

Hello

**WE HOPE YOU ENJOY THE MATERIALS
AND ACTIVITIES IN BOREDOM BOX 2.0.**

**ALL OF THE ACTIVITIES WERE MADE
WITH THE SUPPORT AND GUIDANCE OF
YOUNG PEOPLE IN ABERDEEN.**

**WE WOULD LOVE TO HEAR YOUR IDEAS
AND FEEDBACK SO PLEASE USE THE
PRE-STAMPED POSTCARDS TO LET US
KNOW WHAT YOU THINK.**

STAY SAFE AND HAVE FUN!

**FROM ANE, JAKE AND NIKKI AT
PEACOCK VISUAL ARTS**

**P.S WE HOPE YOU LIKE THE
SOAP JAKE MADE FOR YOU!**

BUG HOUSE



AN EMPTY BOTTLE, JAR OR CAN

BAMBOO STICKS

MOSS, GRASS, LEAVES, STICKS AND BARK (WHATEVER YOU CAN FIND OUTSIDE)

TWINE FOR IF YOU CHOOSE TO HANG IT



"INSECTS ARE VITALLY IMPORTANT AS THEY KEEP OUR ECOSYSTEM BALANCED. THEY EAT PESTS THAT DAMAGE CROPS; THEY POLLINATE FLOWERS; THEY CAN HELP BREAKDOWN ORGANIC WASTE, AND THEY ARE A VALUABLE FOOD SOURCE FOR MANY OTHER ANIMALS." - RSPB

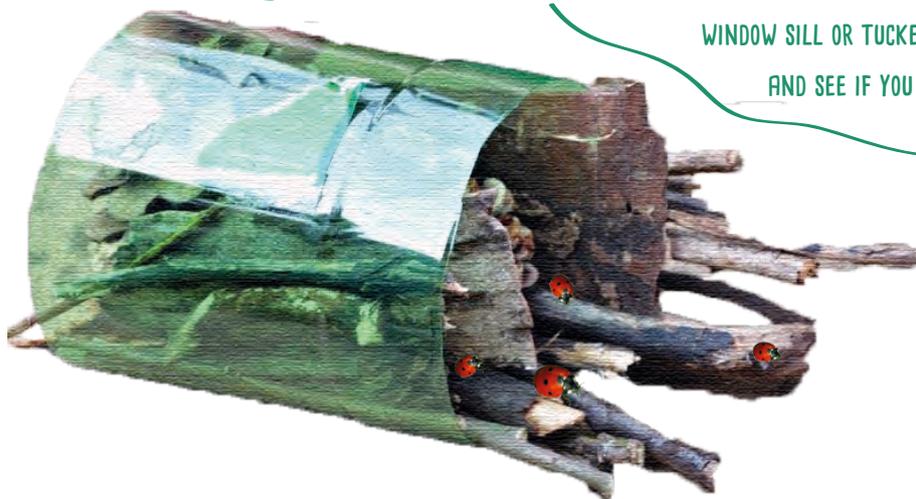
FIND A VESSEL FROM YOUR RECYCLING SUCH AS AN EMPTY BOTTLE, CAN OR JAR. IF YOU ARE USING A PLASTIC BOTTLE YOU WILL NEED TO CUT OFF THE TOP QUARTER TO OPEN THE BOTTLE AS MUCH AS POSSIBLE. **DON'T USE A KNIFE TO DO THIS UNLESS YOU HAVE A CRAFT KNIFE YOU ARE CONFIDENT USING, NEVER USE A KITCHEN KNIFE BECAUSE THEY CAN SLIP VERY EASILY ON PLASTIC LEADING TO CUT FINGERS!**

FILL THE EMPTY VESSEL WITH THE CUT OFF BAMBOO STICKS AND ANYTHING ELSE YOU CAN FIND OUTDOORS SUCH AS CONES, MOSS, LEAVES AND STICKS. USE GRASS, MOSS AND LEAVES TO FILL IN THE NOOKS AND CRANNY'S THIS WILL MAKE A PERFECT HOME FOR BUGS LIKE LADYBIRDS, WOODLOUSE, BEETLES AND EVEN SOLITARY BUMBLE BEES!

WHERE TO PUT YOUR BUG HOUSE?

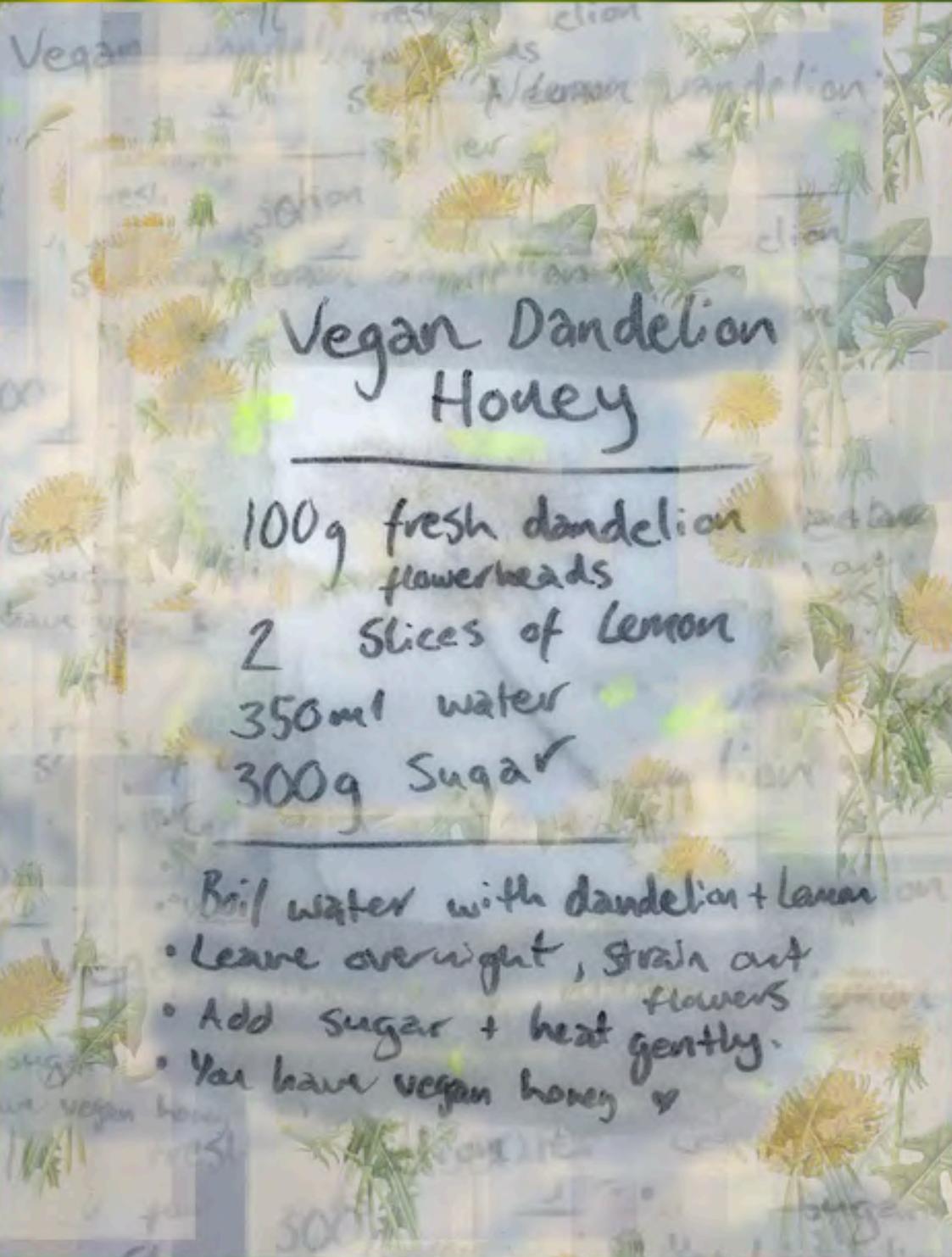
YOU CAN USE THE TWINE TO HANG YOUR BUG HOUSE FROM A TREE, DRAIN PIPE OR RAILING IF YOU LIKE. YOU CAN ALSO LEAVE IT ON THE GROUND OUTSIDE, ON A WINDOW SILL OR TUCKED INSIDE A BUSH. HAVE A LOOK OUTDOORS AROUND YOUR HOME AND SEE IF YOU CAN FIND A SAFE PLACE TO POP DOWN YOUR BUG HOUSE.

PLASTIC BOTTLE CUTTING GUIDE



Watch Bugs move in!

WE WOULD RECOMMEND FLATTENING THE MIDDLE OF THE BOTTLE SO BOTH SIDES ARE TOUCHING AND TO USE SCISSORS TO CUT A SLIT INTO THE PLASTIC TO GET YOU STARTED. **DON'T STAB THE SCISSORS INTO THE BOTTLE, IT WON'T CREATE A HOLE AND YOU CAN SLIP AND HURT YOUR FINGERS.**



Vegan Dandelion Honey

- 100g fresh dandelion flowerheads
 - 2 Slices of Lemon
 - 350ml water
 - 300g Sugar
-

- Boil water with dandelion + lemon
- Leave overnight, strain out
- Add sugar + heat ^{flowers} gently.
- You have vegan honey ♡

vegan dandelion honey

instructions

take your dandelion flowerheads and slices of lemon and put them in a pan with water.

heat them up in the pan on a hob until the water is boiling.

boil for five minutes, and then turn off the hob.

put a lid on the pan and leave it to cool and infuse overnight.

the next day, strain out the flowers and lemon.

add the water to the pan with the sugar and heat gently, stirring constantly until sugar has dissolved.

you have vegan honey.

CUMULUS CLOUD

(KYOO-myoo-LUHS)

A WHITE PUFFY
LOOKING CLOUD,
USUALLY WITH A FLAT
BASE AND CAN OCCUR
IN LINES, CLUSTERS
OR BY THEMSELVES

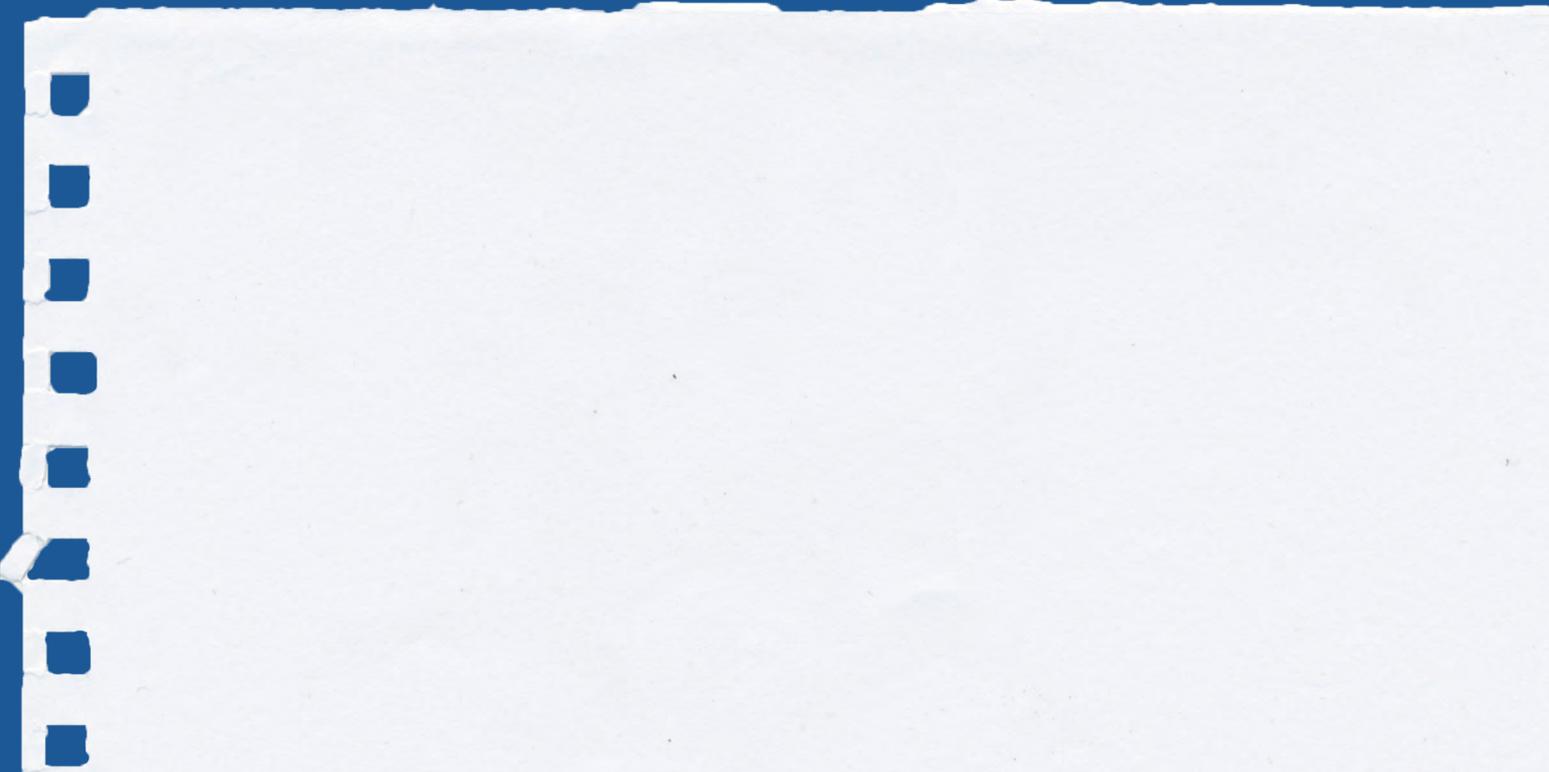
THE WORD CUMULUS
DERIVES FROM THE LATIN
CUMULO - MEANING HEAP
OR PILE

THESE ARE 'LOW
LEVEL' CLOUDS MEANING
THEY USUALLY APPEAR
LESS THAN 2000 METERS
IN ALTITUDE*

*ALTITUDE -
MEANS THE HEIGHT
OF AN OBJECT
FROM GROUND
LEVEL

THIS CLOUD
CAN GROW INTO A
CUMULONIMBUS CLOUD
WHICH CAN BRING THUNDER
LIGHTNING, RAIN, SNOW
AND HAIL

DRAW THE
CLOUD YOU
SPOTTED



CUMULUS NIMBUS
(KYOO-MYOO-LUHS
NIM-BUHS)

THE WORD CUMULUS
DERIVES FROM THE LATIN
CUMULO - MEANING HEAP
OR PILE

AND
'NIMBUS'
MEANING RAINSTORM

PEAKS
TYPICALLY
REACH TO
AS HIGH
AS 12000m!



THIS CLOUD CAN
BRING THUNDER,
HEAVY RAIN, SNOW,
LIGHTNING AND
HAIL

THIS CLOUD CAN
EXTEND FOR SEVERAL
MILES AND ARE FORMED
AT ALTITUDE FROM AROUND
200 - 4000m

THE FLAT BASE
OF THE CLOUD CAN
BE SEVERAL MILES
LONG

THEY ARE
ALSO REFERRED
TO AS 'CHARLIE
BANGERS' BECAUSE
THEY BEGIN WITH A
'C' AND CAN BRING
THUNDER!

DRAW THE
CLOUD YOU
SPOTTED



Befriending Crows

Crows are very intelligent birds and can learn to recognise humans they like and dislike

The most common crow found in the UK is called the carrion crow

Crows usually live alone or in pairs but can also be found in flocks called 'murders'

The average life span of the carrion crow is 4 years

Seaton Park has a large 'murder' of crows living in it

The way to a crow's heart is through food

Feed the crows at a similar time once a week so they know when to expect you

Wear the same coat or similar clothing so they can easily recognise you

Healthy things to feed crows are dry porridge, oats and boiled eggs with the shell on

Be careful to not over feed the crows as this can make them sick

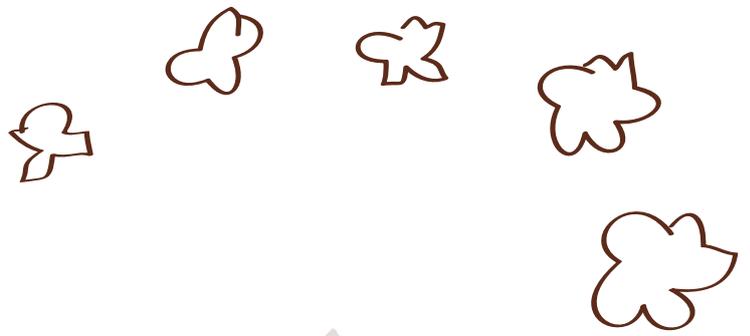
It will take time for the crows to trust you

If you are very lucky the crows may begin to leave you gifts in return for feeding them

They may drop beads, colourful plastic, shiny foil or coins they have found

Once you have thrown food to the crows retreat to a comfortable distance to allow them to eat

As with all nature be respectful of the crows and keep your distance when feeding and befriending them



Materials

Cress Seeds
 Cotton Wool
 Kitchen Roll
 Decorations - (Googly eyes, feathers, Pom poms, pipe cleaners, any other craft materials of your choice.)
 Tape
 Tin Foil/ Cling Film (optional)
 Cress Head Pot (old yogurt pot, egg shell, toilet roll tube, whatever you like!)

Instructions

1. To start with find yourself something you can make your cress head pot out of!

You can get super creative with what you choose, but here are a few suggestions if you are stuck: An old yogurt pot, an egg shell or a toilet roll tube. Or make something else?

2. Decorate however you like using the materials in the pack. (Eyes, feathers, Pom poms, pipe cleaners etc)

3. If you have chosen to make your Cress Head out of something paper or not waterproof (like a toilet roll tube) - line the inside of it with tin foil/ cling film.

4. Place folded up kitchen roll at the bottom of your Cress Head Pot (inside the tin foil or cling film if you have used any)

5. Rip up the cotton wool so it is fluffy and fill your pot to the top.

6. Sprinkle cress seeds on top.

7. Place in a sunny spot in your home. Water daily with a small amount of water.

8. Watch it grow!



This example uses soil but you can use cotton wool or toilet roll



Cress is tasty! Add it to a sandwich, scrambled eggs or a salad



Blind Self Portraits

This is a great activity to do to have fun with drawing and you don't need to be good at drawing to do it

For this activity you will draw a very quick self-portrait in only 60 seconds with the added challenge of not looking down at your paper while you do it

The idea is to sit looking into a mirror or phone camera focusing only on your face. You are not to look at the paper, your hand or the pen or pencil as you draw. This forces you to guess where to put your eyes, nose, hair, mouth, teeth, eyelashes and everything else that makes up your face usually with very funny results!

You can also do this with a friend but instead of drawing your own face you can both spend 60 seconds trying to draw each other's faces without looking down at the paper

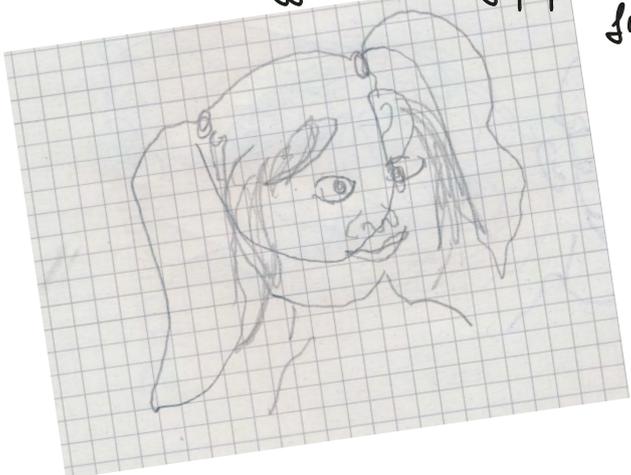
How To Guide

Take out a pen or a pencil and get ready to draw a self portrait

Set a timer on your phone for 60 seconds

Using a mirror or the camera on your phone look at your face and begin to draw your facial features without looking down at the paper as you draw

Once the timer ends you can look at your drawing and enjoy a very unique self-portrait! You can do this as many times as you like with different bits of paper, each result will be different but just as funny every time



CLAY IMPRESSIONS

MATERIALS

AIR DRYING CLAY
CLING FILM OR ZIP LOCK BAG
BUTTER KNIFE OR OLD PLASTIC LOYALTY CARD
SCISSORS
OLD RECYCLED PACKAGING
PLASTIC BAG
PAINT
PAINTBRUSH
CUP
PVA GLUE



YOU CAN HAVE A LOOK ONLINE FOR INSPIRATION



- WHEN YOU GET YOUR CLAY, IT IS A GOOD IDEA TO ONLY TAKE WHAT YOU NEED AND KEEP THE REST COVERED TIGHTLY WITH CLING FILM OR A ZIP LOCK BAG. (STORE IN A COOL, DARK PLACE)

- TAKE A FLAT EDGED TOOL LIKE A BUTTER KNIFE OR AN OLD PLASTIC LOYALTY CARD.
- TO MAKE A TOOL YOU CAN USE SCISSORS TO CUT A LONG STRAIGHT PIECE OF PLASTIC PACKAGING BE SURE TO WRAP TAPE AROUND IT TO HIDE ANY SHARP EDGES.



- CUT A PIECE OF CLAY BIG ENOUGH TO BE FLATTENED OUT BY HAND KEEPING THE THICKNESS TO JUST THINNER THAN AN AVERAGE SLICE OF BREAD ALL ROUND

- YOU CAN USE CLINGFILM TO PUT THE CLAY ON TO AND WHILE FLATTENING OUT THEN THE CLAY CAN BE MOVED AND CARRIED EASIER, UNTIL IT DRIES OUT SOME MORE, IT WILL BE STICKY AT FIRST.

- LEAVE THE TILE SITTING OUT ON A TABLE TO BECOME DRIER, TURNING OVER TO EXPOSE EACH SIDE THIS WILL TAKE 2-4 HOURS.



- I HAVE PREPARED A CARRY BOX TO PUT MY CLAY TILE IN TO FOR TAKING WITH ME.
- ALTHOUGH NOT ESSENTIAL IT COULD BE BETTER IF OUTDOORS ON A WALK IN-CASE YOU SEE SOMETHING INTERESTING OR HAVE FOUND PREVIOUSLY ON YOUR WALKS.

- YOU CAN RECYCLE ANY SHAPE OF PACKAGING YOU HAVE TO HAND AS LONG AS IT HOLDS ITS SHAPE REASONABLY WELL, IS THE ROUGH SHAPE / SIZE OF YOUR TILE AND IS CLEANED OUT



- PLACE THE NOW DRIER TILE INTO THE BOX SO THAT ANY CLING FILM IS AT THE BOTTOM SIDE LEAVING THE TOP SURFACE EXPOSED TO TAKE THIS IMPRESSION / SHAPE OF YOUR CHOICE.



- NEXT FIND A COMFORTABLE PLACE TO TAKE THE IMPRESSION. PLACE THE CLAY ON TO THE SURFACE YOU HAVE CHOSEN AND PRESS DOWN WITH THE FLAT OF YOUR HAND, SO THE PRESSURE IS SPREAD EQUALLY OVER THE BACK OF THE TILE.

- IF YOU ARE TAKING AN IMPRESSION OF A PLANT OR SOMETHING DELICATE, THEN PLACE IT ON TOP OF THE EXPOSED SURFACE UNTIL YOU ARE HAPPY.

- THEN USE SOMETHING FLAT OR SMOOTH TO TRACE OVER OR PRESS IN THE SHAPE UNTIL IT BECOMES LEVEL WITH THE REST OF THE CLAY SURFACE.

- BELOW I HAVE USED THE LID OF THE BOX I HAVE RECYCLED TO CLOSE DOWN ON TOP OF THE PLANT TO PRESS INTO MY CLAY TILE.



• YOU CAN SCRATCH THE NAME OF THE PLANT YOU HAVE CAPTURED IF YOU KNOW IT OR EVEN SCRATCH IN THE LOCATION AND THE DATE IF IT IS IMPORTANT, THIS COULD BE A PRESENT FOR SOMEONE SO BE SURE TO PUT YOUR OWN INITIALS IN TO THE BACK SOMEWHERE IF IT IS.



• TO REMOVE OR SEPARATE YOUR CLAY FROM THE OBJECT OR TEXTURE, CAREFULLY AND SLOWLY PEEL FROM ONE SIDE TO THE OTHER GRADUALLY WORKING EACH EDGE OF THE CLAY FREE.



• TAKE THE TILE BACK TO A FLAT, DRY AND CLEAN SURFACE TO DRY OUT, WRAPPED VERY LOOSELY INSIDE IN A PLASTIC BAG, CUT A FEW HOLES IN THE BAG FOR AIR TO DRY THE CLAY GRADUALLY TO AVOID CRACKING.

• THIS SHOULD TAKE 24-48 HOURS TO DRY OUT READY TO BE PAINTED WITH ACRYLIC PAINT AND SEALED WITH PVA GLUE.



• I HAVE USED A THINNER MIX OF DARK GREEN PAINT BY ADDING WATER AND A THIN BRUSH TO SPILL COLOUR INTO THE DETAIL OF THE PLANTS STEMS AND THE VEINS OF THE LEAVES TO CATCH OR KEEP THE DETAIL. THIS CAN DISAPPEAR IF YOU PAINT IT ALL ONE COLOUR AT FIRST. YOU CAN INSTEAD WORK IN LAYERS STARTING WITH THE SHAPES YOU LIKE BEST.



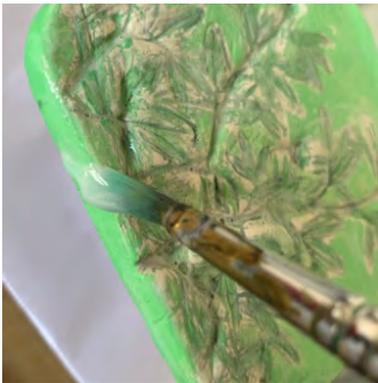
IF YOU DON'T HAVE A THIN BRUSH YOU CAN USE OTHER THINGS LIKE A TISSUE TWISTED TIGHTLY TO GIVE YOU A THIN END OR AN EAR CLEANER ETC.



• FOR PAINTING THE REST OF THE TILE OR THE EDGES YOU CAN PLACE YOUR TILE ON TOP OF SOMETHING SMALLER THAN THE TILE AS A STAND WHICH IS STEADY. I HAVE USED A YOGURT POT HERE TO PAINT A LIGHTER AND THICKER GREEN TO CONTRAST WITH THE DARKER THINNER GREEN AROUND THE PLANT IMPRESSION, SO I DON'T HAVE TO HOLD IT AND TO AVOID ANY STICKING TO THE TABLE.



• ONCE DRY YOU CAN PAINT THE BACK OF THE TILE (I HAVE NOT PAINTED THE BACK OF MY OWN) AND LEAVE THIS TO DRY BEFORE SEALING WITH A MIX OF PVA GLUE AND WATER MIXED IN EQUAL PARTS WATER AND PVA.



• USE THE STAND TO COVER BOTH SIDES HANDS FREE BETWEEN DRYING.



THIS IS A GOOD ACTIVITY TO TAKE AWAY WITH YOU SOMEWHERE AND BRING BACK HOME TO WORK ON GRADUALLY AND TAKE SOME TIME OVER.



DEPENDING ON WHAT YOU MAKE IT COULD BE A MEANINGFUL GIFT FOR SOMEONE OR FOR YOU TO KEEP AS A MEMORY OR SOMETHING DECORATIVE TO KEEP. YOU CAN TAKE AN IMPRESSION OF ANYTHING WITH A TEXTURED OR UNEVEN SURFACE SHAPE.

Have fun!

David's Drawings

David works at Peacock Visual Arts and has created beautiful screen prints of landscapes, roads and nature in the workshop there.

We have removed all of the original colour to David's artworks so you can colour them in.

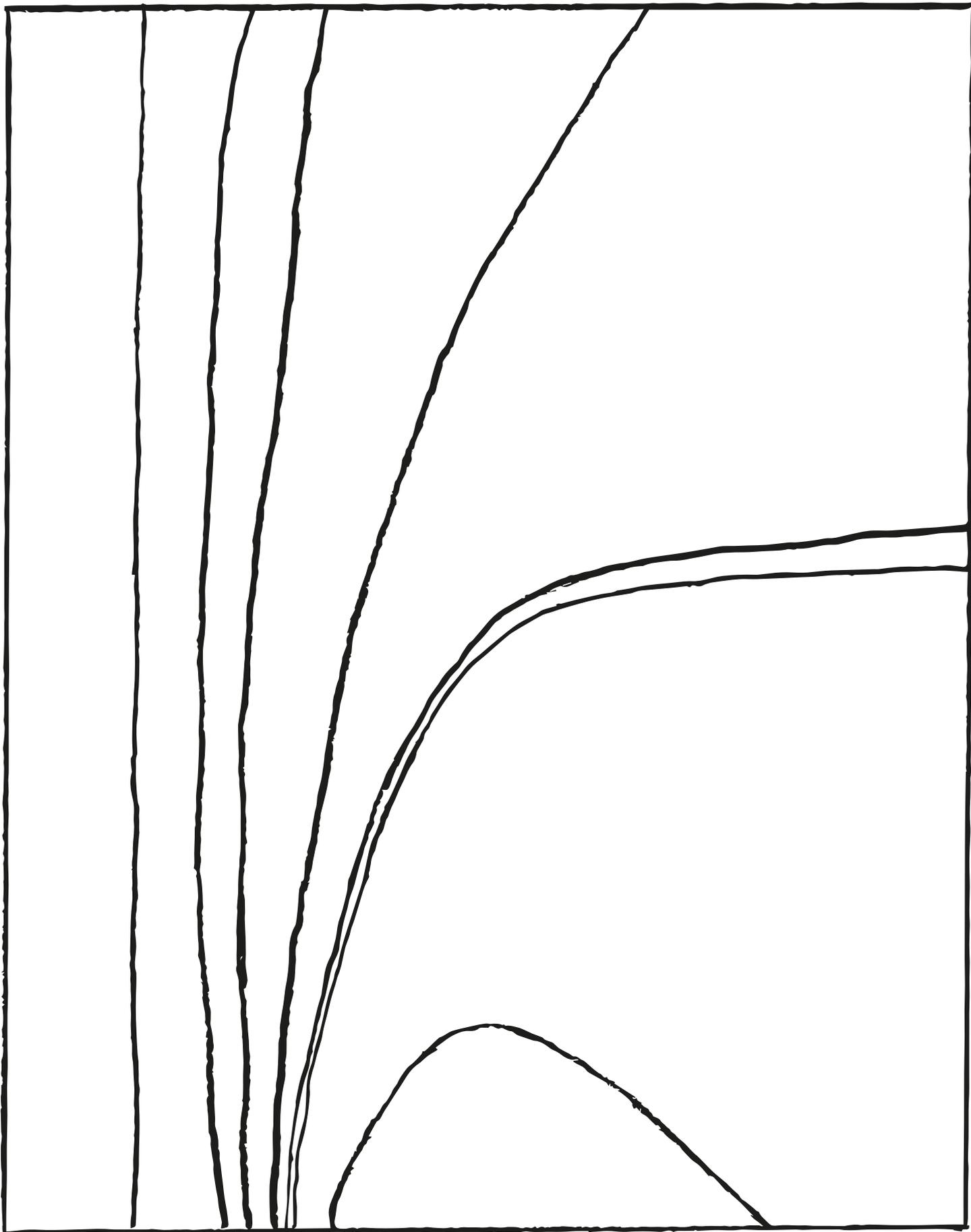
David McCracken was inspired by 'painting by numbers' pictures that he collected from charity shops.

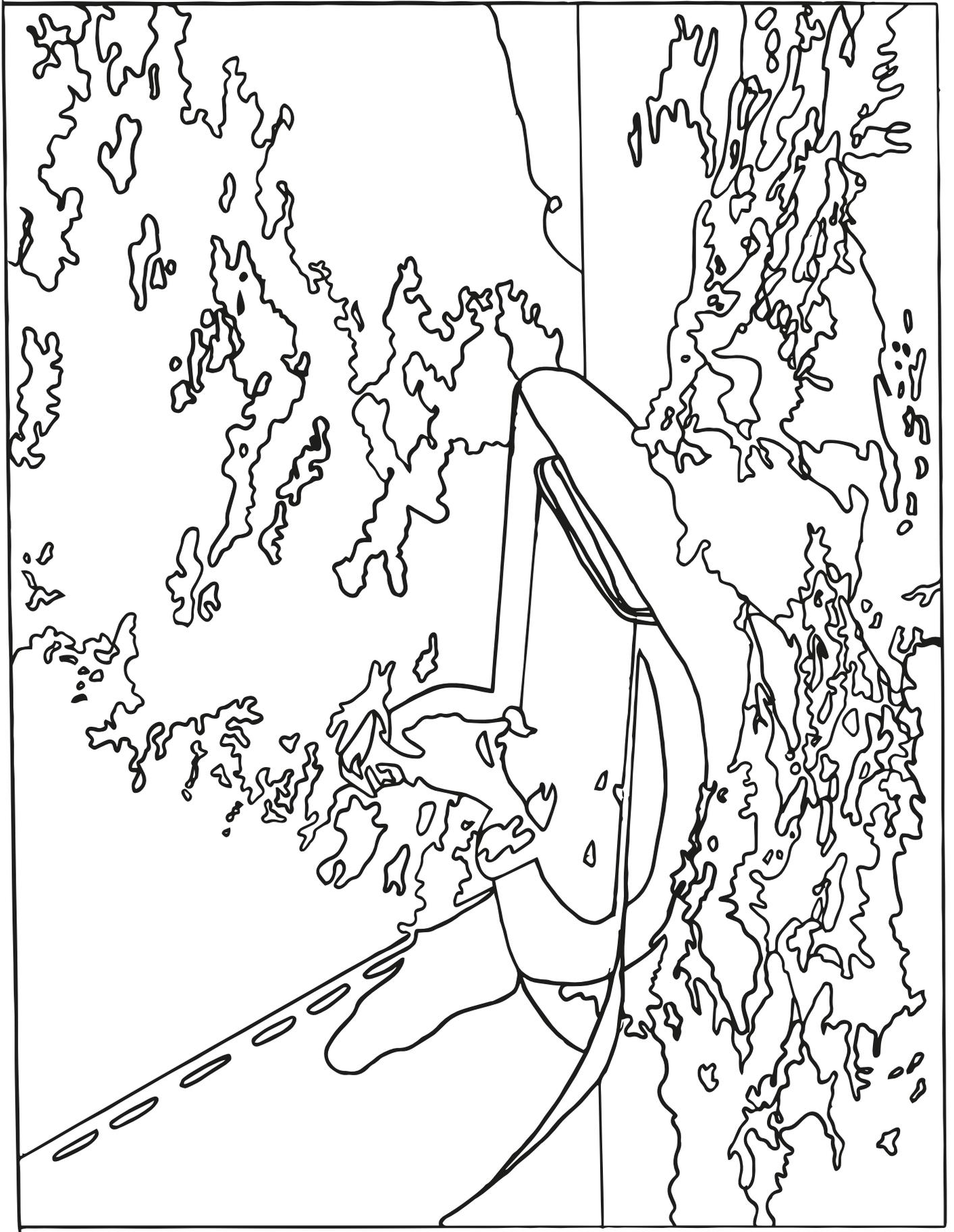
He was attracted by the 60s and 70s feel of the painting kits - the taste for bland Americana* and he tried to recreate this in his own work.

*Americana means things associated with America, particularly the United States



This artwork
is called
'Sometimes'
and has had
all of the
colour
removed so
you can
colour it in





This artwork
is called
'Abroad' and
has had all
of the
colour
removed so
you can
colour it in