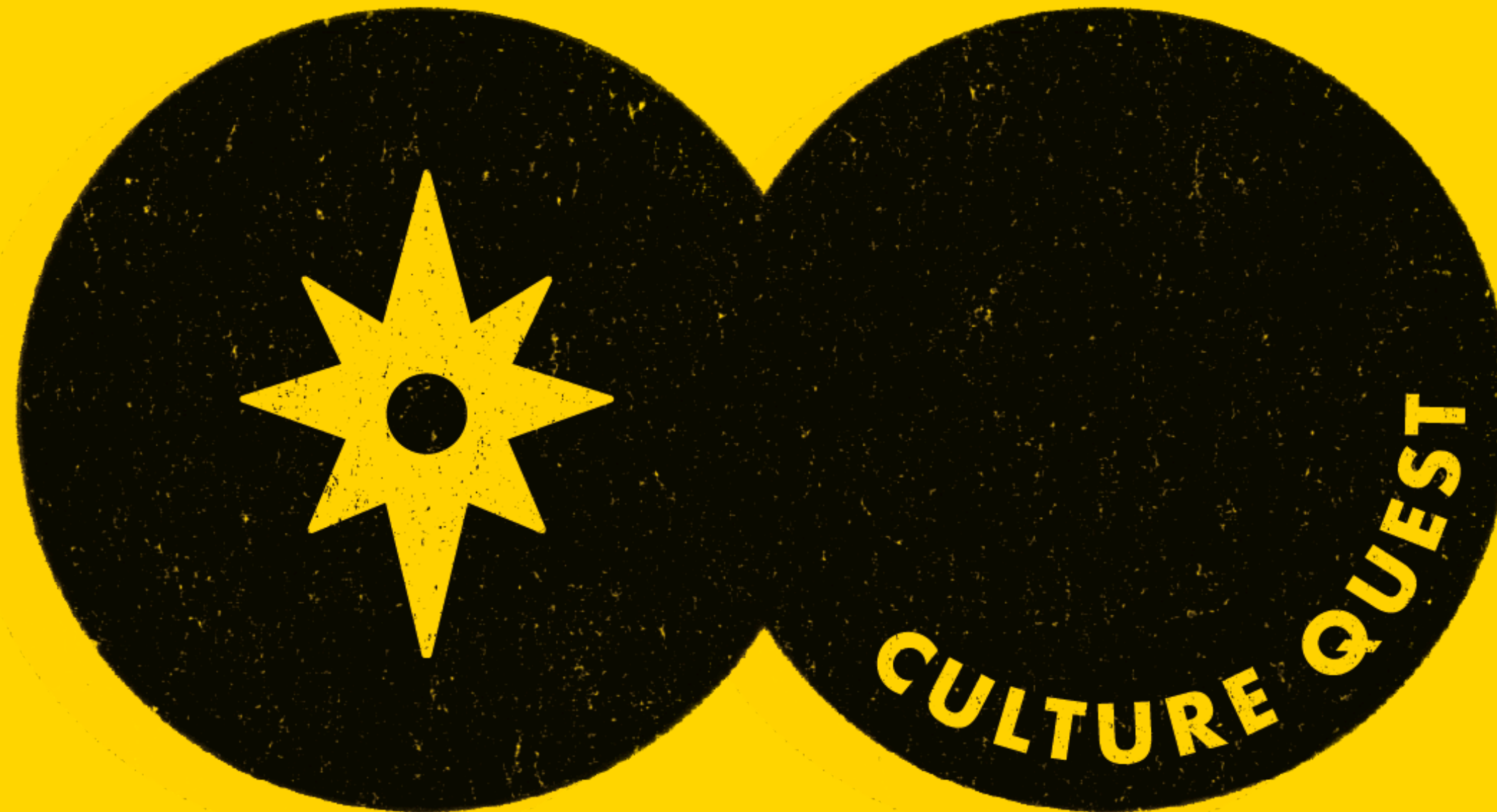


CREATIVE PROMPTS & IDEAS



Ideas for how to complete your Culture Quest at home
and explore creativity and culture for free!





In this pack you will find some ideas and prompts for creative activities for all of the Culture Quest categories. These are all just starting points to get your creativity going - you can come up with your own Culture Quest activities as well! If you have done one of the following activities or something else creative, go into your local library to collect your 'at home' stamp in your passport - or if you're feeling extra imaginative, you can create your own Culture Quest stamp!

CONTENTS

MAKE YOUR OWN STAMP

The At Home Stamp
Make Your Own Stamp

VISUAL ART & CRAFTS

Nature Mandala
Drawing Experiment
Collage Self Portrait
3 Panel Comic
En Plein Air



DANCE & MOVEMENT

30 Second Dance Routine
Obstacle Course
Animal Yoga
Improvisational Words Dance
Movement Charades



BOOKS & STORYTELLING

Interview with your Favourite Character
From Chapter to Scene
Campfire Stories
Book Review
A Week of Haikus



THEATRE & PERFORMANCE

Costume Design
Sock Puppet Show
Play in a Day
Shadow Puppet Show
Improvisation Station



MUSEUMS & HISTORY

Museum of Me
Colour Curator
A Family Coat of Arms
Postcard From Home
Dear Diary... From the Past



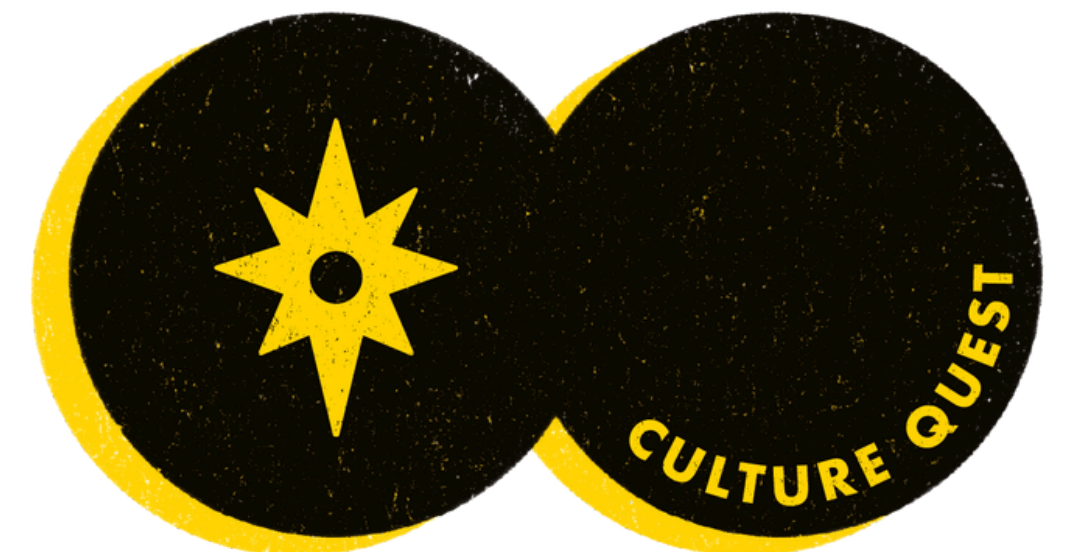
MUSIC & SOUND

Kitchen Band
Poems to Music
Sound Effects
Draw to Music
Musical Feelings Playlist



FURTHER RESOURCES

64 Million Artists
Tate Kids
Crayola Colouring Pages
Place2Be
Summer Reading Challenge



THE CULTURE QUEST AT HOME STAMP



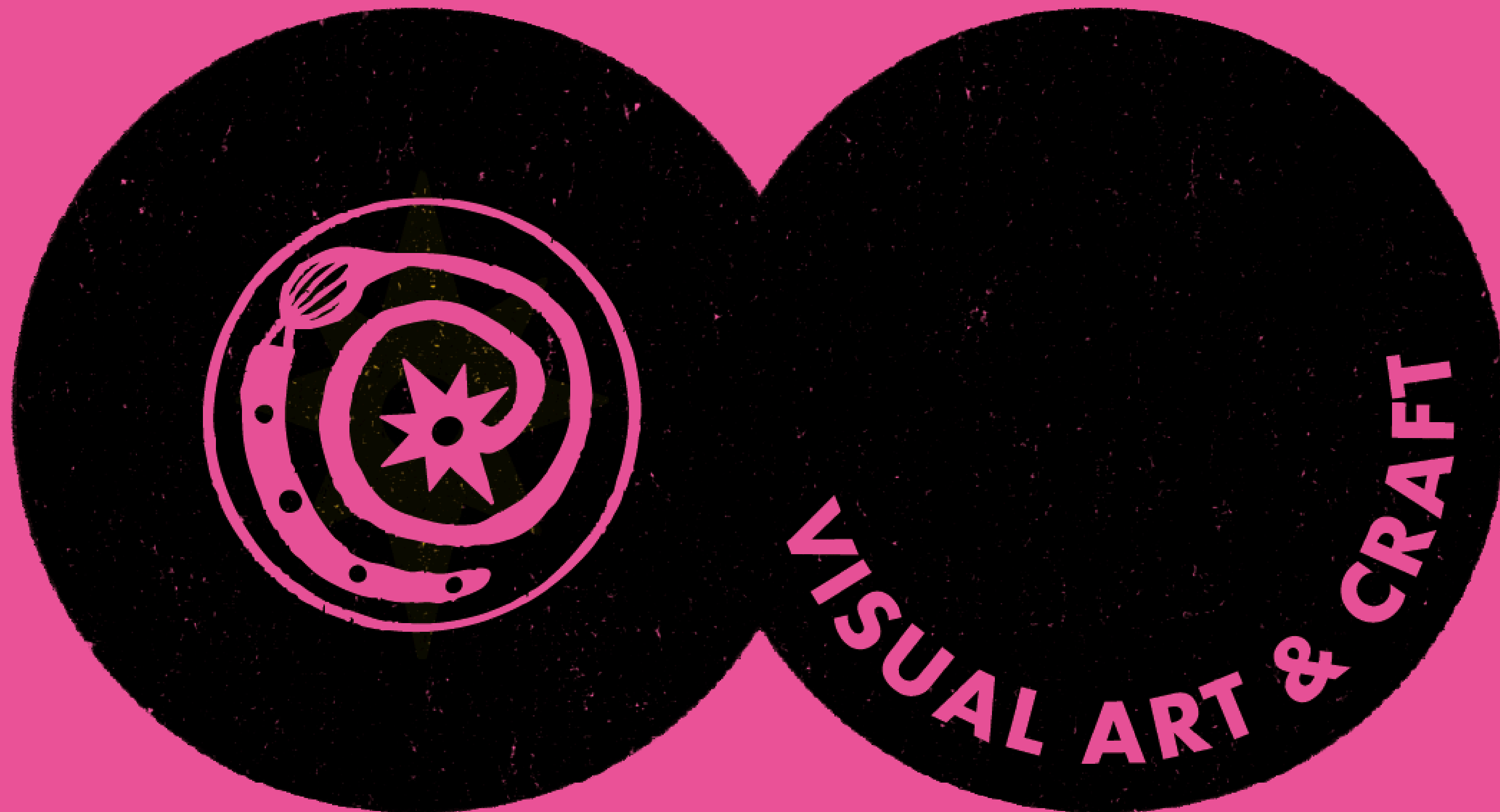
When you do a creative activity at home or outdoors you can go to your local library to get an 'At Home' stamp in your Culture Quest passport or you can make your own stamp and stamp your passport yourself!

MAKE YOUR OWN CULTURE QUEST STAMP

You can give yourself a stamp in Culture Quest passport any time you do something creative this summer. There is an 'At Home' stamp at all the libraries in Dorset so you can go and get a stamp from them or you create one of your own! There are lots of ways to make a stamp - below are some ideas for how you could create your own Culture Quest stamp.

- **Lino print stamp** - Ask an adult to help you carve a lino print stamp - you can get a beginners lino cut set from most Art shops and you will need some ink and a roller to print your stamp.
- **Potato print** - Cut a potato in half and use a knife to carve a shape in the flat side. Dip your stamp in paint or onto an ink pad and print! Ask an adult to help you with the cutting and carving.
- **Print using a natural object** - Find a leaf, flower, pinecone or something else interesting outside (remember not to pick anything without asking first). Roll your object with ink/ paint using an ink roller or dip it into some paint, then push it firmly onto your paper to create your stamp.
- **Draw a stamp** - Think of a simple symbol that represents the creative activity you have done and draw it on the stamp section of your Culture Quest passport.
- **Use a stencil** - Get a piece of thick cardboard and cut out a shape (with help from an adult). Place your stencil on top of your paper and use a sponge dipped in paint or a brush to dab paint over your stencil. Lift up your stencil to reveal your stamp!
- **Finger print** - Dip your fingertips in paint and dab onto paper to create a design. Remember to wash your hands before you touch anything else!





NATURE MANDALA



Step 1: Gather Natural Materials

Head outside and collect items like leaves, flowers, stones, twigs, pinecones or shells. Choose a mix of colors, shapes and textures - this makes your mandala more interesting.

Step 2: Start from the Center

Pick one item as your center (like a flower). Then build outward in a circular pattern. Try to keep things balanced by repeating shapes or colors evenly around the circle.

Step 3: Add Layers & Details

Keep adding layers using different materials. Alternate textures and colors for contrast. When it feels complete, step back and admire... You can leave it for someone else to discover or take a photo!



DRAWING EXPERIMENT

There are lots of different ways to make a drawing - why not experiment with some new techniques and see how it changes the way your drawing comes together. Below are some fun ideas for how to do drawing in unusual ways.

1: Continuous Line Drawing

This is a drawing where you don't take your pen/ pencil off the paper until you have finished. Pick an object or person to draw and then take your drawing on a journey across your paper! It can be fun to try and add colour to your drawing once you have finished - there may be shapes to colour in that you hadn't expected! You can find lots of videos on Youtube that show you how to do this; [THIS ONE](#) is a good example.



2: Blind Drawing Portraits

This technique can lead to some very funny and unexpected results! You will need to use the continuous line drawing technique to make this easier - once you start to draw, don't take your pen/ pencil off the paper! But most importantly - don't look at your drawing until you're finished! Find someone to draw (and they can draw you!) or look in a mirror and keep looking straight forward whilst you draw. You have to trust your judgement and no peeking! You might find that you have drawn a nose on the forehead and missed out one eye completely but you will definitely have created an interesting character! [THIS VIDEO](#) shows you how to do a blind drawing.



3: Other Hand Drawing & Two Hand Drawing

This one is quite simple - just draw with the opposite hand than you usually use! Once you have tried that a few times you could have a go at drawing with both hands at the same time - draw both sides of an object or face at the same time, a bit like each hand is a reflection of the other. See an example in [THIS VIDEO](#).



COLLAGE SELF PORTRAIT



Step 1: Gather Collage Materials

Get together lots of different things to make your collage from, this is a great opportunity to recycle/reuse as well! Things that work well are coloured paper, old magazines and newspapers, scraps of fabric, stickers and buttons. You could also create some patterns and textures by painting or stamping paper - it's good to have a variety of things to choose from!

Step 2: Start Cutting Out Shapes

Ask an adult to help you cut out shapes to build up your self portrait. Start with the biggest shapes, such as your face, hair and shoulders and then add things on top. You can try out some different combinations before you start sticking things down. Use a glue stick to stick down your shapes

Step 3: Add Details

You could add some details that express your personality like your favourite things or hobby or you could add your pet! It's a nice touch to add a frame to your collage as well.



3 PANEL COMIC



Comics use images to tell a story - have a go at using drawings to show what is happening to a character, you can use a few words here and there but try to let your pictures do most of the talking!

Panel 1: Beginning

Introduce your character and show where they are - What is happening at the start of the story? What does their environment look like? Does their facial expression tell us how they are feeling?

Panel 2: Problem or Action

Show something exciting, surprising or challenging happening to the character. What problem do they face? Is there another character there? Think about scale - you can zoom in or out on your character to give more information about where they are/ what's happening or to give focus to important details.

Panel 3: Ending

Show how the character solves the problem or what happens at the end. Make sure your story has a clear finish.

Tip: Add speech bubbles, facial expressions and background details to help tell your story!



EN PLEIN AIR



En plein air is a French phrase that means “out in the open air.” Painting or drawing ‘en plein air’ is making art outside in nature, using what you see in front of you as inspiration. Artists like Claude Monet loved painting en plein air because they could see the real sunlight, colours and weather as they worked.

Step 1: Look and Choose Your View

Find a spot you like and look carefully at the scenery. Decide what you want to include such as hills, trees, flowers, buildings, people, animals, clouds or the sea. You could choose a big scene with lots of details or a close up view of something you find interesting such as a flower or a particular building.

Step 2: Sketch the Main Shapes

Lightly draw the horizon line and the biggest shapes first. Add details like paths, rocks or plants after the main parts are in place.

Step 3: Add Colour and Finishing Touches

Add colour to your picture. You can use different shades to show light and shadow. Add small details to bring your landscape to life. Remember things may change in the scene you are drawing as you work - it’s up to you to choose what to include and what to leave out.





DANCE & MOVEMENT

30 SECOND DANCE ROUTINE



Step 1: Pick Music & Plan Your Moves

Choose a fun song and pick 3–4 simple moves (like clapping, stepping side to side, spinning or jumping) that you can repeat.

Step 2: Build Your 30-Second Routine

Put your moves in order and repeat them to fill about 30 seconds, try counting to 8 for each move to help keep timing.

Step 3: Add Some Style & Perform

Add a starting pose and ending pose, use big expressions and perform your routine like a mini show!



OBSTACLE COURSE



Step 1: Choose your space and theme

Decide whether you'll play inside or outdoors. Then decide on an animal theme... are you all jungle animals? Ocean creatures? Farm animals?

Step 2: Build the Obstacle Course

Set up a simple obstacle path using what you have. Maybe crawl under a chair, step over cushions, weave around toys. You can use any objects (with parents permission!) plant pots, blankets, balls, clothes pegs! Be creative.

Step 3: Practice your animal moves

As you move through the course, choose an animal to become! Hop like a rabbit, slither like a snake or flap and tiptoe like a bird.



ANIMAL YOGA



Step 1: Choose Your Animals

Pick 3–5 animals to turn into yoga poses, like a cat, dog, snake or frog. Talk about how each animal moves and stretches.

Step 2: Try the Poses Slowly

Move into each pose slowly and hold it for a few seconds. Try some big stretches, steady balance and calm breathing as you become each animal.

Step 3: Flow & Relax

Link the poses together into a gentle flow, then finish lying down or sitting quietly for a short relaxation, like a resting animal.

Fancy trying some more yoga?

Check out [THIS VIDEO](#)

‘Rainbow yoga flow’ from Yoga with Adriene (17 minutes)



IMPROVISATIONAL WORDS DANCE



Step 1: Choose Your Words

Pick a mix of fun, descriptive words, like jump, twist, float, strong, tiny, fast, wiggly. You can say them out loud or write them on paper.

Step 2: Turn Words Into Movement

Call out one word at a time and then find your own way through movement. There's no right or wrong - one person's "strong" might be big stomps, another's might be slow, powerful shapes.

Step 3: Build a Word Dance

Put a few words together (e.g. float → spin → jump) and move through them in sequence with music. Repeat or change the words to create a playful, ever-changing dance.

SHAKE **SHIVER** **SLIDE**
SPRING **SHIMMY**



MOVEMENT CHARADES



Step 1: Choose or Create Movement Ideas

Write simple actions, animals, or themes on slips of paper like swimming, robot, lion, flying etc. Put them in a bowl and take turns picking one.

Step 2: Act It Out (No Talking!)

Act out your word using only your body - no sounds or words!
Big, clear movements are best to help others guess.

Step 3: Guess, Swap & Keep Playing

Everyone guesses the action. Once it's guessed, swap turns and keep the game going. You can add music or themes to make it even more fun!

Example Themes:

- 🐾 Animals
- ☀️ Weather
- 🚀 Space
- 🦸 Superheroes
- 🌊 Under the sea
- 😊 Emotions
- 🤖 Robots
- 🌴 Adventure





INTERVIEW WITH YOUR FAVOURITE CHARACTER



Step 1: Choose your fictional character and plan your questions.

Pick a character from a book you know well, such as a superhero, folklore monster or a child just like you. Think of 5 - 8 interesting questions that a magazine reporter might ask about their adventures, feelings, favourite things or future plans.

Step 2: Write the interview.

Start with a catchy title and a short introduction to your character. Then write your questions and your character's answers. Make the answers sound like the character would really say them, using their unique personality and voice.

Step 3: Edit and make it magazine-ready.

Add a picture of your character, fun headings or interesting facts to make your interview look exciting and easy to read.



FROM CHAPTER TO SCENE



Step 1: Choose a favourite scene from a book of your choice.

Pick one exciting, funny or important part of the story - if you have picked a short story you may be able to do the whole thing! Think about who is in the scene, where it happens and what the characters are doing.

Step 2: Write your scene like a script.

Start with the location (for example: INSIDE A CLASSROOM – DAY TIME or OUTSIDE IN THE FOREST – MORNING). Write each character's name, then add what they say. Include short stage directions to show what the characters are doing or how they feel. Here is an example:

INSIDE A SHOP

Character 1: Please can I buy this? (points at a giant teddy bear)

Character 2: (shakes head) You don't want that bear (long pause) believe me!'

CHARACTER 3 ENTERS FROM THE LEFT SIDE

*Character 3: (grabs the giant bear - shouts) What's this doing out?
and so on...*

Step 3: Bring your scene to life.

Read your script aloud and imagine it as a film. Check that the dialogue sounds natural, the actions are clear, and the scene has a beginning, middle and end. Make changes to make it even more exciting for the audience.



CAMPFIRE STORIES



For centuries, adults have used oral storytelling to entertain children, pass down traditions, teach important lessons and preserve culture long before books became widely available. Telling stories round a fire has been something people have done throughout history. You don't need a real fire for this activity!

Step 1: Choose a fun story.

Pick a story with interesting characters, a simple plot and a little bit of mystery or adventure. Ghost stories are often popular round a campfire but make sure not to choose something too scary for the group!

Step 2: Use your voice and actions.

Speak clearly, change your voice for different characters and use facial expressions or hand movements to make the story exciting.

Step 3: Build up to the ending.

Tell the story slowly at the exciting parts, keep everyone guessing and finish with a fun or surprising ending that makes everyone smile or laugh.



BOOK REVIEW



Step 1: Read and Think.

Choose a book to review and read the whole book. Think about what happened, who your favourite character was and what you liked or didn't like.

Step 2: Write About the Book.

Write the book's title and author. Then give a short summary of the story without telling the ending.

Step 3: Share Your Opinion.

Explain what you enjoyed or didn't enjoy about the book. Give it a rating (for example, out of 5 stars) and say who you think would enjoy reading it.



A WEEK OF HAIKUS



A haiku is a tiny poem from Japan that uses just a few words to paint a picture or share a feeling. Haikus have been written for hundreds of years and often celebrate nature, the seasons or special moments in everyday life.

Step 1: Pick one small thing to notice.

Each day, look closely at something around you - like a bird, a puddle, a flower or the weather. Think about how it looks, sounds, smells or feels.

Step 2: Write a haiku.

Use three lines with 5 syllables, 7 syllables and 5 syllables. Try to paint a picture with your words instead of explaining them. The haiku doesn't need to rhyme!

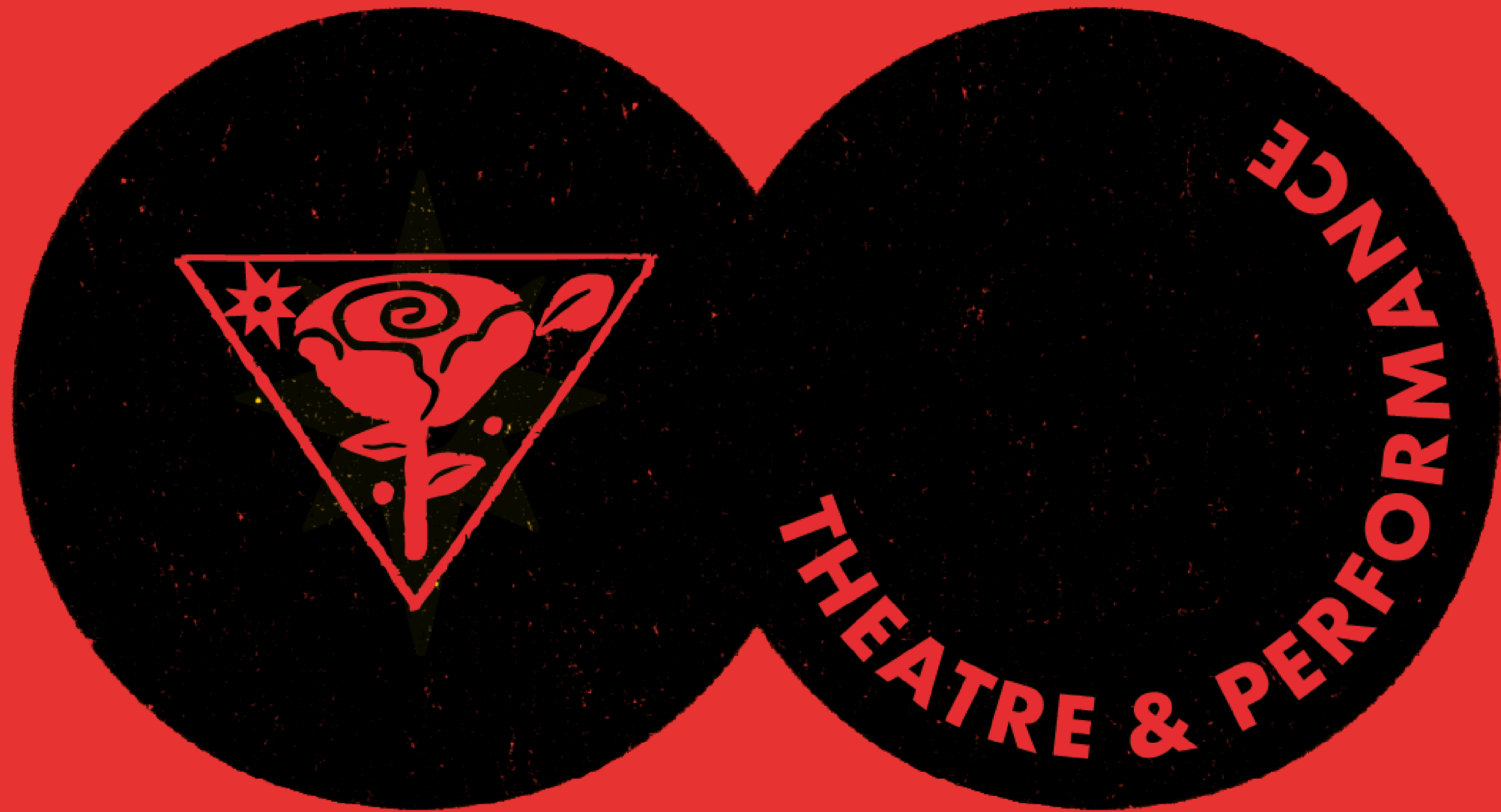
Here is an example:

*Sand, shells and pebbles
The waves push them back and forth
Calm and peaceful sight*

Step 3: Do it every day for a week.

Write one new haiku each day for seven days. At the end of the week, read all seven poems and choose your favorite to share with someone.





COSTUME DESIGN

Costume design is a very important part of a performance. The clothes a character wears can tell us a lot about who they are and what's going on in the story.



Step 1: Choose Your Character

Think about who your theatre character is. Are they a pirate, princess, superhero, animal or someone from history? Draw a picture of your character.

Step 2: Design the Costume

Add clothes, colours, patterns and accessories to your drawing. Think about what your character would wear and how the costume helps tell their story.

Step 3: Label and Decorate

Write labels to explain special parts of the costume, such as a hat, cape, boots or jewellery. Colour your design and add any final details to make it stand out on stage.

If you want to you could get out your dressing up box or ask an adult to find some clothes for you to play with and dress yourself up as your character!



SOCK PUPPET SHOW



Step 1: Make Your Sock Puppets

Find a sock that is no longer used - ask your parent/ carer. Put the sock on your hand. Use markers, buttons, string or paper to add eyes, a mouth and hair.

Step 2: Create a Small Stage

Use a cardboard box, table or blanket to make a puppet stage where your puppets can hide and pop up.

Step 3: Put on a Puppet Show

Make up a short story, move your puppets and use funny voices to entertain your family and friends!



PLAY IN A DAY



Step 1: Choose a Story and Characters

Find a few friends to put on your play with and as a group, think of a simple story. You could make up something new or use the story from a book you like or a an old fairytale for example. Decide who the characters are and what happens at the beginning, middle and end.

Step 2: Plan and Practice the Play

Write or improvise what you will each say and in what order, choose simple costumes and props and rehearse the scenes together.

Step 3: Perform for an Audience

Set up a performance space, invite family or friends to watch and put on your play with confidence and creativity!



SHADOW PUPPET SHOW



Step 1: Make your puppets.

Cut out shapes of animals, people or characters from dark cardboard. (Ask for help with cutting out.) Tape each shape onto a stick (like a straw or lollipop stick) so you can hold it easily.

Step 2: Set up your stage.

Hang a white sheet or piece of paper in front of a lamp or torch. Turn off the room lights so the light shines through the sheet and makes a shadow screen.

Step 3: Put on your show.

Stand between the light and the sheet and move your puppets around. Create voices, tell a story and watch your shadows come to life on the screen!



IMPROVISATION STATION



Improvisation acting (often called improv) is acting without a script. Imagine you and your friends are pretending to be pirates. Nobody has written down what to say. Everyone creates the story as they go. It's a bit like a game of pretend, where everyone works together to create an adventure, a mystery or a funny scene.

Step 1: Write Some Prompts

Find three cups, some paper and a pen. Rip up the paper and write different descriptive words about characters. In one cup put a selection of characters such as king, cat, astronaut, monster. In the second cup put ideas for scenes such as at a pool party, on a submarine, at a restaurant. In the third cup put descriptive words for characters such as sad, itchy, scary, sleepy.

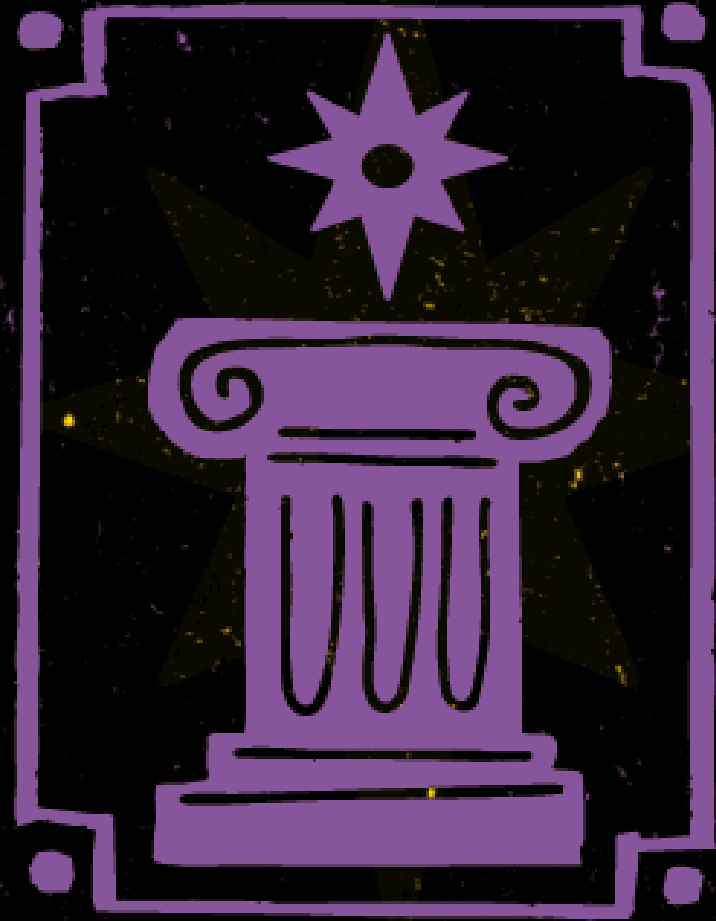
Step 2: Get Together a Group of Friends

Ask some of your friends or family to have a go at improvising with you

Step 3: Get Improvising

Everyone pick a character and descriptive word from the cups and then pick a scene. Now.... time to improvise! Let your imagination run wild and see what you come up with! Have fun!





MUSEUMS & HISTORY

MUSEUM OF ME

A 'Museum of Me' is a special collection of things that tell the story of you. Just like a real museum displays interesting objects, your Museum of Me displays items that show your hobbies, interests, achievements, favourite things, family and experiences. Each item helps visitors learn more about who you are.

Step 1: Collect Your Treasures.

Find 5–10 items that tell people about you, such as photos, drawings, favourite books, certificates, souvenirs or special objects that remind you of certain events or experiences you have had.

Step 2: Create Your Display.

Arrange your items on a table or shelf. Add labels explaining why each item is important to you. Museum labels usually include a title of the object, what year it is from, what it is made of, where it was found and a short description of what is interesting about it.

Step 3: Be the Museum Guide.

Invite someone to visit your museum and tell them the story behind each item. Share what makes you unique!



COLOUR CURATOR



A Museum Curator is a person who helps take care of the things in a museum, arranges the objects into interesting displays and decides what visitors will see. It is their job to teach people about the objects in the collection and create an exciting experience for museum visitors. For this activity you will become a curator and put together a collection of items into an interesting display!

Step 1: Choose Your Colour and Collect Your Objects.

Pick a colour and find 5 - 10 objects that are that colour or have that colour on them. Make sure to ask before you move or borrow anything that doesn't belong to you.

Step 2: Create an Interesting Display

Arrange your objects in a way that makes them interesting to look at, you could find things to place objects on such as towers of books or boxes to give your display different levels. Create labels for your items that will tell people what they are and why they have been included in the display.

Step 3: Make a Poster for your Museum Exhibition

Think of a title for your exhibition such as 'Everything Yellow', 'A Collection of Colour' or 'Blue, Blue and More Blue.' Draw a poster on an A4 piece of paper, you could include some of the objects in your display.

If you enjoyed this activity you could pick a new theme for a display and start again. You could do non-colour themes too such as spotty things, things made of wood, things that begin with M, round things or anything else you can think of!



A FAMILY COAT OF ARMS

Long ago, knights wore armor that covered their faces, to help others recognise them, knights painted colourful designs on their shields. These designs became known as coats of arms. A coat of arms often includes a shield with colours and symbols, animals like lions, eagles or dragons, objects such as swords, crowns or stars and sometimes a motto, which is a short saying. You can think of a coat of arms as a kind of family logo or team badge that tells a story about who someone is and what they value. It's like drawing a picture that helps people learn about you at a glance!

Step 1: Choose Family Symbols

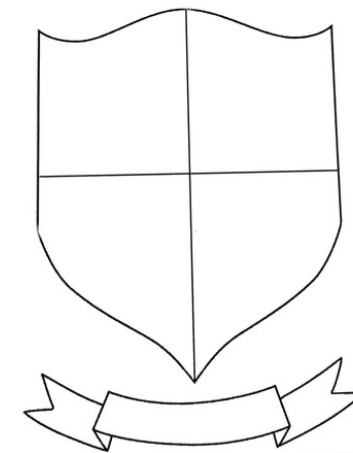
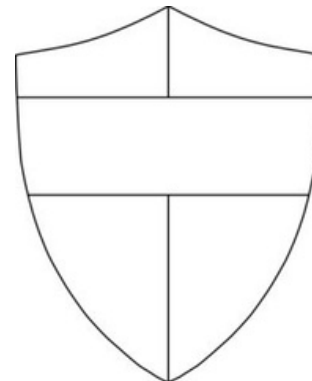
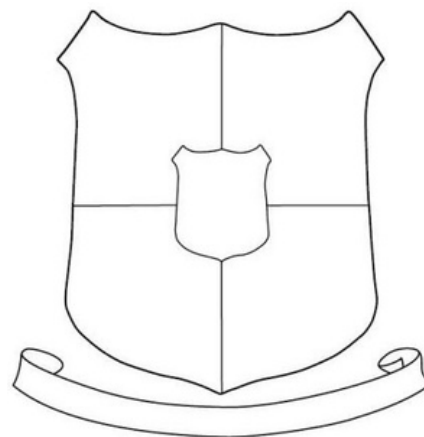
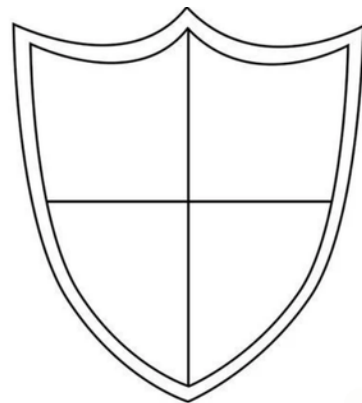
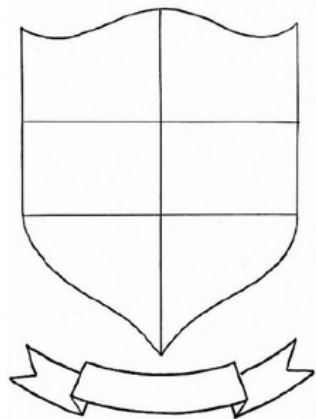
Think about what makes your family special. Pick 3–5 symbols, animals, colours, or objects that represent your family's hobbies, values, traditions or favourite things. Historically, each symbol had a meaning, for example a lion might stand for bravery, a crown could represent leadership and a tree might symbolise growth or strength. It could be helpful to look up some traditional coats of arms to get inspiration.

Step 2: Design Your Shield

Draw a large shield and divide it into sections. Place your chosen symbols in the sections and color them using your family's favorite colors.

Step 3: Add a Family Motto

Create a short phrase that describes your family, such as "Kind and Helpful" or "Adventure Together." Write it on a banner below your shield and decorate your coat of arms with extra details if you'd like.



POSTCARD FROM HOME



Create a postcard for your town or village that shows what is special or unique about your home.

Step 1: Sketch Out Your Ideas

Get a big piece of paper and write down everything that comes to mind about your town or village. What are the things that make it unique? Are there any landmarks? Is the place famous for anything? What type of wildlife lives nearby? Are there any interesting historical facts or folktales about your town?

Step 2: Make Your Postcard

You could use lots of different material to make your postcard. You could draw or paint a scene or landmark from your town or village, you could take a photograph or collage lots of photographs together or you could create an illustrated map. If you feel ambitious you could create a set of four!

Step 3: Write Your Postcard

Write a message on the back of your postcard that tells someone all about the place that you live and what you like about it. If you want to, you can buy a stamp and send it in the post to a friend or family member.



DEAR DIARY... FROM THE PAST



Imagine a child just like you, living where you live but 100 years ago...

Step 1: Do Some Research

Go to your local library, search online or find a local museum to discover what life was like in your area 100 years ago. What was school like for children then? What did their clothes look like? What kind of jobs would their parents have done? What might have been their hopes and dreams for the future?

Step 2: Write a Diary Entry

Now imagine you are that child from 100 years ago and write a diary entry that explores what a day in their life would have been like. Think about what their name might have been? Who were their friends? What did they do for fun? Let your imagination run wild as you time travel through your writing.

Step 3: Try a Different Time Period

If you enjoyed this activity and want to stretch your imagination and historical research skills a bit more why not give it another go but for a child 200 years ago or 300.... 500... 1000 years ago! If you are feeling extra creative why not have a go at imagining what a child might write in their diary 100 years from now, in the future?





KITCHEN BAND



Step 1: Gather Your Kitchen Instruments

Collect safe kitchen items to use as instruments - pots, pans, wooden spoons, plastic containers, or rice in a tub for shakers.

Step 2: Explore Sounds & Rhythms

Experiment with different sounds - tap, bang, shake, or scrape. Try simple rhythms (like clap-tap-clap) and copy each other.

Step 3: Play Together & Perform

Play along to music or create your own band performance! Take turns leading, speed up or slow down, and finish with a big final beat.



POEMS TO MUSIC



Step 1: Choose a Poem

Pick a short, simple poem or rhyme. Read it aloud and explore the mood... Is it happy, calm, silly, or exciting?

Step 2: Add Music & Movement

Play some music that matches the poem's feeling and begin to add movement. Use actions, gestures, and body shapes to bring the words to life.

Step 3: Perform & Play

Put it all together! Read the poem while moving or perform it as a group. Try changing the music or style to see how the performance feels different.

How about turn it into a Rap?

Try saying the poem to a steady beat - clap or tap to keep time.

Emphasise rhyming words, repeat favourite lines and add your own words or sounds. Perform with rhythm, confidence, and attitude, just like a rapper!



SOUND EFFECTS



Step 1: Explore & Make Sounds

Try making different sounds using your voice, body, or objects - clap, stomp, tap, rustle paper, or whoosh like the wind. Explore loud/quiet, fast/slow, and different textures of sound.

Step 2: Match Sounds to Actions or Stories

Choose a simple action or story (e.g. walking in the jungle, a rainstorm) or pick your favourite story from the shelf!). Add sound effects to match - footsteps, animal noises, rain, thunder - using your voice or props.

Step 3: Perform Your Sound Story

Work together to perform your sound story. Take turns making sounds, add movement and play with timing to create a fun mini performance.



DRAW TO MUSIC



Step 1: Listen to the Music

Play a piece of music and listen carefully with friends or siblings.
What do you hear - Is it fast or slow? Loud or quiet? Happy or calm?

Step 2: Draw What You Hear

Use paper and crayons or pens and draw while the music plays.
Think about lines, shapes and colours to match the sound - swirls, zig-zags, dots, or waves.

Step 3: Share & Compare

When the music ends, share your drawings. Are everyone's pictures different or the same?

How about turning your drawings into a collage?

You could cut or tear pieces from your drawings and stick them together to create a colourful group collage.



MUSICAL FEELINGS PLAYLIST



Step 1: Pick 10 Feelings.

Write down 10 different feelings, such as: happy, excited, calm, brave, curious, surprised, proud, worried, sad, angry, hopeful, disappointed, scared, determined, confused, reflective, in love, heartbroken, strong, content, ecstatic or anything else you can think of.

Step 2: Choose One Song for Each Emotion.

Spend some time listening to music, listen to old favourites and maybe try some new songs or musical genres you haven't heard before, you could research some pieces of music which people famously associate to certain feelings - search for things like 'most happy songs of all time.' Think about how each song makes you feel and match it to one of your 10 emotions. Decide on one song for each feeling you have written down.

Step 3: Listen and share.

Play your playlist from beginning to end, then talk with a friend or family member about which songs matched each emotion and why.

If you are feeling musical you could pick one of the feelings you have written down and try to come up with your very own original song that is inspired by that emotion.





FURTHER RESOURCES

FURTHER RESOURCES

64 Million Artists - Click Here

64 Million Artists is an organisation that believes that creativity is a tool for positive social change that each of us can use and cultivate everyday. They have a resource library full of creative prompts and ideas.

Tate Kids - Click Here

Ideas on how to get creative, games, quizzes and resources to learn about artists.

Crayola Free Colouring Pages - Click Here

Free downloadable colouring pages you can print at home.

Place2Be Art Room Activities - Click Here

Place2Be are an organisation that believes art is a creative tool to develop resilience and connect with others. Their resources offer ways to explore a wellbeing theme through creative art activities, stories and conversation. Each activity can help children, young people and adults nurture their relationships together whilst having fun.

Summer Reading Challenge - Click Here

Get involved in the Summer Reading Challenge - this years theme is Read to the Beat - find out more at your local library.

