



Thirty Creative 'Things to Do' ... in Thirty days ... from Associate Artists – Cecilia Knapp & Sarah Blanc

30 ideas for all ages

Do them one at a time, or as many as you like in one go!

1. Write a love letter to yourself.

Begin with a simple prompt: 'Dear me, I love how you...'

This is a chance to try and see all the good things in yourself that others do. Think about what you value in yourself. Is it your ability to be positive? Is it that you make the best cup of tea? Is it that you're a loving mother? I guarantee once you get going, you will find ways to celebrate yourself. If you are struggling, think of what your child might say about all the things they love about you.

Example: Dear me. I love how you always make cups of tea with lots of care and attention, so the person who you're making it for will feel special.

2. Dance Activity - Create a NAME solo

Create a movement phrase using the letters of your NAME.

Choose different body parts and draw each LETTER.

Think about the direction you are drawing them

Example: To create Sarah, I could draw the S with my left elbow to the left top corner, A with my right big toe to the left, R with my belly button to the ground, A with my right ear to the bottom left corner, H with my left arm pit to the back.

3. Listen to an Oprah Winfrey podcast

<https://www.youtube.com/channel/UCthzE6jBdywo9FHi8JheGlw>

4. Tune into Simon Mole's free poetry classes for kids aged 5 and over!

Sign up here and get a password to join: <https://www.simonmole.com/online-poetry-workshops/>

5. Activity for all the family: Follow Tracey's aerobics video for The Portland Inn Project

To do this you will need

- A Teddy bear
- A cloth
- Two tins e.g. beans
- A jumper
- A non-judgmental ear at the bad London accent

<https://vimeo.com/400885986?fbclid=IwAR25FJCUj2lGomMtOrQmYqMP-ONoz3QbGHhoDetaeDv-Ctsa4xbd68-Pt0>

6. Learn to say your name in sign language

<https://www.youtube.com/watch?v=DglvXXdwjvw>

7. Make a poem using only the magazines, books or catalogues you have in your house.

Find things and just take words and phrases you like from them. You can even use the yellow pages or the Argos catalogue! It might come up with some interesting results. What happens if you mix up the washing machine manual with your child's book? This is a way to create something fun without having to actually write anything off the top of your head. The words already exist, just arrange them in a new order. Don't worry if it makes sense, poetry follows its own logic and doesn't have to be like a traditional sentence. You can still communicate a feeling and an image without it 'making sense.'

Example: My heart is a comfortable bed, no guarantee, something special, rising like cloud, a true place, I have divided my heart, half of it, someplace else.

8. Write about an object you have in your house. Describe it. Or write as though you are actually the object.

Find something in your house - it could be an ornament, a photo frame, a mug. Describe it. Think of the shapes, its edges, how the light hits it, the colour (can you think of similes for the colour? EG the mug was the dark blue of a night time sea.) Does it cast a shadow? Does it have a story behind it? Who gave it to you? How do you feel about it? You can pick it up and feel it. Do this with your child too if they are old enough. What words describe it?

Alternatively, write as though you are actually the object. Imagine what it can see, what it can hear, how it feels. Does it feel happy? Does it feel used?

Example: It's heavy. Sits on the coffee table. Round and the colour of dried mustard. I suppose once upon a time, someone used to put their cigarettes out in it, but now it's just an ornament.

The light hits it on its curve, its edges smooth to the touch.

Example 2: (Writing as though I am the object.) I sit on the coffee table. Occasionally someone knocks me with their feet. I am an open mouth to all the dust in this room. I used to be used every day. Now I just sit here.

9. Write for one minute on your favourite colour

Just see what comes out if you keep writing (on your phone or laptop, or by hand) on a colour that you love. What does it make you think of? What memories does it spark? What other things are that colour. You could discuss this with your child/the people in your house before. What is their favourite colour?

10. Free Writing prompt: If I was a potato...

Start from this sentence and see where you go. A whole story could be created out of this! Imagine if you were a potato- how would you feel? What would you do each day? What would you be afraid of? Where would you live? It's abstract, so feel free to get silly.

11. Watch these videos on the Apples and Snakes YouTube channel.

Apples and Snakes is a big poetry organisation. Follow this link to see a selection of really exciting, interesting poets and spoken word artists perform their work to camera in high quality, engaging videos. <https://www.youtube.com/playlist?list=PLWPtCehdZDpcYOL1tU87I7s3R7IVS3dJV>

12. Free Writing prompt: *If I was a bird..*

Start from this sentence and see where you go.
What would you do if you were a bird? Where would you fly?

13. Activity for all the family: Watch this science video on YouTube

And try a few of them out: <https://www.youtube.com/watch?v=4MHn9Q5NtdY>

14. Write a diary entry about your day- or any day this week.

You can do this with your child too. How did you sleep? What did you dream? What did you eat?
What could you see from the window? How did you feel? Begin 'Dear Diary...'

15. Movement Activity: Over, Under, Around

Put on your favourite track and dance with the words OVER, UNDER and AROUND. You can do it travelling through your house or 1 person create a shape and the other has to go under, over and around them.

16. Write a letter to an older person who is stuck inside at the moment.

All Change work with a number of wonderful older people. Older people are much more vulnerable in these times and most have been advised to stay completely indoors for twelve weeks. Can you or your child write a letter to someone who may be feeling isolated or lonely? You could start by introducing yourself and saying a bit about who you are and what you like doing. You could tell them about your day. You could offer some tips and advice about nice things to do around the house. What have you found to be a good way to spend time? Have you got a favourite film or radio station you could suggest? Maybe you could share one of the writing exercises you have done with the older person you are writing to. Maybe you could share an inspirational quote?

You could also make a little video if you don't want to do any writing. Send these letters and videos to All Change: projects@allchangearts.org and we can share them with people who need them!

17. Write a letter to your child explaining what is happening in the world right now

Some of your children may not understand what's going on in the world right now. You could try writing it in a letter/a story to explain why we are all indoors. You could explain that doctors and scientists are working very hard to find a medicine to fight a new type of illness that they've not seen before and we can help them by staying inside to make sure no one gets poorly while they work on this. Explain we are helping the scientists and the doctors. You could tell them that they aren't in

danger, but some people in society are, we have to come together as a community, even though it won't affect us much, to make sure we protect the people who need our help. You could try explaining that in this way, we are all heroes doing what we need to do to fight back! We all need to be patient in these times and remember that we are doing good.

18. Activity for all the family - Do 3 of the things on this list:

<https://www.toucanbox.com/activities/fun-things-to-do-at-home-with-your-kids>

Take pictures of what you do and share with All Change if you want to.

19. Activity for all the family: Pick your favourite song and dance to it as crazy as you want.

Do it on each day, and everyday someone else has to choose the song.

20. Activity for all the family: Play musical statues

Take turns who is in charge of pausing and stopping the music.

21. Sit or lie still and breathe for 5 minutes

Shut the door, take a moment for yourself

22. Movement Activity for all the family: Tableaus

Create 4 tableaus with (or without) your kid/s that represent how you are feeling today. Join each of them together to create a piece of choreography

23. Movement Activity for all the family: Yoga

Teach your kids what you have been learning on Friday sessions or find a class to follow on line.

For example: https://www.youtube.com/channel/UC5uIZ2KOZZeQDOo_Gsi_qbQ

24. Free Writing prompt: Ten things I love about this town...

What do you love about your town? Is it the way the man in the corner shop knows your name? Is it the tall buildings? Is it how many different languages there are being spoken on one bus? Is it the sense of community?

25. Free Writing prompt: Life advice for my children...

What advice would you give your children? What are some of the things you've learnt that you want to pass on? Maybe they were passed on from your own family.

26. Listen to your favourite song and free write while it is playing.

What does it make you think of? What colours do you see when you listen to it? What memories does it draw out?

27. Free Writing prompt: I am grateful for.

Let's take a moment to focus on what we are grateful for, despite these anxious times. List a few things you are grateful that you have in your life.

28. Read one of your child's books or a well know fairy tale and think of an alternative ending.

What other endings could these stories have? What else could happen? What about if you swap out one of the characters and put you/ your child in instead?

29. Movement Activity for the whole family: Draw a monster

Together draw a big giant monster on a page and then make the monster come to life by creating the monster together. How does it move? What sound does it make? What is its name?

30. Facetime or call someone else and do one of these challenges together!

Or discuss any of the challenges you have done?

Share your work – writing and pictures - with us if you'd like to at:

projects@allchangearts.org

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