery, Sandra Greeff, Gugu Manana, Kamal Naran, Alisa Ray, Kate Shand
Forward and Art Therapy programme convener Prof Kim Berman

Cultivating hope through artmaking under Lockdown:

Unlocking artmaking with found and homemade materials
Forward by Kim Berman

Acknowledgements: This resource book is produced by the BA Hons Art Therapy cohort of 2020 and designed by Rozanne Myburgh, drama therapist and managing director of Lefika la Phodiso

Art Therapy is a process that feeds the creative spirit and helps us heal ourselves and the pain of others.

> "Therapists who employ the creative arts know…that it is only through experience within the symbolic, imaginal realm that there is a possibility for healing and transformation" (Lewis, P. 1993).

The South African lockdown has been devastating for many, but particularly children who cannot access the community centres where they found support, stimulation, and nourishment that builds confidence, self-worth and hope. Children who are not able to learn "on-line" and have their own creativity and play as their source for resilience.

In an introduction to a book chapter called "Little Signs of Hope", Mary Clare Powell and Vivien Marcow Speiser state:

> Yes, they are little signs, but they are still signs of hope, that precious commodity.… Hope grows and always grows up. Why little signs? Because the work of the people in this book is local, where the real work gets done (from The arts, education and social change; Peter Lang publications 2005)

This quote is relevant as it is the same collective impetus that was the motivation for this resource book. The seven Art Therapy honours students had just initiated their community placements in the Alex Arts Academy in Alexandra Township and the Trevor Huddleston Centre in Sophiatown. The students met with the centre managers and the young adults in the programme, and discussed possibilities of arts activities that extended from making and flying kites, to creating a play or a puppet show and making their own characters to enact their experiences of the places they found themselves. This anticipation and excitement was dashed when the National Lockdown hit and the young people along with all of us, were confined to our homes. Many of these youth live in homes that are impoverished of art materials and play, and where the scarcity of food and water takes precedence for survival.

In our context, experiencing the first few months of the SA lockdown, when no one could go out for anything except food and emergency supplies or services, hope seemed indeed "to be at the bottom", needing to be watered, nurtured, and grown.

Children and young people can lose hope and spirit without creative stimulation and nurture.

> Artists and artmaking have a vital role to play in responding, restoring and re-enlivening that hope and creative energy. There is so much research about how the arts create resilience and the agency to imagine a better future. When one can imagine possibilities of change and the capacity to aspire for a more hopeful future, social transformation happens (Berman, Finding Voice: A visual arts approach to engaging social change 2017).

This book, therefore is dedicated to the young adults of Alex Arts Academy and the children of Trevor Huddleston Centre and the many children, where seeds have been planted, but not yet watered. The seeds contain the hope of possibility, but are temporarily dormant, and simply need watering to awaken their germination.

The art resources in this book are the beginning of that watering process to engender and enliven sustenance and hope. And when the seeds are grown into plants, the fruits can be abundantly shared.

Art as therapy is a process of healing and nurturing through the creation of safe spaces for children to create and find ways to connect with themselves and express their own voices. The period of lockdown reinforced the understanding that empathy towards self and others can be facilitated through creativity and image-making.

This resource of art activities and techniques are experiments and processes invented by the Honours cohort in the Faculty of Art and Design at UJ during the first two months of Lockdown. All the students of the first academic qualification of Art Therapy in South Africa are also experienced art facilitators and counsellors who understand implicitly how art heals the soul. (The BA Art therapy Honours is the first stage of the Masters of Art Therapy, the qualification required for professional practice accredited by the Health Professions Counsel in South Africa). Some of them are long-time counsellors of Lefika La Phodiso, the trail blazers of a movement for an indigenous practice of Art Therapy in South Africa. This is the first chapter in this resource book of many more to come.

The lockdown situation, notwithstanding the economic and social devastation, has given us many gifts and opportunities. This is one of those gifts. These arts activities have been tried and tested and beautifully presented. Sending a voice note, video, pdf or link via a WhatsApp message to a parent, guardian, teacher or child trapped in a lockdown, can awaken their possibility for creativity and imagination. These creative activities can be explored using materials in the kitchen or outside in the street or garden; and the world of hope opens up again enlivening the energy of the spirit, and body.

Thank you to these inspiring individuals who are the pioneers of a new movement to consolidate the field of social change through the arts.

All images, designs and photographs may be reproduced and used with consent of all the authors who innovated and created these activities as part of their AT Hons credits for community engagement during lockdown



Contents

Make a sensory board 6

This sensory board is designed to target various sensory inputs specifically tactile, auditory, and visual. This board can be accessed by either placing it on the floor or by sticking it up on a wall. Developed by Chad Edery.

Making a dreamcatcher 18

This activity is all about making a dreamcatcher! We will learn how to make the different items which are needed to end up with a full and colourful dreamcatcher that can help to keep bad dreams away. Developed by Janeé Caboz.

Making a hanging mobile 24

This activity is all about making your very own mobile which you can hang in your home and decorate your space. Developed by Janeé Caboz.

Games with recycled and found materials 26

Gather simple and easy to find recyclable materials and create these games for the whole family to enjoy. Developed by Gugu Manana.

How to create a puppet show from recycled materials 36

In this activity you will 1) make paper mache 'stick' puppets, 2) a puppet theatre using recycled materials such as plastic bags, newspapers, magazines, sticks, cardboard box and inside toilet rolls, and 3) write and perform a puppet show. Developed by Kate Shand.

Paper and journal making 46

The aim of creating this project in Lockdown was to create a fun and interactive activity, creating a consciousness around recycling paper and transforming it into new products. The process of tearing the wastepaper is a calming effect that releases stress and tension as a therapeutic-nonverbal activity. The idea being to add to the pages creating a journal. Developed by Sandra Greeeff.

Found object mandala 51

This is a versatile activity that can be used in many different contexts.No art materials are required. It can be framed in different ways to suit your specific purposes. It is a non-permanent form of art. Developed by Alisa Ray.

Modelling clay 52

This is modelling clay that can be made with easily accessible household ingredients. Quick and safe to make and the clay can airdry with good results. Developed by Alisa Ray.

Eggshell mosaic 54

This is a recycling project made with waste materials easily found in most households. It can also be used to introduce students to the concept of mosaic. Developed by Alisa Ray.

Container for precious things 56

This is a recycling activity using household waste to create something of value that can hold precious objects. Developed by Alisa Ray.

Wordpods 59

This is an activity using the seed pods from the Wisteria plant to create painted words. The actual seeds can also be used to form letters of the alphabet. Developed by Alisa Ray.

Plastic yarn 60

This is a project in which we recycle plastic bags and turn them into yarn. Making plastic yarn is a great way to reuse plastic bags and turn them into something that can be used in a multitude of ways! It is an easy process that requires minimal materials and effort to create something that has endless possibilities. Developed by Kamal Naran.

Weaving with plastic yarn 62

In this project we will use our plastic yarn to learn two different weaving methods. Weaving is a process in which you interlace two stands of yarn together to create a textile pattern that is strong and flexible. Weaving can be used to create functional craft objects such as mats as well as art objects. Developed by Kamal Naran.

ALL AGES
SPECIAL NEEDS

Make a sensory board

This sensory board is designed to target various sensory inputs specifically tactile, auditory, and visual. This board can be accessed by either placing it on the floor or by sticking it up on a wall. Developed by Chad Edery.



This board is designed to fit eight different sensory panels that together create an engaging and wonderful adventure of the senses, namely: pom pom panel; pasta and bead panel; sequin sensation panel; wind chime panel; kinetic sand panel; pinwheel panel; goo panel; shaker panel.

Each panel can be stuck onto the board with velcro to allow flexibility to change the composition to ensure a different sensory experience with each engagement. One can alter this sensory board accordingly by choosing to only make specific panels. It is also versatile in that one can make such activities and choose to have them loose and not attached to a board (see suggestions on the specific activity pages on how to do so).

AIM OF THIS PROJECT

This sensory board allows one to engage with one's senses in an appropriate, fun and exciting manner. Each panel targets a single and or multiple sense through touch, sight and sound.

USE THIS PROJECT FOR

The target audience are parents and teachers within the special needs' community, where stimuli to appropriately engage with sensory inputs is needed and encouraged.

As these activities are fun and a sensory exploration, this sensory board can also be for other parents who would like to create sensory toys/activities for their children to have fun and engage with.

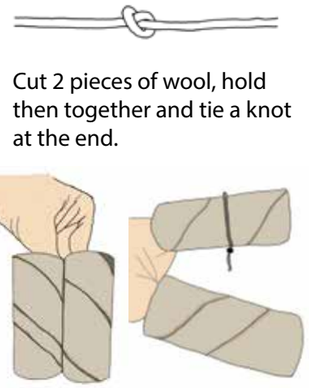
PANEL 1 – THE POM POM PANEL

Materials needed

- Wool – at least two different colours
- Two toilet rolls
- Scissors

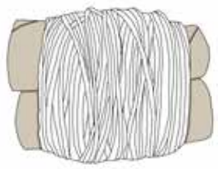


Instructions



1. Cut 2 pieces of wool, hold then together and tie a knot at the end.

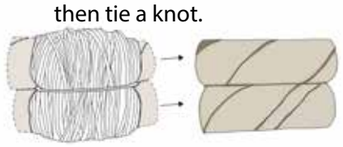
2. Put your thumb and index finger in the 2 toilet rolls, then put the wool with the knot end between the toilet rolls and then push the toilet rolls together so the wool stays in place.



3. Wrap the wool around the toilet rolls 75 times.



4. Now cut another piece of wool and then wrap it around the ball of wool – make sure it goes in between the toilet rolls and then tie a knot.



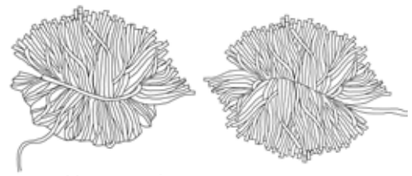
5. Gentle pull the toilet rolls out whilst holding onto the wool and then tie another knot.





6. Cut the loops on the one top.

7. Cut the loops on the one bottom.



8. Now you have a pom pom.

9. Using a needle, make a hole through the board, thread through the piece of wool used to make the initial knot (step 4) and make a knot so the pom pom stays on the panel.

SUGGESTION

You can mix wool colours and can change the size by reducing the number of times you wrap the wool around the toilet rolls.

PANEL 2 – PASTA AND BEAD

Materials needed for the pasta panel

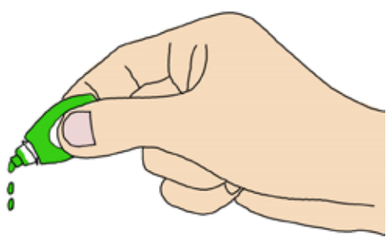
- Pasta
- Food colouring
- Vinegar 1 tablespoon
- A container
- Baking Tray
- Baking Paper or plain paper



1. Put the pasta in the container.



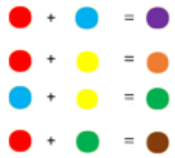
2. Add 1 tablespoon of vinegar.



3. Add 3 drops of food colouring.

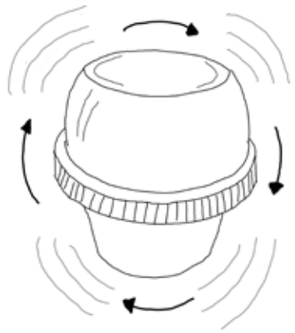
SUGGESTIONS

- You can substitute the pasta and beads for beans, rice or stones.
- You can use wood glue, Bostic glue or wallpaper glue. If you do not have glue you can make your own using equal parts maizena and water.
- Colour combinations for food colouring:



The more food colouring added, the darker/stronger the dye.

- For alternative dyes, you can use water and spices such as paprika and turmeric; you can also create natural colourants using a cup of black tea and coffee (no milk), or boil beetroot and other food to use their natural colourants or you can paint or spray paint the material.



4. Put the lid on and shake.



5. Let the pasta sit in the liquid for 2 minutes.



6. Put baking paper on a baking tray.



7. Put your pasta on the tray and let it dry for 15 minutes, then you can start gluing it to the panel.



Materials needed for the bead panel

- A variety of beads in terms of size, shape and textures.
- Glue

1. Choose an assortment of beads.
2. Design a pattern that allows for different textures and sizes together.
3. Glue the beads onto the board.



SUGGESTIONS

- You can substitute the pasta and beads for beans, rice or stones.
- You can use wood glue, Bostic glue or wallpaper glue. If you do not have glue you can make your own using equal parts maizena and water.
- Ensure that you have a variety of beads and that your layout differs in terms of shape and size so that you create a really interesting tactile experience.

PANEL 3 – SEQUIN PANEL

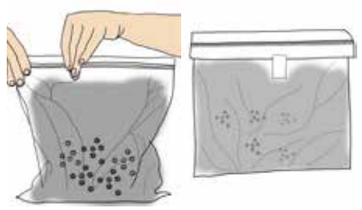
Materials needed
- A zip lock bag
- A piece of board
- Hair Gel
- Sequins
- Tape



1. Get a small zip lock bag, make sure it fits in the middle of the panel, still leaving space on all sides.



2. Add hair gel and sequins to the zip lock bag.

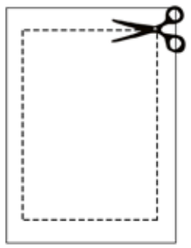


3. Seal the bag and then fold the seal behind the bag and stick it down with tape.





4. Trace the zip lock bag onto a piece of board.



5. Cut the traced rectangle out and put aside for later.



6. Stick the zip lock bag in the middle of the panel.



7. Stick the traced rectangle over the zip lock, like a frame and have fun squishing.

SUGGESTIONS

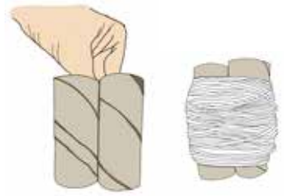
- You can substitute hair gel with cooking oil and water to create a lava lamp effect.
- If you do not have a small zip lock bag, you can always make it the right shape by using tape to stick the sides back so that it becomes smaller.
- Besides sequins you can add beads, pom poms and glitter to the zip lock bag. You can use a cereal box or cardboard for the frame. You can decorate the frame that goes around the zip lock bag (step 5,7) by painting it, sticking stickers on, drawing on it or even putting glitter on it.

PANEL 4 – WIND CHIME

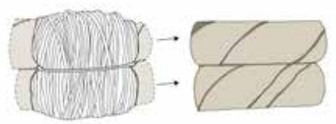
Materials needed
- 4 toilet rolls
- Egg carton
- Beads
- Gut
- Wool
- Paper
- Paint
- A Needle
- 4 Bells



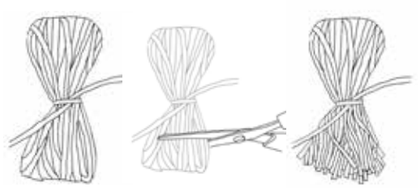
1. Take a toilet roll and decorate it using paint or markers.



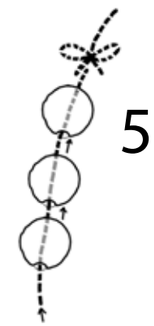
2. To make the tassel, take a piece of string and wrap it around two toilet rolls.



3. Slowly pull the toilet rolls out whilst holding onto the string.



4. Take another piece of wool or gut and tie a knot around the top of the wool to create a head. This gut should be long as it will be the gut for the whole chime. Now cut the bottom of the tassel so that the wool is now divided into many pieces.



5. Now add three beads onto the gut and then tie a knot.

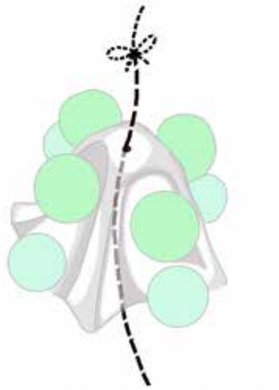
6. Then add a bell and then tie another knot to prevent it from moving.



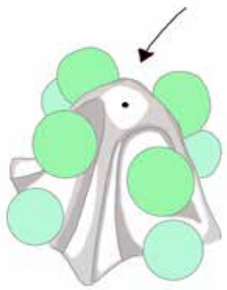




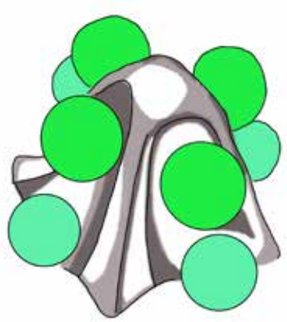
7. Now cut out the middle of the egg carton



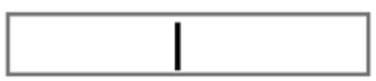
8. Stick beads onto the sides of the egg carton.



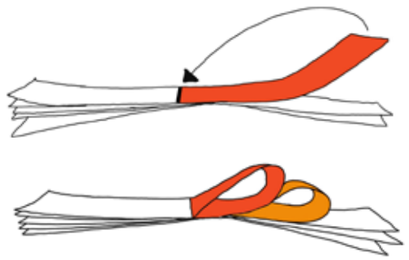
9. Using a needle, make a hole at the top of the egg carton.



10. Thread the gut through and then tie a knot.



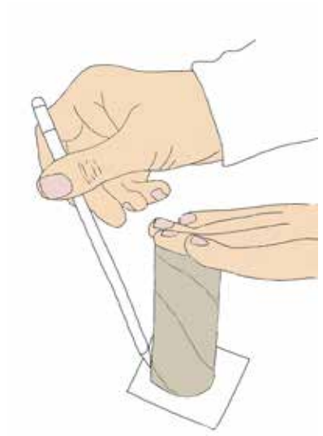
11. To make the rainbow flower cut out 16 small rectangles of different colour paper and put them behind each other, in the order you want and staple the middle.



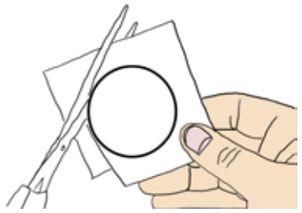
12. Fold each half into the middle and stick it, continue doing so until the flower is complete.



13. Thread the gut through the top and bottom loop so that it stays in place.



14. Trace the toilet roll on paper making two circles – these will be to close the top and bottom of the toilet roll.



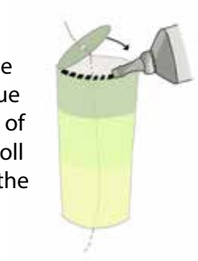
15. Cut out the circles and using glue stick the circle to the bottom of the toilet roll.



16. Use the needle and thread the gut through the bottom of the toilet roll.



17. Use the needle and thread the gut through the bottom of the toilet roll.

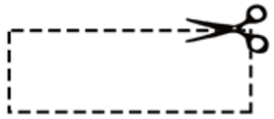


18. Whilst holding the gut put glue on the rim of the toilet roll and close the top.

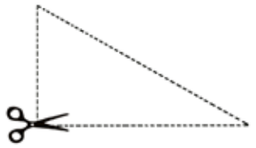


19. Tie a bead at the top of the toilet roll to prevent it from moving.

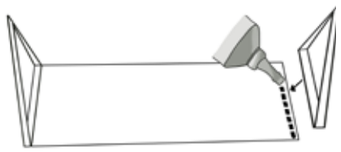
20. Repeat step 1 to 19 for the other 3 chimes.



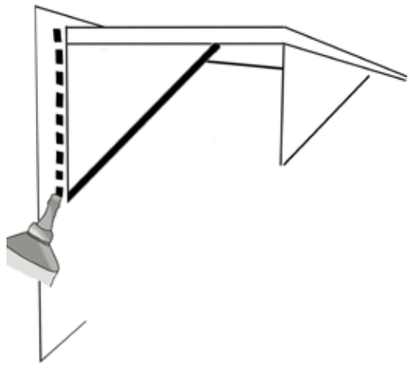
21. To make the base to hang them on, cut a rectangle piece of board - the same width of the panel.



22. Cut 2 triangles that will support the board in the corners.



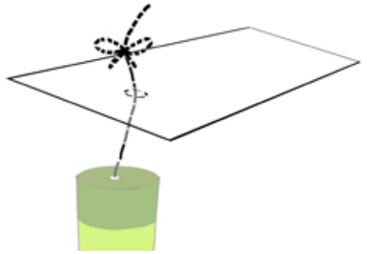
23. Glue the triangles to the rectangle base, one on either side.



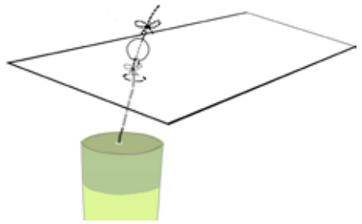
24. Stick the base to the panel.



25. Use the needle and make a hole through the top of the base to determine where to hang the chime.



26. Thread the gut through the hole and tie a knot.



27. Thread a bead on and tie a knot after it.



28. Repeat step 25 to 27 for the three other chimes.

SUGGESTIONS

The material to hang the chime:
Gut was used in this design however, it can be replaced with string, wool or yarn.

If you do not have any of these at home, you can make yarn using the methods in another activity in this manual.

The noise factor:
If you do not have bells at home, you can replace them with more beads and then fill your toilet rolls with beads, stones, sand or pasta as indicated in the shaker panel.

The decorations:
You can paint, spray paint, colour in or draw on the toilet rolls. You can also stick sequins, glitter, feathers or pom poms on them.

If you do not have beads to thread for the chime, you can use dyed pasta as done in the pasta panel.

PANEL 5 – KINETIC SAND

Materials needed

- 1 cup of baking soda
- ½ cup of sugar
- ½ cup of maizena
- 1 tablespoon of cream of tartar
- 4 tablespoons of water
- ¼ cup of water
- A bowl
- Whisk/spoon
- Box
- Decorations.
- Zip lock bag





1. Add the dry ingredients into a bowl and mix.



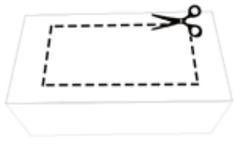
2. In a separate bowl add a few drops of food colouring and a ¼ cup of water.



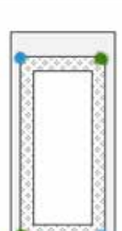
3. Add a tablespoon of the water and food colouring mixture at a time, to the dry ingredients and mix - repeat 4 times.



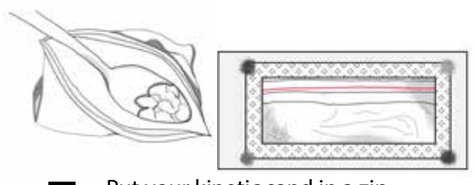
4. Put the mixture in the fridge to cool down for 20 minutes, after which you can use and have fun.



5. To put it on a panel, get a small box, cut a rectangle in the middle – big enough to fit your hand through.



6. Decorate your box and then stick the back of it to the board.



7. Put your kinetic sand in a zip lock bag and put it in the box for safe keeping and take it out when its time to play.

SUGGESTIONS

You can substitute the cream of tartar with more baking powder.

The more drops of food colouring added, the darker the colour of the kinetic sand.

You can use a tissue box, biscuit box or even make one out of paper.

You can decorate your box by:

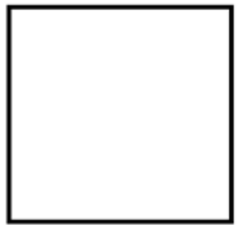
- Wrapping it in paper/ newspaper/ wrapping paper.
- You can paint/spray paint it.
- You can stick sequins, glitter, pom poms and feathers on it.

PANEL 6 – PINWHEEL PANEL

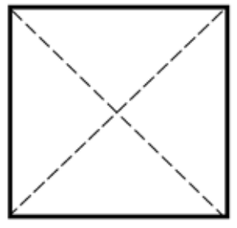


Materials needed

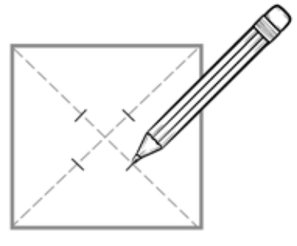
- Paper/Carboard
- Scissors
- Needle
- Beads



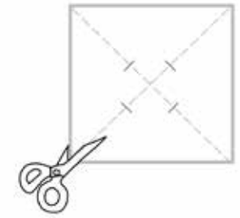
1. Begin with a square piece of paper.



2. Fold the paper corner to corner then unfold.



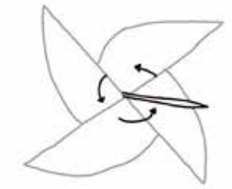
3. Make a pencil mark about 1/3 of the way from the center.



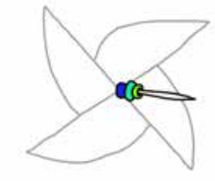
4. Cut along the folded lines and stop at your pencil mark.



5. Bring every other point into the center and stick a pin through all four points.



6. Turn your pinwheel over and roll the pin around in little circles to enlarge the hole a little. This guarantees that your pinwheel will spin freely.



7. Thread 3 to 4 beads on the needle and then pin it in the board.

SUGGESTIONS

Paper is easier to use then carboard, as it is lighter. You can also use newspaper and magazine paper. You can decorate the paper by painting or drawing on it. Make sure that you use a long needle otherwise the pinwheel will not spin.

If you do not want to pin it to a board, you can pin it into a dial stick, tree branch, straw or roll up paper to make a straw and use that as the stick

PANEL 7 – GOO PANEL



Materials needed

- A pot
- 1 cup of Maziena
- 1 cup of white sugar
- 4 cups of cold water
- Food colouring
- A zip lock bag
- A whisk



1. Add the maizena, sugar and water into a pot (turn stove to 3) and whisk.



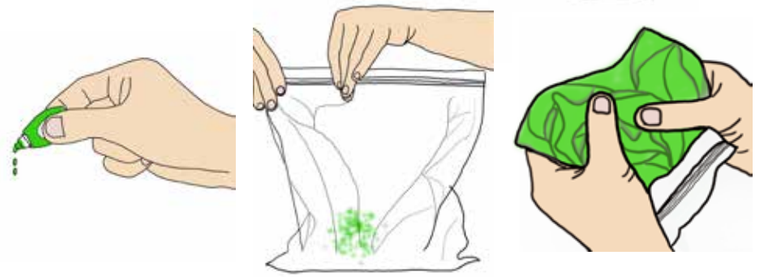
2. When the mixture changes from a white thick liquid to a clear Vaseline colour then stop mixing.

3. Take the pot off the heat and let it cool for 10 mins.



4. Once cooled, add the mixture to a zip lock bag.





5. Then add your choice of food colouring, seal the bag and squish the bag to mix the colour into the goo and have fun!

SUGGESTIONS

You can divide the mixture into a number of different zip lock bags and then colour them differently to have different colour goo.

To prevent the zip lock bag from opening, you can take a piece of tin foil and fold it over the opening and then iron over it – becareful not to iron over it to many times as it will melt the plastic.

You can attach the zip lock bag to a panel as in this design using velcro, so that it can be taken off, played with and then put back on the board to keep it safe or it can be left as is, in the zip lock bag, not attached to a board.

PANEL 8 – SHAKER PANEL

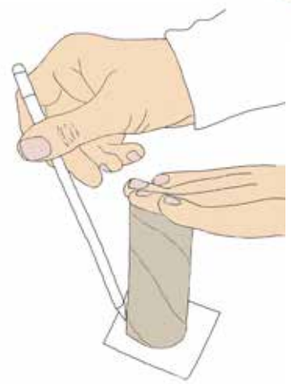


Materials needed

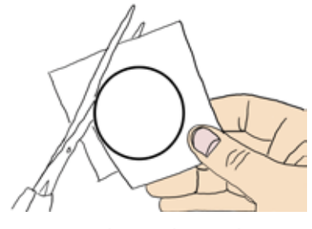
- Toilet Roll
- Paper
- Glue
- Beads/rice
- Plastic cup
- Paint

1. Decorate your toilet roll.





2. Trace the toilet roll on paper making two circles – used to close the top and bottom of the toilet roll.



3. Cut out the circles and put glue on the bottom rim of the toilet roll and stick the circle to the bottom.

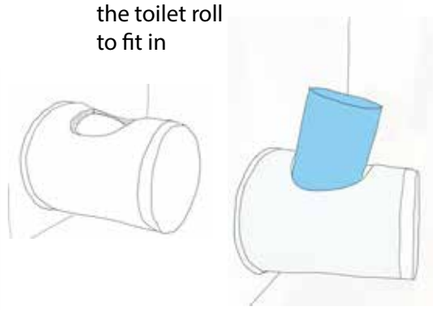


4. Add the beads to the toilet roll and using the other circle, close the toilet roll.

5. Decorate the cup.



6. Cut a hole in the cup so that it is big enough for the toilet roll to fit in



7. Glue the top of the cup to the board so that the hole is facing upwards and insert your shaker.

SUGGESTIONS

You can decorate your toilet roll by:

- Painting it
- Sticking paper on it.
- Drawing pictures on it
- Gluing glitter or sequins on it.
- Spray painting it.
- Sticking stickers, pom poms or feathers on it

Filling your shaker:

You can use different fillings to create different sounds:

- Rice
- Beans
- Pasta from the pasta panel
- Beads

If you would like to have the shaker stuck to the board you can tie gut, string or wool around the shaker and then make a hole in the board (behind the cup) and thread the gut through and tie a knot so that it is attached to the board- make sure the gut is long enough to still be able to shake it from a distance or you can leave it loose and not attach it to the panel.

AGES 10+
ADULT SUPERVISION

Making a dreamcatcher



This activity is all about making a dreamcatcher! We will learn how to make the different items which are needed to end up with a full and colourful dreamcatcher that can help to keep bad dreams away. Developed by Janeé Caboz.

A dreamcatcher can be a powerful thing to make. As legend has it, the purpose of a dreamcatcher is something that is hung up in someone's home to prevent bad dreams and nightmares from visiting while a person is asleep. It has also been known to have protective properties and can act to protect a family and prevent them from harm or danger.

This activity will include making, painting and decorating our own beads, using play dough, and making our own plastic thread/yarn to create the pattern in the centre of the dreamcatcher.

USE THIS PROJECT FOR

This activity can be done by children 10 years and older, or with children who are younger in collaboration with an adult. It can be a good activity for a parent/caregiver to do with their child as a bonding experience.

AIM OF THIS PROJECT

In a therapeutic sense it can be used with children who are experiencing bad dreams, are frightened to go to sleep at night and who feel a sense of danger and anxiety about their own safety and that of their family members. Through the process of making a dreamcatcher in the presence of, or with the assistance of an adult, these scary feelings can be talked about and processed, with the aim of making them more manageable. Furthermore, it can also be used to talk with children about their hopes and dreams for the future and create a space for them to begin to imagine these possibilities!

Benefits

It is said that a dreamcatcher has protective properties and the ability to keep bad dreams away. While we cannot be certain if this is true or not, a dreamcatcher can still have a positive effect for a child who may feel reassured by its presence. Sometimes it can be helpful children to have a tangible object that symbolises a sense of hope and safety and can help to dissuade their anxieties whenever they see it hanging by their bedside.

In addition, making the dreamcatcher can be a fun and rewarding experience in and of itself. Often it is fun to collect all the different materials needed and choose the colours and decorations you want to include. It also assists smaller children with the process of developing their fine-motor coordination skills.

MAKING THE DREAMCATCHER

Each dreamcatcher is different and unique, and not all dreamcatchers are the same. Some people make big dreamcatchers and others prefer small ones. Dreamcatchers can be made with a range of different materials, colours and decorations depending on the creativity of the person making it. As such, you are invited to be creative and experiment with different ways of making it and with different materials you have at home.

WITH AN AIM TO RECYCLE

One of the aims of this project is to attempt to use recycled materials where possible and to use materials or resources which you may commonly find at home. As such, it is an example of a project that can be attempted at home with everyday resources that you see around you and which does not require a lot of extra money.



PART A: MAKING THE BEADS

Materials needed

These beads are made using a simple salt-dough recipe that can be made with ingredients you have at home. It only requires three ingredients!

To make the dough

- 1 cup of flour
- ½ cup of salt
- ½ cup of water

To make the beads

- Food colouring or paint
- A straw or a stick

Instructions

1. To make the beads, we need to start by making the dough. Mix the flour, salt and water together in a bowl. Blend the ingredients together with your hands to form a dough consistency.





2. If you are using food colouring, add the food colouring to the dough and blend it in thoroughly.



3. Once you have the dough, pinch off small pieces (in the size you want your beads to be) and roll them into a ball.

4. Poke a hole through your bead with a stick or a straw to create a space for the thread to go through.



5. Place your beads on a tray or plate and allow them to dry and harden.

6. Once your beads are dried out, you can paint them and decorate them with any materials that you choose.



TIPS & SUGGESTIONS

- To colour the beads, you can use food colouring or regular paint. If you don't have these you can also use other ingredients you have around the house to create a colour, such as coloured spices or vegetable juices.
- Your beads don't just need to be round, but you can be creative about what shapes you want them to be. Try making a bead in every shape you can think of.
- Be careful about not making your beads too small. If the beads are two small, then the dough might crack and break the bead. Rather make larger and bolder beads that stand out.

PART B: MAKING THE PLASTIC THREAD

Materials needed

- A normal plastic packet that you get from grocery shopping
- Scissors
- A candle



Instructions

1. Start by choosing which plastic packet you would like to use, as they can come in different colours.



2. Using the scissors, cut up the plastic packet into thin strips about 3cm to 5cm wide.

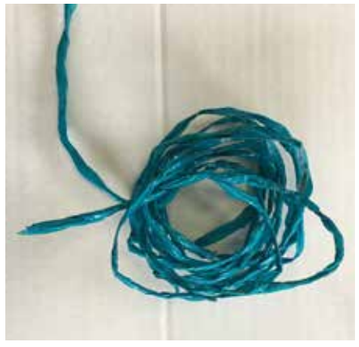


3. To attach two strips together, carefully melt the two ends over a candle and then press them together so that they stick.

4. Carry on this process by sticking all the strips together to form one long plastic thread.



5. Twist the strips continuously to turn them into thinner 'thread'. Once the long thread is complete it can be rolled in a ball to be used later.



TIPS & SUGGESTIONS

- It can be a bit dangerous using an open flame with a candle so be careful! If this does not feel safe you can also try gluing the ends of the strips together with a strong glue or tying them together using a sturdy knot.
- The idea behind using plastic thread is to do our part in recycling what we can and saving the environment. However, any other thread or string can also be used to make the dreamcatcher.

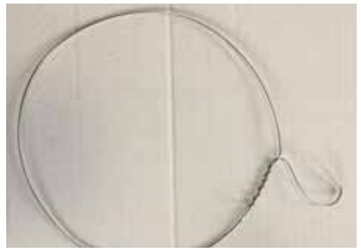
PART C: PUTTING THE DREAMCATCHER TOGETHER

Now that you have created your beads and your plastic thread, we can put the dreamcatcher together.

Materials needed:

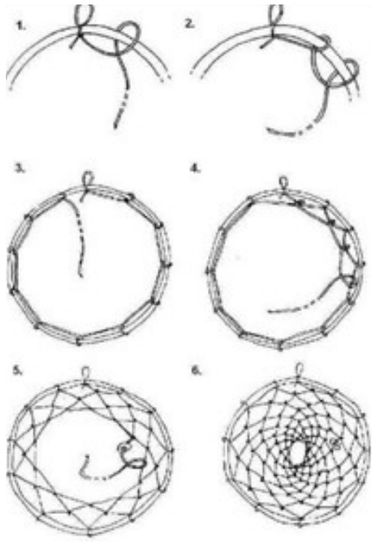
- A wire hoop
- Feathers
- Beads (from part A)
- Plastic thread (from Part B)

Instructions



1. Start by covering your hoop with the plastic thread by winding it around until the whole hoop is covered.

2. Begin the process of making the pattern inside the hoop using the diagram below to guide you. Loop over and behind and pull through. Continue this process as you move around the hoop.

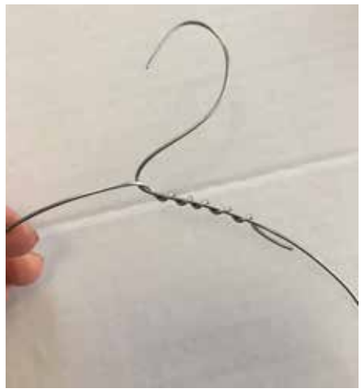




3. As you go along you can add beads. Once you have reached the centre you can add a bead in the middle and then tie a knot to secure the design.



4. Include a loop at the top of your dreamcatcher which can be used to hang it up.



5. Now that the centre is done, the next step is to create the hanging beads and feathers. The example dreamcatcher has three feathers, but you can include as many as you want.



6. Cut three pieces of plastic thread in equal lengths.

7. Using the thread, tie a knot around the end of the feather and secure it with a bit of glue. Do this for all three.



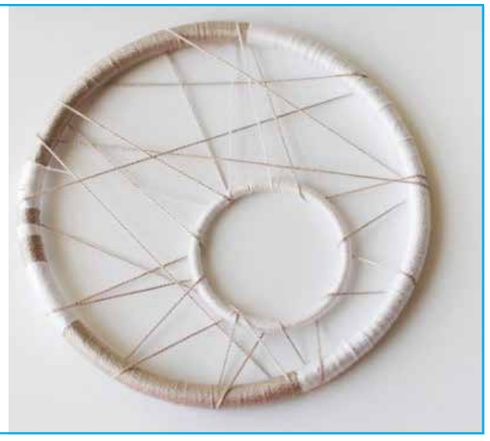
8. Add the beads you want to use to each piece of thread.

9. Once you are done you can now attach the threads with the beads and feathers on to the bottom of your dreamcatcher (equally spaced apart).



TIPS & SUGGESTIONS

- While this centre design is the most commonly used design to make dreamcatchers, you can also create your own. You can be creative about the 'web' you want to make and experiment with different weaving techniques. Any example is included below.
- The hoop does not need to be made of wire, it can be made of any material as long as it is strong and sturdy.
- You can choose to use any feathers you like for your dreamcatcher. They can be coloured ones bought from an art shop or feathers you find around the garden/park. If you don't have any feathers you can also use other items that you think might look interesting. Below is an example of a dreamcatcher made with other interesting items.



ALL AGES

ADULT SUPERVISION

Making a hanging mobile



This activity is all about making your very own mobile which you can hang in your home and decorate your space. Developed by Janeé Caboz.

A hanging mobile can actually be made with any materials you choose. The idea is to put together beautiful objects or objects that hold significance for you, to then hang up in your space and remind you of those memories. Some hanging mobiles are used with objects that make a pleasant noise when the wind blows and causes the objects to touch each other.

USE THIS PROJECT FOR

This activity can be used with children of any age depending on the materials used. If it is made with broken glass, then it should be used with adolescents or adults only (as the broken glass can be sharp).

Benefits

It can be a rewarding experience to make a hanging mobile, not just because the process is enjoyable, but also because you have something to admire in the end!

WITH AN AIM TO RECYCLE

Since your hanging mobile can be made with any objects you have around you that you are no longer using, it can be an act of recycling by reusing something.

This is an example of a mobile made with old keys and ribbon





This is an example of a mobile made with cutlery and string

Materials needed

- Any collection of found objects (for example broken glass, keys, cutlery or any other objects you have lying around)
- Some sort of string (This can include anything such as simple string, ribbon, thread, yarn or even home-made plastic thread)
- A base from which to hang your objects (once again this can be anything you think might work such as a stick or a base made from wire)

MAKING YOUR HANGING MOBILE

This activity is open to a lot of interpretation and therefore there is a lot of space to be creative and experiment with what works for you. There are no limits to your imagination regarding what materials you can use and how you can assemble them together.

Instructions

1. Choose the objects you would like to use for your mobile
2. If you choose objects that make a noise when they touch each other then you can make a windchime.
3. Wrap string or ribbon around each object or tie a piece of string onto each object.
4. Find a sturdy piece of wood or base to hang the objects from.
5. Make sure you secure a loop at the top which you can use to hang your mobile.
6. Attach each object, with the string, onto the piece of wood.
7. Find a good spot to hang up your mobile or windchime and enjoy.

TIPS & SUGGESTIONS

If you are unable to tie a piece of string onto your object, you can also attach it using a strong glue. The same applies with attaching the string to your base.

Games with recycled and found materials

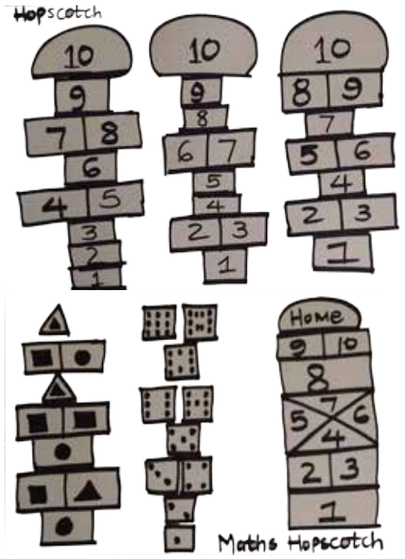
Gather simple and easy to find recyclable materials and create these games for the whole family to enjoy. Developed by Gugu Manana.



ACTIVITY 1: MATHS GAMES – HOPSCOTCH AND NUMBER GAMES

Hopscotch was made popular by children imitating soldiers training for battle in their full armour during the roman times. The game is played by tossing a beanbag, stone or other safe object on the pattern drawn on the floor or pavement with chalk, in the playground or made with paper if playing indoors it can also be permanently paved using bricks. It normally has 10 squares or triangles and a home base; it can be played by one person or more children at a time.

Here is an example below I made for you of a pattern you can draw when you play. You can use numbers, shapes, or dices.





On the first picture, the children are playing hopscotch using numbers and chalk shapes jumping game and the last picture is called *Follow the Line.*

How you play the game

First you must draw the pattern of your choice, we used chalk to draw my pattern on the pavement as you see below. The player tosses the bean bag in the first square without touching the sides or lines, the player hops on the first square pass over the markers square jumping onto the next square until they reach the last one which will be the 10th.

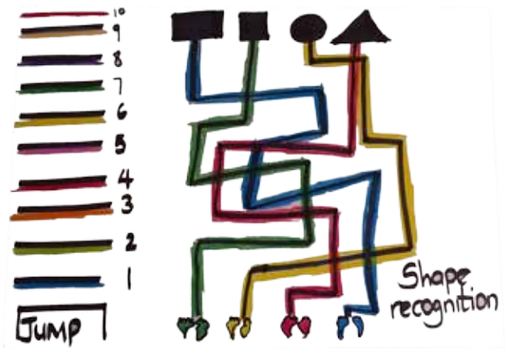


Turn around hopping until the second square while still in motion bending down to pick up the stone or bean bag then skip over the very first square. The pattern is repeating until you get to the last square which is also known as the home base.

The winner is the first one to complete all squares and numbers without touching the sides or lines.

ACTIVITY 2: JUMP GAME AND LINE WALKING GAME

Other examples or templates of outdoor activities that you can play inside the house or outside with your friends. The game on the left called *Jump* allows you to recognise colours and jump extremely high counting the numbers. The second picture is called *Line Walking game*, it helps with recognising shapes, gross motor skills and sensory processing, that is using your muscles, joints to create body awareness.



The benefits of playing hopscotch and jumping games

For children and school going children it helps with development of gross motor skills, mental reasoning, or cognitive and social development.

- *Cognitive development* – learning to follow rules and thinking how to jump, picking up the bean bag and the speed of the jumps
- *Mathematical skills* – through counting and moving the child can memorise the numbers, placement and count correctly also can differentiate ascending and descending numbers.
- *Physical development* – as you are thinking, you are getting fit with each jump and strengthening muscles and increasing the heart rate
- *Balance and strength* – building the large muscles of the body, legs and practising supporting and balancing on one leg or two legs when hopping. The core strength is developed by the lifting and controlling the whole bodies.
- *Hand-eye and bilateral coordination* – you must use and coordinate both eyes and hands and body to see and touch where the bean bag or stone lands.
- *Social skills* – children learn about rules, taking turns, waiting, cooperating with others and being considerate of others.

TIP

You can also use sight words on your hopscotch

ACTIVITY 3: NUMBER WEAVE FOR PRESCHOOLERS



Materials needed
- coloured paper
- permanent marker
- glue,
- scissors
- cardbox
- string or twine.



The benefits of number weave
The child is learning to identify colours, number recognition and sequencing, use hands to train fine motor skills, developing cognitive mental thinking and analysis skills as they look at the number order. Most importantly learning to focus and concentration skills







Instructions
To make the number weave strips: Use the coloured paper, cut two strips of paper for each colour. I used blue, red, yellow, orange, and green, so I had 10 strips when I finished cutting.

I numbered each strip from number one to ten (1-10). I used craft glue to stick the papers together to make a circle shape, then glued it to the cardboard. Arrange each number on different direction to make it interesting for little fingers.

Use a medium to long length piece of string so it is easy to weave through the circles. I made a knot at the end of each string

TIP
You can also use toilet paper rolls and cut them using a stanley knife or craft knife.

MATCHING AND MEMORY GAMES

ACTIVITY 4: SHAPE AND COLOUR MATCHING AND RECOGNITION

Materials needed
- whiteboard paper
- permanent market
- twister colours
- cardboard paper
- scissors.



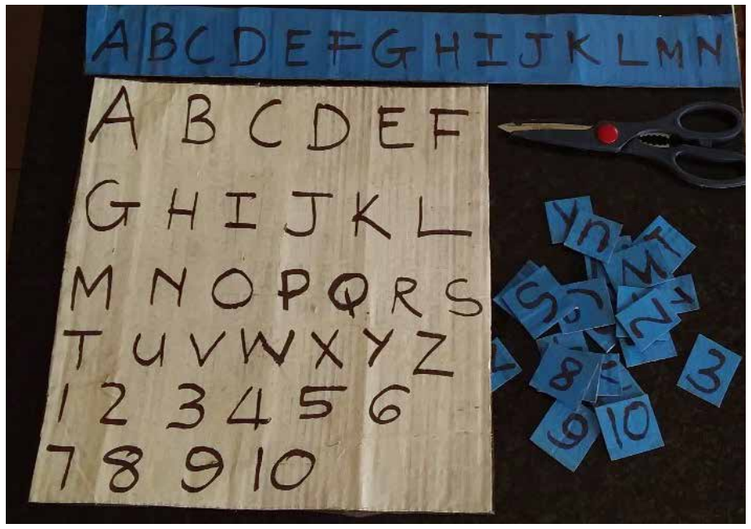
Instructions
My shapes were made into rectangles with circles inside. To add the colours and use scissors to cut the rectangles of the cardboard. These games can be made using sorting cards, control cards with instruction for the children to follow. It helps preschool aged children learn shapes, form and colours. They can play alone or with a friend.

The benefits of matching and memory games
- help improve concentration in young children,
- develops and trains visual memory,
- ability to retain information in the short term memory
- ability to separate and differentiate and see similarities in colour, shape and objects
- grouping of objects with like characters
- enhance attention to detail
- expand vocabulary

ACTIVITY 5: UPPERCASE ALPHABET AND NUMBER MATCH GAME
Alphabet matching and recognition games for toddlers give practice with matching uppercase and lowercases and numbers, learning sound identification, vowels and consonants for older children.

Material needed
- cardboard paper
- paint
- paint brushes
- permanent marker
- scissors
- clear adhesive book cover





Instructions
So, first I cut the cardboard into a square, painted it white, painted my alphabets and numbers blue once dry I covered them with clear adhesive book cover roll then cut each shape to fit into the alphabet on the board.

The benefits
- simple way to learn the alphabet
- uppercase and lowercase practice
- understand methodical,organised and predictable relationships between written letters and spoken sounds
- the naming of letter helps with reading success later in life
- letter names support a child to learn letter sounds
- development of understanding of the alphabetic principle

ACTIVITY 6: NUMBER AND SHAPE CARDS



Number sense is understanding what numbers mean and a group of key math abilities. It enables preschoolers and primary school going age children to understand quantities and concepts.

It strenghtens those with strong maths ability and encourages those with lesser number sense so they can overcome challenges in school or in their daily dealings. Normally, you work with manipulatives like blocks or rods or counters.

What number sense teaches include learning and development of number-sense skills and understanding quantities. Learning concepts of more and less, larger and smaller. Differentiating between relationship of single object and a group of objects.

Awareness of symbols that represent quantities for example the number 1 means the same thing as the word one. Comparing numbers such as 10 is greater than 5 and 5 is half of 10. Ordering number understanding in a list whether ascending or descending, counting up or down for example 1st , 2nd, 3rd.

Number Sense Keys

Number sense are based on four principles when working with preschoolers; counting, quantification, recognition, addition and subtraction.

- Counting is placing the numbers in order such as counting from 1-10 and higher
- Quantification is understanding the one value that is associated with each number, that is knowing that a number is a specific amount, it is how much.
- Recognition is understanding the value of each number, that a number is a quantity and can also be identified as quantity
- Addition/Subtraction is, adding or taking things away.

Benefits

- Memory match
- Following directions
- Taking turns
- Make predictions
- Match number symbols to the current quantity
- Sharpens memory skills

TIP

You can make your own beads, counters, bottle lids, make your own dice to roll building number sense at home.

ACTIVITY 7: RING TOSS

The ring toss games is created for family fun, friends gathering and to enjoy. The game is played by tossing the paper plates into the ring securely and the person with the most accurate toss wins the game.

Material needed

- toilet paper rolls
- paper plates
- permanent markers
- craft knife
- pencil (to make an outline where you would cut)

To make the ring toss, use toilet paper rolls, paper plates, permanent markers, craft knife and pencil to make an outline where you would cut.



How the game is played

The ring toss board is vertically arranged and secured using pages, extra cardboard paper to make legs. It is placed about 5-10 metres from each player and a line is drawn which the player start and toss from a distance.

The score is counted up to 21 points and there is a ringer who keeps scores counting for 3 points and if a player get two rings on the peg it counts for double points. A tie means the game continues until there is a winner and if they both score at the same time this cancels the point and no points allocated.

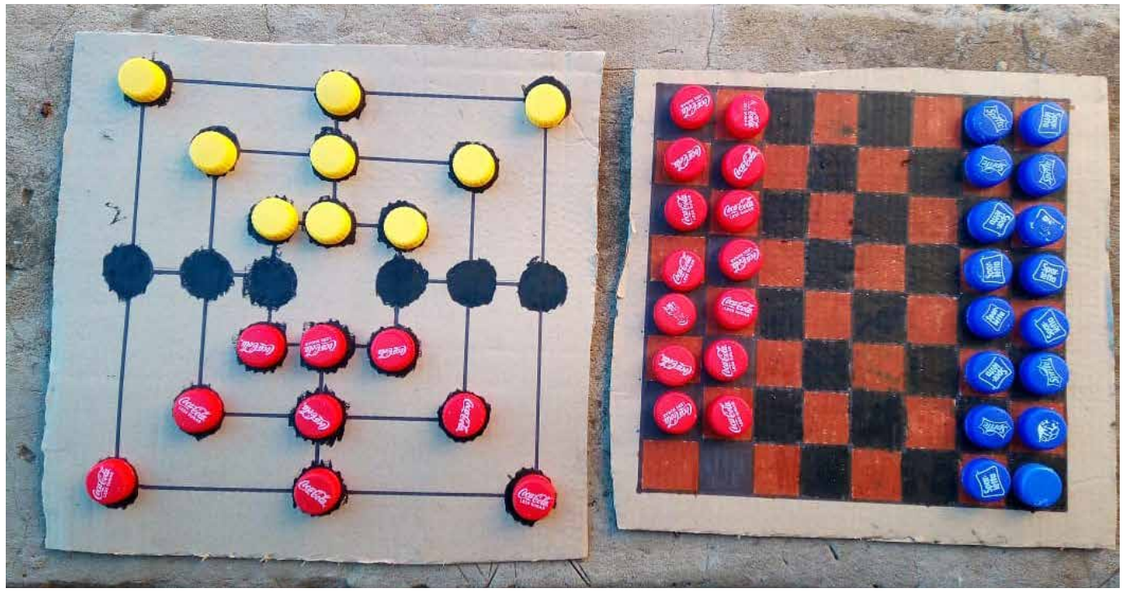




Benefits of playing ring toss game

- Outdoor game that encourages physical movement
- Can be played anywhere, on water, sand or grass
- Fun to play
- Can be played by all ages from children to adults
- Helps with aiming and hand eye coordication
- Teaches goal setting and motivation.

ACTIVITY 8: BOARD GAMES – CHESS AND MRABARABA



Playing board games with family is enjoyable, relaxing, cooperative and competitive and help family bond, keeps active and healthy. The game featured below are chess/checkers and they are easy to make at home with materials that are readily available at home.

Benefits of board games

The benefits of playng board games include bonding and connection as a family, makes you feel good laughing realing good endorphins, maintaining a healthy brain especially cognitive decline increasing memory and cognitive skills, lowering of blood pressure, problem solving skills, reduces stress, boost the immune system to ward off negative feelings and thoughts. The physical movement helps with improving motor skills and is therapeutic to those with physical or mental disabilities. Increases creativity and confidence and teaches patience that is needed in problem solving and to connect with other people. This will be useful in training patience in any case.



Material needed

- cardboard
- ruler to measure
- scissors
- pencil
- craft knife
- crayons
- permanent marker
- bottle caps.

I used an existing board game as a template, for the other games I searched on the internet for templates and dimensions depending on size you want your board game to be. For the games shown here, the dimensions were 30cm by 30cm.





ACTIVITY 9: DESK ORGANISER

Desk Organiser that is useful in storing and making my study desk neat and I know where everything is. You can recreate this using cardboard and toilet paper rolls, paint, scissors, pencil, glue, coloured board paper.



Material needed

- cardboard
- toilet paper rolls
- paint
- scissors
- pencil
- glue
- coloured board paper









ACTIVITY 10: PUPPETS

Using inexpensive found recycled materials to make puppets that are suitable for family fun, primary school children, teachers, parents, as teaching aids and props for stories.

The making of puppets allows creation of new characters, to use the imagination to think of various ways to create stories, play and have fun. This is also a good way to reuse and recycle.





Material needed

- toilet roll papers
- wool, different colours
- glue
- permanent marker
- scissors
- buttons

How to make your finger puppets

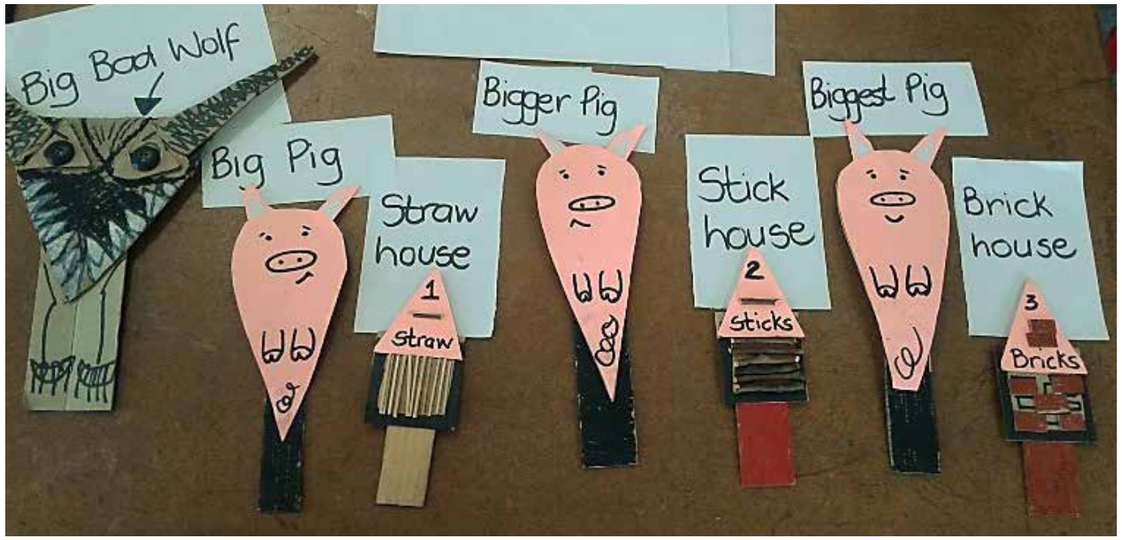
Place your two index fingers inside the toilet paper roll. Cut wool strips to make the hair, glue to top of the roll for a desired hairstyle. Draw your facial features, add other material like buttons and glitter to make it shiny.





ACTIVITY 11: STORYTELLING AIDS - THREE LITTLE PIGS

This is another form of storytelling aid used mainly in pre-schools for storytelling with young children; they are amazingly effective aids for entertaining and teaching preschoolers.



Material needed

- colourful craft papers (I used pink and white for mine)
- scissors
- paper glue/craft glue
- pencil
- markers
- ruler
- cardboard
- straws
- sticks

Instructions

To make the houses and pigs First, cut out the triangle shapes for the roof of the house, cut tear drop shaped bodies of the pigs using the pink paper. Draw a circle in the middle of house shapes, draw three squares on a rectangle small cut cardboard paper. Use red paper for the brick house or colour with brown colour. Add straws on the first house, add sticks on the second house and make bricks out of cardboard on the third house.

The uses and benefits

The uses and benefits of puppets in education include helping the children in learning and development to communicate. The puppets act as a mediator for the child. Learn life skills, teaches concepts. A method that teaches observation and listening skills. The visual representation is effective to retain the concepts they learn for a longer period. Developing confidence to speak and read aloud. They learn art and craft skills along the way and learning behavioural skills.

Creative thinking and use of imagination as they enact the stories, using voices, characters and mimicking the actions of others. The children can participate in the creation and designing of their own puppets to keep them interested. They learn social skills especially for shy, companionship and developing motor skills for children with special needs, and can meet the visual, tactile and emotional needs of the specific child.

ACTIVITY 12: OTHER FUN CRAFTS



Play Shields are fun to make and are tools for play and creativity for school going aged children especially boys. This is aimed at primary school teachers, primary school age children, family fun, teaching aids, story props, using recyclable material and found objects

Collected material come from home tiling projects left over cardboard, can be gotten from supermarkets and other places you can get boxes. We used paint, plastic plates to make a circle outline, a craft knife, and cardboard.

ALL AGES
ADULT SUPERVISION





Creating a puppet show from recycled materials





In this activity you will 1) make paper mache 'stick' puppets, 2) a puppet theatre using recycled materials such as plastic bags, newspapers, magazines, sticks, cardboard box and inside toilet rolls, and 3) write and perform a puppet show. Developed by Kate Shand.

To create a puppet show you need puppets and a story for your puppets, and a puppet 'theatre' for the performance. If you have a story you want to use, such as a fairy tale, a myth or a legend, then keep these characters in mind when you make your puppets. If you don't have a story in mind, you can start with creating your puppets and see what emerges – keeping it open.

There are many different ways to make puppets – different mechanisms to animate them (make them come to life) and different materials to make them out of. Puppets can be carved from wood, sculpted from paper mache, or simply made from a sock – there are hand puppets, finger puppets, stick puppets and marionettes (strings). They can be really complicated or as simple as painting a face on your finger. What is important about puppets is giving them life. The animation of the puppet through voice or sound is what is both mysterious and lots of fun.

Materials needed

- Maizena (cornflour)
- Water
- Whisk
- Cooking pot
- Newspaper – torn in strips lengthways (see useful tip below)
- Newspaper to scrunch into balls or other shapes to form the armature for your puppets
- Inside cardboard roll from toilet paper (or paper towel)
- If you have masking tape or sellotape it can be useful but it's not necessary
- Empty bottles that you can fill with earth, sand or rice to use as stands for holding your puppet armature in place while you work with the paper mache
- Empty cereal or biscuit boxes
- Magazines
- Plastic bags (Checkers, Pick 'n Pay, Spar, Shoprite, Woolworths – the more colours the better)
- Sticks or twigs that are firm and about the length of a ruler
- Large cardboard box
- Long stick (length depends on size of box)

USE THIS PROJECT FOR

All ages

AIM OF THIS PROJECT

The entire sequence of puppet making, theatre making and performing to an audience gives the maker a sense of control over a complete happening. Making puppets and a puppet show can also:

- Provide a stimulus for social interaction and a creative activity that can incorporate most of the arts modalities (visual art, storytelling, music and drama)
- Bring the maker into closer relationship with the character/s being created
- Images can emerge from the unconscious and manifest in the form of dolls or puppets

Uses

Play, storytelling, therapy, entertainment, skills development

Benefits

- Learn how to create 3-D forms using paper mache and recycled materials
- Learn how to stage a puppet show, including props, movement, music, script, performance, costume
- Communication and writing skills
- Social skills and independence
- Creativity and imagination
- Confidence and agency

Duration

This is a big project that takes place over time. The size and scale of the project is dependent on the audience, ambitions for the project, length and complexity of the story, and the desired outcomes (therapeutic, development of art skills, entertainment). It can take place in short sessions (1.5 to 2 hours) over a number of weeks (5 to 8) or alternatively it can take place over longer sessions (2 to 3 consecutive days).

Instructions

CREATING YOUR PAPER MACHÉ PUPPETS

Step one: Gather the materials

- Maizena – 2 heaped tablespoons
- Water – 1 litre jug of cold water
- Whisk
- Cooking pot
- Newspaper – torn in strips lengthways (see useful tip below)
- Newspaper to scrunch into balls or other shapes to form the armature for your puppets
- Inside cardboard roll from toilet paper (or paper towel)
- If you have masking tape or sellotape it can be useful but it's not necessary
- Empty bottles that you can fill with earth, sand or rice to use as stands for holding your puppet armature in place while you work with the paper mache
- Empty cereal or biscuit boxes
- Magazines
- Plastic bags (Checkers, Pick 'n pay, Spar, Shoprite, Woolworths – the more colours the better)
- Sticks or twigs that are firm and about the length of a ruler







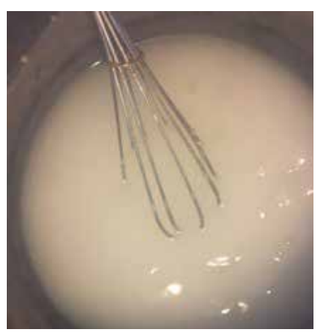
USEFUL TIP

Paper tears better in one direction than the other. The reason for this is because it has a grain.
When you tear paper with the grain, you are able to tear straight and long strips (when you tear against the grain, it goes all over the place).
Always tear your newspaper into strips instead of cutting it.
The torn paper creates a better bond between the strips overlapped.

Step two: Making the paper maché paste

1. In your cooking pot, mix one heaped tablespoon of Maizena with half a cup of cold water and stir into a smooth paste.
2. Turn your stove onto a medium heat and slow pour in the rest of the water, whisking all the time.
3. Keep whisking as your Maizena paste heats up.
4. When it starts to bubble if the paste gets too thick and lumpy add water until it is smooth again. Alternatively, if it doesn't thicken, add a teaspoon of Maizena and whisk vigorously.
5. Allow the mixture to simmer for about five minutes (adding more water if necessary).
6. Your paste is ready to remove from the heat when it changes from opaque white to translucent and is the consistency of thick cream.
7. Allow paste to cool before using it.





Step three: Creating the armature or base for your puppet and layering the paper mache strips



1. You will start by creating your armature (the framework around which your puppet will be built).



2. Pour some paste into a plastic container such as an empty ice-cream dish or lunchbox and tip your torn newspaper strips into the paste and apply to your armature (if there is too much paste on the newspaper you can glide it through two fingers removing some of the excess).



USEFUL TIP

Place a stick inside the toilet roll and stuff some newspaper around it to keep the stick firm. Fill a bottle with rice (or sand or soil) and then put the stick into the bottle pushing the stick into the rice so that it stands firmly. This makes it easier to apply the paper mache.



3. Apply one layer of paper mache, covering your armature completely.
4. Leave overnight or until completely dry.



5. You can start working on your puppet again once the first layer has dried. Add detail to your puppets, such as noses, ears, chins, using scrumpled up toilet paper or bits of cardboard that you attach using strips of paper mache (or as in this case, a headdress!)



Adding ears!



Adding eyes and a beak!



6. Add another layer of paper mache and then for colour you can tear strips of magazine (or even strips of newspaper with colour) and use these to 'decorate your puppets'.



USEFUL TIP

If you want to have a hollow head you can put some rice crispies, sand or rice into a plastic bag until you have the approximate size of your head. Twist the packet around to secure the rice crispies, sand or rice in the packet and stick the remaining packet through a toilet roll. You can then paper mache the plastic bag and when your puppet is complete you can untwist the packet and empty out the rice crispies (or other) and pull the now empty bag out. You now have a hollow head. This is very useful if you want to make hand puppets.



You glue a bit of driftwood to the top of this puppet's head with the paper mache paste. You can choose to glue other light objects to your puppets.



A close-up of a puppet bird with bulging eyes and a beak.



Some examples of other creatures and objects you can make. This is a dog.



And here is a house! You can make an armature using biscuit boxes.



USEFUL TIP

If you have made some puppets with hollow heads, you can remove the inside plastic bag and either reposition your stick or when you dress the hollow-headed puppets you can make hand puppets.

Step four: Dressing your puppet

At the end of this phase you should have completed your puppet heads and put them in a safe place to dry completely. Once they have dried you can start to dress your puppets.

You can use plastic shopping bags, netting bags that fruit and vegetables sometimes get packaged in, and black bags, and paper mache paste for glue.



This puppet is dressed in the netting bag that oranges come in – tied at the neck with the yellow cord that comes with the netting bag, and a cape made from a Checkers bag.



This puppet has a black plastic bag dress with white plastic bag stripes glued to it, a black plastic bag cape and a white plastic bag collar.



This puppet is a bit more complicated. You can attach an egg box to the inner toilet roll to make the shape of a figure and then dress this doll with plastic bags for a tunic and a cape with the silver foil from Oreo biscuit wrappings as embellishments. You can add a scarf made from the red netting of fruit / vegetable packaging.



The bird's covering is created from white plastic bags cut into strips. You can use plastic netting from fruit/ vegetable packaging, tied with strips of plastic to the bird's neck to indicate wings. You can also cut strips of plastic bag and glued to the head also to indicate a feathery plume.



This tree is simple to make. Attach twigs using paper mache to a paper towel inner tube. Make nobbles on the trunk so it isn't completely straight. Wrap the trunk and twigs with paper mache strips.



Cover the dog with white strips of paper mache from magazines and then cut out colourful dots and added them as a finishing touch.



Use floral pictures from magazines to decorate the house.

Puppets and other props (the tree and house) are now complete. Next the puppets need a theatre.

CREATING YOUR PUPPET THEATRE

You have your puppets, now where are they going to perform? You need to create a stage. Your stage is likely to include an opening, like a picture frame through which you can see the puppets performing

The puppeteer/s operates from a hidden position at the back below the bottom edge of the frame. It's usual to have sides and possibly a backdrop. Of course, it can be much simpler. You can simply turn a table on its side, sit behind it and show your audience your puppets above the edge of your table!

To create a puppet theatre with a backdrop and sides you will need a large cardboard box. The size of the box will depend on the size of your puppets! My puppets are quite large so I had to find a big box – of course you can glue pieces of cardboard together to make the size box you need (paper mache paste will work for this but be patient while the glue dries).



There is space between the front stage and the back curtain where the stick puppets can be manipulated (with me sitting on the floor underneath). If you don't want to be seen under the table, use table clothes, sheets or blankets to hide yourself.



1. Cut out the flaps from the top and the bottom so you have a 'hollow' box. You need to create your stage (or opening where your puppets will perform) by cutting out the front of the box leaving a couple of centimetres from the edge of the box (you don't want your box to collapse!).



2. Place puppet theatre box on the edge of a table - the back flaps have nothing to rest on so place stones on the inside corners of the front stage to keep your box firm.







3. The back of the box can be cut down the centre and opened up to create your flaps. At the top of the back flaps cut out a small incision – big enough to hold a stick.





4. To create the backdrop take a stick that is long enough to stretch across the back of the box and cut up blue plastic bags (from Pick 'n Pay) and tie across the stick.





5. To decorate your theatre box, tear strips of coloured magazine paper and cover the front of the stage. Using paper mache paste, glue black plastic bags on the inside and blue plastic bags on the outside of the flaps.

Creating your puppet show

You have your puppets and you have a puppet theatre. Now it's time to either find or write a story and then create a script for your characters so that you can perform your puppet show.

Step one: What is your story and who are your characters?

If you are writing your story from scratch then there are a few things you need to consider:

- Who is your hero and what does your hero want, or to put it another way, what is your hero trying to achieve in the story?
- What's getting in the way or what is stopping or preventing your hero from getting what they want?
- What action or what does your hero physically do to get what they want?
- Is this story compelling, charming and/or educational?
- Where does your story take place? What country? What place in the country? Is it a city or out in nature? What time of year is it? What time of day is it?
- Who are the other characters and what do they want – and are they getting in the way of the hero achieving his or her aim?
- What are the internal and external characteristics of your characters? Who is your character internally (who are they as people) and externally (what do they look like, eg wears glasses or has a limp)?
- What type of people are they, what age are they, what is their personality type (shy, caring, outgoing, loud, gentle), how do they speak, do they have any personality or gestural traits?
- The more detail and the more specific information you create for your story and characters, the more believable it will be for the audience – even if some details you have created don't end up in the final product.
- Give your story a name!

Step two: Creating dialogue

You now need to write a script based on your chosen story, keeping in mind the following:

- What do your characters say?
- Is the tone and quality of your dialogue matching up to the characteristics of your characters, eg the voice of the character needs to match the age of the character?
- Is your dialogue accurate (truthful to the world you have created), as well as poetic (have you chosen words with care and that are interesting)?
- You may want your dialogue to be funny or full of sadness?

See the script to my puppet show below. You can use the same script if you want to, or adapt it.

Step three: Rehearsal

Make sure the audience can see and hear. Are you using some kind of lighting? As examples, you can use desk lamps, candles or cellphone torches. Are your puppeteers speaking loudly enough? Are your puppets 'breathing' (this is the most important aspect of bringing your puppet to life). Is there music? You can keep it simple by merely introducing some drumming or your voice.

Step four: Performance

THE STORY OF THE MAGIC AFRICAN BIRD CHILD

Mother: I am so sad, so very, very sad.

Father: Why are you so sad?

Mother: We've been trying so long.

Father: I know.

Mother: We have tried so long to have a baby and we can't!

Father: What are we going to do?

Mother: Oh I wish I had a special wand that I could use or a secret word that I could say "Melaleelalalaloola"

The magic African bird appears in a great flurry of flapping plastic.

Bird: You called. I don't often get called by humans! I am here to help you. I know I look odd but I come from over there, far away on the other side. You called and I heard. What do you want? What do you need? Tell me your story.

Father: Our story is a sad one.

Mother: We want a baby and we have tried for so many years but we can't conceive.

Bird: Ohhh me. A baby. I've never tried that before but I'm sure it will be easy. For me. For I am special you see. There is only one thing you must know – when your baby arrives you must love your baby no matter what. No matter what it looks like, no matter how it sounds. You must love it, you must love it, you must love it, no matter what, no matter what, no matter what. Do you agree to love it no matter what?

Mother and Father (in unison): Yes, oh yes, we promise. We even have a name. We will call our baby 'Chilli'.

Big roll of drums or a big singing note or a flash of lights or a flash of plastic - the bird disappears and is back in a second bringing Chilli.

Father: Oh my goodness what are you, you are certainly not a baby?

Mother: You have strange ears and a strange nose.

Father: And your eyes look right into us which is quite frightening.

Mother: What is that horn on your head?

Bird: Remember, remember the promise, promise you made. To love, to love, to love.

A moment of silence.

Mother and father: We remember, we remember, we promise, we promise.

Bird: Oh by the way, here is Chilli's little dog.

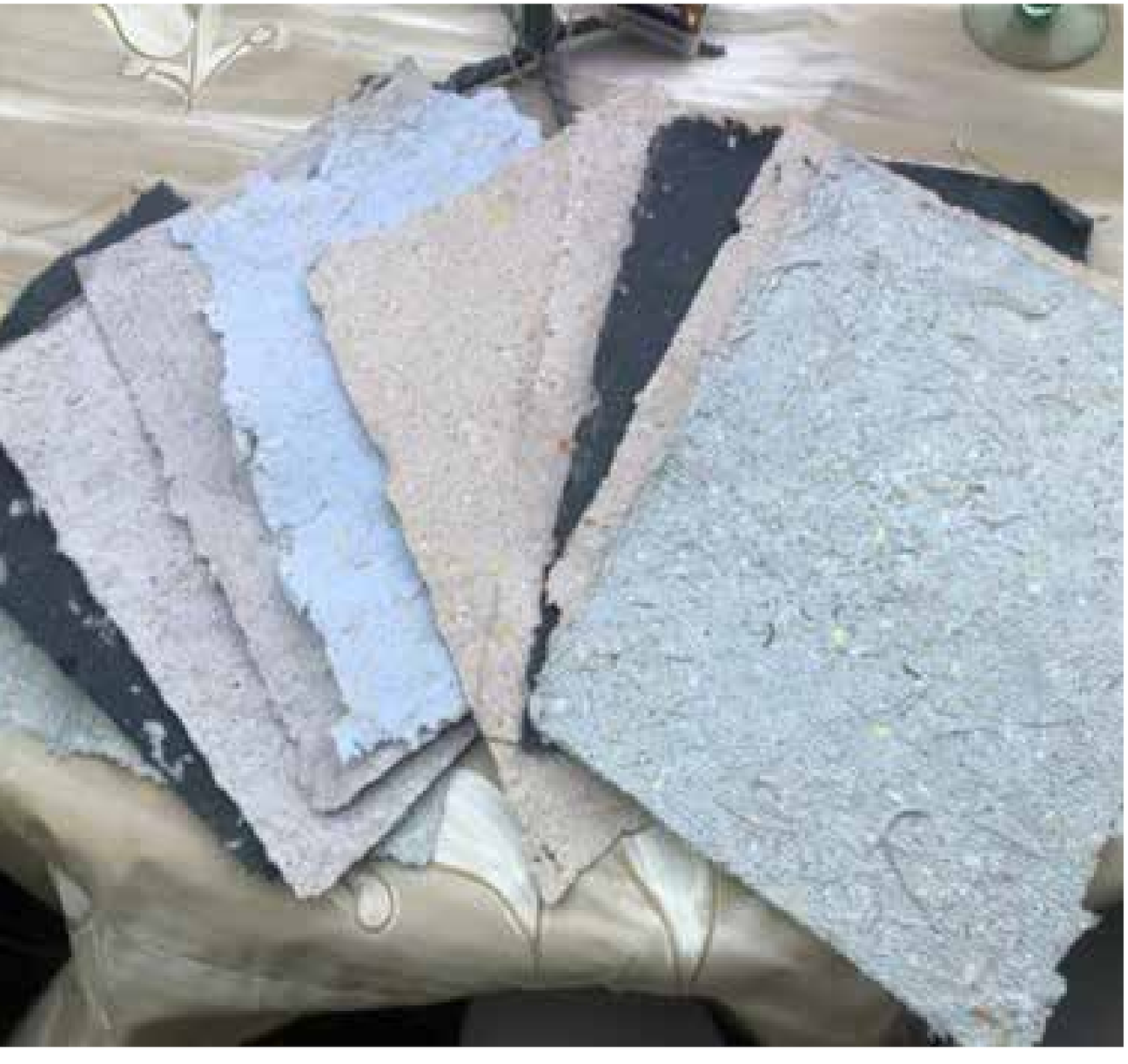
Mother and Father: We will love the little dog as well.

(End of show)

ALL AGES
ADULT SUPERVISION

Paper and journal making

The aim of creating this project in Lockdown was to create a fun and interactive activity, creating a consciousness around recycling paper and transforming it into new products. The process of tearing the wastepaper is a calming effect that releases stress and tension as a therapeutic-nonverbal activity. The idea being to add to the pages creating a journal. Developed by Sandra Greeeff.



An extension of this activity was to make a lampshade from the same paper making technique that can be infused with lavender creating a calming a relaxing effect when heated by a lamplight. Finally, this project can be developed into journal making and Lavender Lampshade production for gift ideas or a small business.

USE THIS PROJECT FOR

This project is aimed at young teenagers, teachers and community groups from 12-18-year olds. This idea can also be workshopped for an adult group community project. This project could be linked to a small business idea of making hand-made paper journals to be sold at a local flea market. The paper lampshade can also be created for the same purpose.







TIPS & SUGGESTIONS

Waste material ideas:

Gather suitable waste to be recycled to make a pulp for your paper making project.

Use old accounts envelopes from clearing out your office and work space.

From the kitchen collect egg shells, onion skins , lemon and orange rinds.

Packaging like tin foil wrappers, wood chips, egg boxes, tissue paper from gift parcels.

From the garden collect flowers and scented shrubs like lavender , rosemary and geranium .

Keep the colours as natural as possible to get an authentic result.

Materials needed

- A liquidizer or you can tear the paper by hand.
- Two A4 frames of the same size.
- A Stapler.
- A basin slightly larger than the frames.
- Old netting from orange or gem squash bags.
- A packet of wall paper glue.







Sensory and therapeutic process of tearing, cutting and breaking into pieces has a calming effect. Recreating waste into a new sheet of paper is rewarding as well as therapeutic, as old paper is being transformed and given a new purpose and meaning.

The building up of the pages to make a journal creates a consistency and a homemade writing journaling to express emotions and feeling which is therapeutic and cathartic.

The creation of calming lavender lampshades are the final stage to this process, creating illuminating scented light shades that can be given as gifts creating calming effects as well as a possibility for a small business idea.

Uses

- The single sheet can be used to make personalised birthday cards and writing paper.
- The paper can be collected to create a journal, scrapbook, or photo album.
- The pulp process can be extended by adding more wallpaper glue to create a larger sheet of resin like material that can be fashioned into a lampshade.

Benefits

- The process of making the pulp is calming and cathartic.
- The pleasure of completing beautiful homemade paper is satisfying and can save money on cards and writing paper.
- This project can be extended into making beautiful birthday and Christmas gifts, cards and lampshades.
- This project has the potential of becoming a small business.
- This idea can be set up as a workshop for art teachers, therapists and community workers.





Instructions

1. Add warm water and 3 tablespoons of wallpaper glue to the food processor.
2. Add your found waste, paper and whatever additions you choose.
3. Process the paper into fine pulp.
4. Add the pulp to the basin.
5. Stir and allow to mix and get a thick pulp texture.




6. Add the processed scraps to the water in the bin.
7. Remember to use an extra mesh over the frame.
8. Scoop up the pulp onto the frames and let them level onto the frame.
9. Allow for all the water to drain from the frames.
10. Tap gently and allow for the pulp to settle in the frame.
11. Wait for the water to drain off.




12. Gently peel off the mesh with the wet paper pulp.
13. Allow for the paper to dry on the second sheet of mesh.
14. Place the paper pulp sheets in the sun to dry.
15. Use many mesh sheets so that you use up the paper pulp.




TIPS & SUGGESTIONS

Colours and details:

- The different colours are attained by using colours from the pulp and paper used.
- You can add in food colouring if want a stronger tint to the paper.
- Natural colours are attained by using shrubs and petals from roses, lavender and geranium flowers.
- Use whole pressed flowers to add features to the paper.



JOURNAL MAKING









Instructions

1. Using a concertina spine made from a separate piece of paper.
2. Attach the pages together. One page of homemade paper to each concertina edge to create a spine for the journal.
3. Clamp and glue overnight.
4. Allowing the glue to set and fasten the pages into a book form.
5. Making a cover for your journal
6. The journal front page and cover are made from a dog food paper bag and cut to fit the book. The reason for using this paper is that it already has a plastic film to protect the outside. I used coffee to stain the front page as I am needing coffee to keep myself focused through this.
7. As the paper is homemade it tends to be very absorbent and the colours from the previous page seeped through the page.

Lockdown lavender lampshades






Materials needed

- Lavender shrubs (Geranium and rosemary or other herbs can be used)
- Scrap paper or tissue paper
- A packet of heavy-duty wallpaper glue

Instructions

1. Mix all the above in a blender.
2. Use a little warm water.
3. Make a thick paste. This will get thicker as time passes.




Making the rectangular lamp

4. Use a large clear surface with a plastic surface. I used a dog food bag exposing the inner lining.
5. Spread over the surface to suit your design. The mixture should be a thick paste.
6. Allow to dry.
7. Arrange fresh lavender into the wet resin mixture.
8. Wait for the resin to lift off the plastic and mould around a frame.
9. Add a lamp or candle. The heat from the light will release the scent from the lavender creating a calming effect.





Mandala Lampshades

1. Using different shaped trays to pour resin .
2. Creating different shapes and designs.
3. Cut a slit along to the centre of the lampshade.
4. Cut a whole around the top.






ALL AGES
GROUPWORK

Found object mandala

This is a versatile activity that can be used in many different contexts.No art materials are required. It can be framed in different ways to suit your specific purposes. It is a non-permanent form of art. Developed by Alisa Ray.

This project can be used as an individual or group art therapy activity. It can be used as a check-in or it can be the main activity that can be linked with specific themes such as addiction issues. Steps/How to: an example follows here along with photos regarding a check-in.

USE THIS PROJECT FOR

For all ages. Aimed at facilitators/ parents/children.

Materials needed

any found objects, for example objects from nature, fruit, seeds, pods, rocks, pebbles, stones, leaves, flowers.

Instructions

1. Explain briefly to the group what a mandala is. Stress it is a circle form and that one should start the circle by placing an object that represents self in the centre and work from there. At this point one could frame the activity or leave it openended depending on what your objectives are. One could for example ask the group to include their family and their community in the circle they construct.
2. Once you have given the group a brief of what they should be thinking of in terms of constructing their circle allow time for them to gather found objects. These may be natural objects if you are outdoors or they may be odds and ends such as buttons, jars, pens and pencils. They should also think of where they place their and what meaning this could have.
3. Creating time. Give ample time for creating.
4. Reflection time and a chance for each person to present their circle/mandala to the group. (May be done in pairs if it is still a very new group and presenting to the whole group feels too overwhelming.)







Find inspiration in your environment. I was next drawn to the lavender bushes and I enjoyed taking in their scent. I picked a few flowers not yet knowing what they would represent. I picked a lemon and went in search of the space that felt right for my mandala.

TIPS & SUGGESTIONS

Can be applied indoors or outdoors in large spaces or small spaces

ALL AGES
ADULT SUPERVISION

Modelling clay



This is modelling clay that can be made with easily accessible household ingredients. Quick and safe to make and the clay can airdry with good results. Developed by Alisa Ray.

MODELLING CLAY MADE FROM CORNFLOUR AND BICARBONATE OF SODA

Working with clay is a calming and therapeutic activity for many people. It is a tactile and grounding experience. Do note that some people don't like the feel of the clay on their skin. Any number of themes can be explored and the work can be directive e.g. create an elephant like this or non-directive e.g. see what you can create

USE THIS PROJECT FOR

All ages and for parent, facilitators or children

Materials needed:

- pot
- spoon
- water
- bicarbonate of soda
- cornflour
- stovetop
- cookie cutter (optional)

Instructions

Measure the following:

- 1 cup of bicarbonate of soda
- ½ cup of corn flour
- ¾ cup of warm water

1. Place the dry ingredients into a pot and slowly add the warm water stirring all the time over a medium heat stove.
2. When the mixture begins to pull away from the sides of the pot it should be ready.
3. Knead the dough and create.
4. Air dry over three days.







A heart cut with a cookie cutter and a pinch pot showing added sweet wrappers glued on

TIPS & SUGGESTIONS

- Paint the finished product or use sweet wrappers to cover your creations.
- Create your own beads or figurines.

ALL AGES
ADULT SUPERVISION

Eggshell mosaic



This is a recycling project made with waste materials easily found in most households. It can also be used to introduce students to the concept of mosaic. Developed by Alisa Ray.

The concept of resilience can be explored by creating something beautiful from broken pieces.

USE THIS PROJECT FOR

All ages and for parent, facilitators or children

Materials needed:

- plastic lid (eg coffee jar)
- left over nail polish
- broken eggshells
- found small objects

Instructions

1. Find a suitable plastic lid to work on eg coffee jar or mayonnaise container.
2. Save the egg shells from boiled eggs and break into small pieces.
3. Find left over nail polish (more than one colour would be good).
4. Have a look at the materials you have collected and decide on a suitable design for your mosaic. You can also add a small found object as a centre piece e.g. a seed or small coin.
5. Use the nail varnish to glue down the pieces of eggshell onto the plastic lid. You can also add colour to the eggshell with the varnish.



Lid from a jar/container



Variety of nail varnish colours. Use the nail varnish to glue bits of egg shell to the lid and add colour to the eggshell pieces



Break eggshells from boiled eggs into small pieces • Think of a design that will fit your lid



I added a wisteria seed to the centre but you could add a button or a coin etc if you wish

TIPS & SUGGESTIONS

Find other objects to mosaic.

6-10 YEARS
ADULT SUPERVISION

Container for precious things



This is a recycling activity using household waste to create something of value that can hold precious objects. Developed by Alisa Ray.

Recycling project that can link to caring for the environment. It can be used in an art counselling context thinking about containers/safe spaces/ what is precious.

USE THIS PROJECT FOR

Aimed at younger children 6-10 yrs under guidance of facilitator/ parent (corn flour glue must be cooked)

Materials needed:

- tuna tin or other tin
- magazine or newspaper pieces
- corn flour glue

Instructions

1. Place three tablespoons of cornflour starch in a pot on a stove and slowly add water.
2. Stir continuously so that no lumps form and you have a consistency that creates a glue paste.
3. Choose some colours or images that you like from a magazine and cut into pieces.
4. Glue the magazine pieces to your tin coating the pieces with the paste.



Tuna tin



Coloured papers cut from a magazine



Cornflour glue

TIPS & SUGGESTIONS

- Use your own images to paste onto the tin (pencil or pen is preferable as the cornflour paste will smudge koki designs.)



ALL AGES
ADULT SUPERVISION

Wordpods

This is an activity using the seed pods from the Wisteria plant to create painted words. The actual seeds can also be used to form letters of the alphabet. Developed by Alisa Ray.

Can be used for check-ins. Can be adapted to specific themes in art counselling settings for example session on bullying and related words to this theme.

USE THIS PROJECT FOR

Can be adapted to all ages. For facilitators, teachers or students.

Materials needed

- Wisteria seeds and pods
- Scraping tool such as a knife
- Paint (gauche/acrylic/oil)
- Fine brush



Instructions

1. Gather enough seeds and pods for you to have a good amount to experiment with.





2. The seeds first need to be scraped clean with a knife. Make sure younger children have adult supervision for this part.

3. A background colour is applied. Allow the paint to dry before continuing.





4. Paint the word and add decoration to the pod. You can be as creative as you wish.

TIPS & SUGGESTIONS

- At least two sessions will be needed to create enough check-in words if you use this activity in a group as a facilitator.
- Use pebbles/stones or other found natural objects that can be painted.
- The seeds can be used to form the letters of the alphabet or you can paint numbers on them.



AGES 8+
MINDFULNESS

Plastic yarn

This is a project in which we recycle plastic bags and turn them into yarn. Making plastic yarn is a great way to reuse plastic bags and turn them into something that can be used in a multitude of ways! It is an easy process that requires minimal materials and effort to create something that has endless possibilities. Developed by Kamal Naran.

USE THIS PROJECT FOR

8 years old and up

Materials needed

- Plastic bags (any size and colour)
- scissors

AIM OF THIS PROJECT

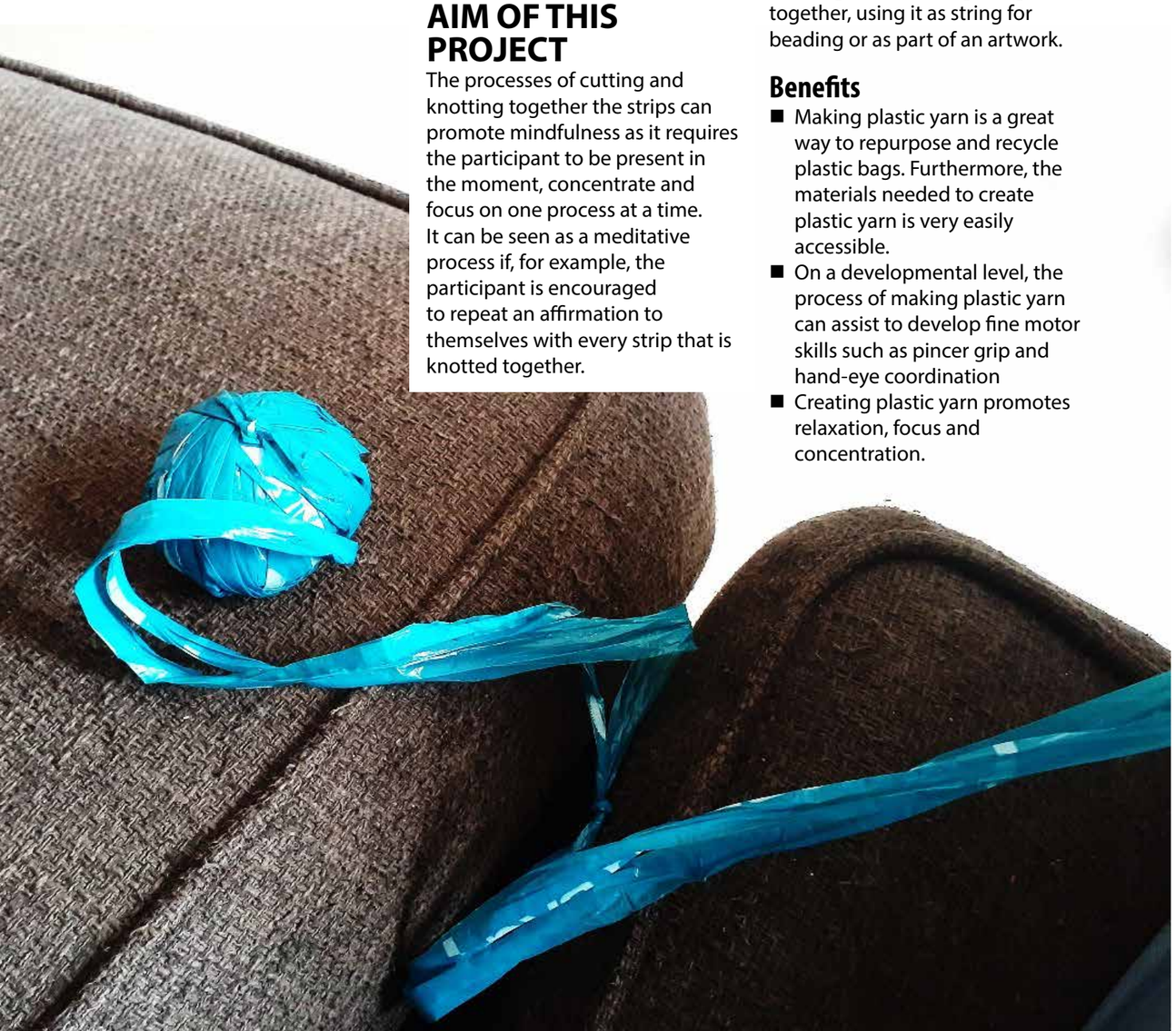
The processes of cutting and knotting together the strips can promote mindfulness as it requires the participant to be present in the moment, concentrate and focus on one process at a time. It can be seen as a meditative process if, for example, the participant is encouraged to repeat an affirmation to themselves with every strip that is knotted together.

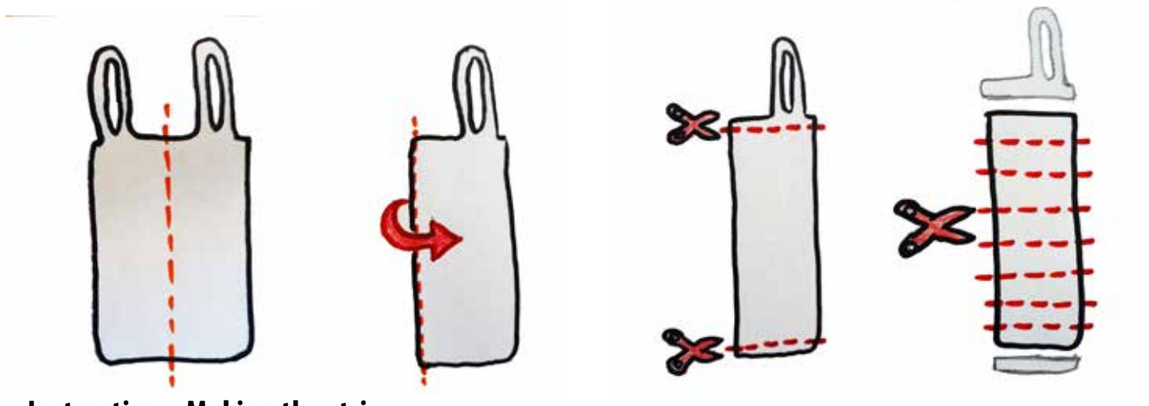
Uses

Plastic yarn has a multitude of uses, as far as your imagination can stretch! From knitting and crocheting bags and baskets to weaving mats, binding things together, using it as string for beading or as part of an artwork.

Benefits

- Making plastic yarn is a great way to repurpose and recycle plastic bags. Furthermore, the materials needed to create plastic yarn is very easily accessible.
- On a developmental level, the process of making plastic yarn can assist to develop fine motor skills such as pincer grip and hand-eye coordination
- Creating plastic yarn promotes relaxation, focus and concentration.

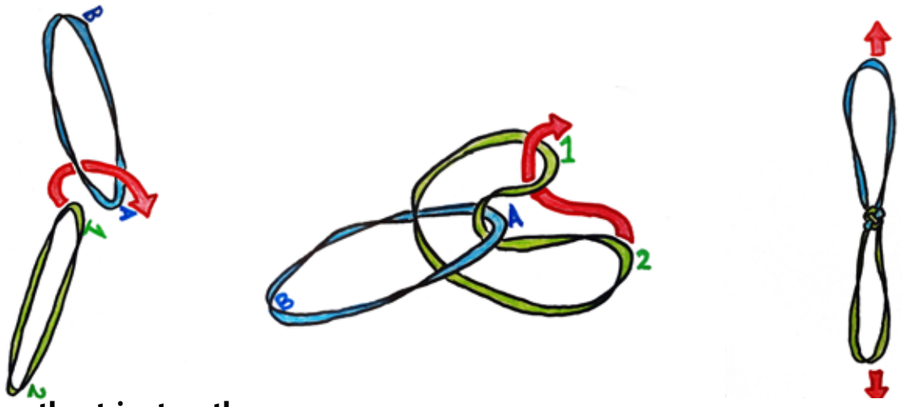




Instructions: Making the strips

1. Lay the plastic bag flat on a hard surface.
2. Fold the bag in half, lengthwise.
3. Fold the bag one more time in half, lengthwise.
4. Cut off the handles and the bottom of the bag.
5. Cut the rest of the bag into approximately 4 to 5cm strips.

To create more strips, grab another plastic bag and repeat the process until you have as many strips as you feel you need. We will use the strips to start creating out yarn. Follow instructions along with the illustrations.



Knotting the strips together

1. Take two strips and open them out.
2. Thread side 1 into side A.
3. Thread side 2 into side 1.
4. Pull side 2 and side B until the two strips knot together.
5. Grab the next strip and repeat the process.

You will continue with this process until you have your yarn as long as you want or until you use up all your plastic strips. You will then be able to roll the yarn into a ball. You have created your very own plastic yarn!

TIPS & SUGGESTIONS

- Plastic bags come in different colours, thickness, and size. To make different colour yarn, sort your plastic bags out according to colour, or mix the colour bags to create a multicolour plastic yard!
- Use plastic bags that are the same thickness together as weaker plastic bags may tear away more easily from the stronger plastic bag when you are knotting the strips together.
- Plastic bags come in many different sizes, you could use plastic shopping bags to garbage bin bags to make your plastic yarn!

AGES 8+
MINDFULNESS

Weaving with plastic yarn



In this project we will use our plastic yarn to learn two different weaving methods. Weaving is a process in which you interlace two stands of yarn together to create a textile pattern that is strong and flexible. Weaving can be used to create functional craft objects such as mats as well as art objects. Developed by Kamal Naran.

USE THIS PROJECT FOR

8 years old and up

Materials needed

- Plastic yarn
- Scissors
- Cardboard
- Ruler
- Pencil

AIM OF THIS PROJECT

The processes of weaving can be a mindful activity as it requires the participant to concentrate on the here and now. Furthermore, it can be used to therapeutically explore themes around relationships and connecting as it is an art making method that involves intertwining two pieces of yarn together.

Uses

Weaving has a number of uses, from making mats and coasters to artworks and jewellery. Once you learn the basics of weaving, the uses are endless.

Benefits

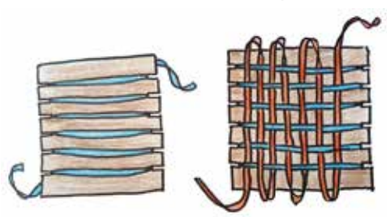
- Developmentally, weaving can help to develop fine motor skills such as hand-eye coordination and concentration.
- Weaving can assist in teaching one to recognise and recreate patterns, as well as promote problem-solving skills.
- The process of weaving promotes focus, attentiveness, and creativity



INSTRUCTIONS METHOD 1: WEAVING WITH A SQUARE BASE

In order to start weaving, we need a base to work from. We will start with a standard size base. Once you are comfortable with weaving, you can choose your own size base.

1. Measure and cut a piece of sturdy cardboard that is 20cm by 20cm square.
2. On the top of your square, mark every 2cm with a pencil and draw a line down to the bottom of the cardboard.
3. On every 2cm mark cut a 1cm long slit. Repeat this on the bottom of the square.

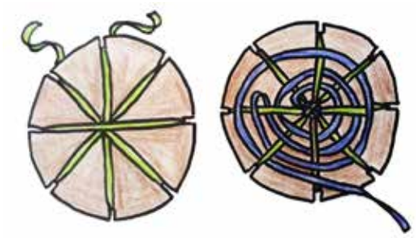


4. Starting from the slit at the top right corner of the square, put your plastic yarn in and wrap the plastic yarn around the cardboard so that it goes into every slit. Tie the two loose ends together at the back of the square. Now we are ready to weave!
5. Take your plastic yarn and starting from the right hand side, working toward the left, weave the yarn under the first vertical piece and over the next. Alternate between weaving under and over until you get to the end.
6. Once you get to the end, we need to make our way back, from left hand side towards the right.
7. If your last weave was over the last vertical yarn, you will go back by weaving back under, then over and alternating between the two.
8. Continue until you have completed your entire square. If your plastic yarn is looking too short to continue, simply tie a new piece on and carry on.
9. To end the weave, tie to the last vertical yarn.



METHOD 2: WEAVING WITH A CIRCLE BASE

1. Measure and cut your cardboard circle with a diameter of 15cm.
2. Using your pencil, divide your circle into 8 'pizza slices'.
3. On the edge of each 'pizza slice' mark, cut a slit of 1cm.



4. Insert a piece of plastic yarn into one slit and wrap it clockwise around the circle so that it gets into every slit. Tie the tow loose ends together at the back. We are ready to start weaving!
5. Starting in the front of the circle, tie your new piece of yarn to the middle of the yarn of the cardboard (where the pieces intersect each other.
6. Choose a 'pizza slice' piece of yarn to start with and weave your new piece of yarn under one piece and over the next. Continue clockwise, alternating between weaving under and over, until you have gone around the circle a few time. Now change direction and go anti-clockwise!
7. When you get to the edge of your circle, and to end the weaving, tie the yarn to one of the 'pizza slice' pieces of yarn.

TIPS & SUGGESTIONS

- You can use change the colour of plastic yarn anytime during the weaving process. Simply tie the colour you and to end using to the last plastic yarn on the cardboard and start a new colour by tying it to the same spot and continuing your weaving
- Try using string, wool, ribbon or yarn in place of the plastic yarn. Mix and match the different materials!
- Try threading beads and bells into the yarn while weaving.