

Welcome to this month's Boredom Box!

Thanks for participating in *The Peacock & The Worm March Boredom Box*. You can use the activity sheets provided for guidance on how to use the materials provided, or let your imagination run free! It's all about having fun and being creative.

We always love to hear your feedback about the Boredom Box. You can use the pre-stamped postcard in your box to let us know how you got on.

The soap labels for this month's box were made by young artist, Demi. Thank you Demi!

INSIDE THIS BOX...

Memory Jug

Relief Printing

DIY Drypoint Etching

Cloud Dough

Mindful Places and Spaces

Cabinet of Curiosities

**Happy making!
The Team at Peacocks**

MEMORY JUG

Memory jugs are an African American folk art used to remember people by. They are handmade pots that are decorated with small items associated with the person. These objects could include beads and jewellery, shells, pebbles, bits of broken china or even small toys and figurines.

This activity will show you some ways that you can take inspiration from the memory jug and make your own vessel to remember someone or something by.

Here are some ways you can use your memory jug:

🌸 To remember a special person or pet.

🌸 To remember a favourite place.

🌸 To remember yourself!
Cover your jug in all of your favourite things now and look back on it in a few years.



OPTION ONE: HAND BUILDING

You will need:

- ✿ The Clay from your box.
- ✿ The Clay Tools from your box.
- ✿ A bowl of water.
- ✿ A work surface that can be easily cleaned. (You may want to use a chopping board or protect your surface with a plastic bag or cling film.)
- ✿ A selection of small items to decorate your pot. These could be things like small toys, beads, pebbles, sea glass, shells, coins, or pieces of pottery.

STEP ONE:

Take a section of clay and roll it into a small ball.

STEP TWO:

Hold the ball in one hand and slowly push your thumb into the centre. Stop before your thumb reaches the bottom of the ball.





STEP THREE:

Gently pinch the clay between your thumb and finger, turning the pot in your hand as you work. Make sure to keep your thumb on the inside of the pot and your fingers on the outside.



STEP FOUR:

Keep turning and pinching the pot with even pressure until the walls of your jug get taller. It helps to keep the clay a little thicker so you have space to press your items into.

STEP FIVE:

You can either leave your pot how it is, or create a longer spout for it. To do this, gently fold the rim of your pot inwards so that it overlaps. Continue round the whole pot until you are happy with how it looks.



TIP Keep your hands a little damp to stop the clay from drying out. If you see any cracks, smooth over them with a wet fingertip.





STEP SIX:

Once you are happy with the shape of your jug, gently tap the bottom on your work surface to flatten the base.



STEP SEVEN:

You are now ready to decorate your jug! Press your object gently into the clay. You may want to use a finger or modelling tool on the inside of the jug to help press your items firmly into the clay. This helps to keep the shape of your jug as you add decorations.

TIP Bring the clay up and over the edges of your item to help it stay in place. You can always add more clay to the edges if you need to.





OPTION TWO: MOLDING

STEP ONE:

Find an object that you can form your clay around. Something like an old jam jar or tin can would work well.

STEP TWO:

Take a section of clay and press it flat. It should be large enough to cover your chosen vessel and thick enough to press your objects into.

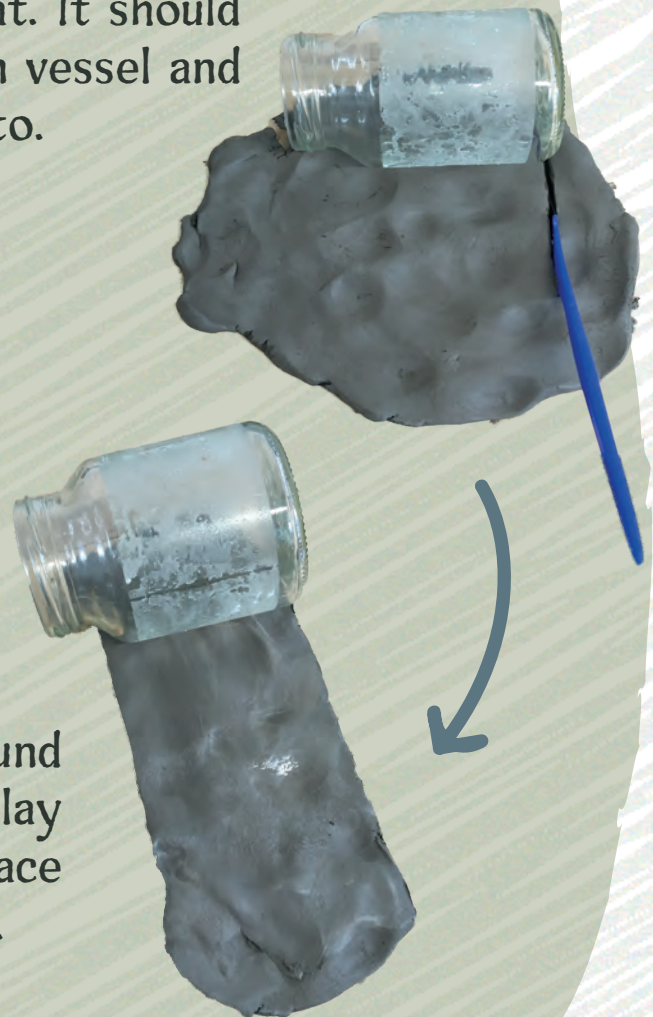
STEP THREE:

Trim any excess clay and put to the side.

STEP FOUR:

Wrap the clay around your jug. Press the clay firmly onto the surface and smooth any seams.

If your vessel has a lid, you can cover this with clay too!





STEP FIVE:

You can now start to press your objects into the clay and create your memory jug!



STEP SIX:

Find the perfect place to show off your creation!



MINDFUL PLACES AND SPACES

5 DAY CHALLENGE

TRY SOME 3 MINUTE MINDFUL DRAWING CHALLENGES
USING OUR SENSES

SOUND

WHAT YOU CAN HEAR

TOUCH

SHAPES AND TEXTURES

WHAT

YOU CAN SMELL AND TASTE

HOW OR WHAT YOU

FEEL

WE WILL TRY TO SLOW DOWN AND TAKE NOTICE
OF OUR SURROUNDINGS AND APPRECIATE THEM

THESE CHALLENGES ARE HERE TO HELP YOU TO RELAX OUTDOORS
OR TAKE A BREAK AWAY FROM COMPUTERS AND PHONES

YOU MIGHT TRY TO FIND NEW WAYS OF LOOKING
AT YOUR SURROUNDINGS AND CREATE NEW HABITS
WHILE OUT AND ABOUT OR AT HOME

FIND A PLACE YOU KNOW WELL OR A FAVOURITE PLACE AND SOMEWHERE COMFORTABLE TO SIT DOWN AND GET YOUR PAPER AND DRAWING MATERIALS OUT

WHILE SITTING UPRIGHT OR LEANING TRY CLOSING YOUR EYES AND BREATHING. TRY THIS FOR 3 MINS TO START OR FOR AS LONG AS YOU CAN MANAGE

YOU SHOULD START TO PAY ATTENTION TO YOUR SENSES WHILE YOU ARE BREATHING AND RELAXING

WIND



4 MINUTES

TEXTURE



7 MINUTES

SIGHT: WHEN YOU ARE FINISHED OPEN YOUR EYES AGAIN AND TRY DRAWING OR WRITING TO DESCRIBE THE THINGS YOU NOTICE AROUND YOU

WAYS OF DRAWING TO HELP YOU GET STARTED

***DRAW:** YOU CAN USE DRAWING TO RECORD OR REACT TO SOUNDS WITHOUT LIFTING YOUR PENCIL

***WRITE:** YOU CAN USE WRITING TO DESCRIBE OR MAKE A LIST OF AS MANY THINGS YOU ARE NOTICING AS YOU GO

***REUSE:** DRAW OVER THE PREVIOUS DRAWING, LAYERING THEM TOGETHER

***TRY:** TRY YOUR IDEAS OUT IN A VARIETY OF PLACES ONCE A DAY USING SEPARATE SHEETS OF PAPER OR ANY NOTEPAD OR SKETCH BOOK AS MANY TIMES AS YOU LIKE

***FIND:** PLACES INDOORS

***TRY:** KEEPING YOUR EYES CLOSED WHILE YOU DRAW WITHOUT LOOKING FOR AS LONG AS YOU CAN WITH AS MANY COLOURS AS YOU CAN



TIPS

SET A TIMER ON SOMEONE'S PHONE FOR BETWEEN 3 AND 5 MINS OR WHATEVER YOU CAN MANAGE

FIND A PLACE YOU HAVE NEVER BEEN BEFORE

TRY A MINDFUL CHALLENGE IN THE MORNINGS OR ANY TIME YOU NEED TO WIND DOWN

MOOD



3 MINUTES

PATTERNS



5 MINUTES

BREATHE



3 MINUTES

STAYING SAFE WHILE OUT AND ABOUT CAN BE EASY IF YOU GO WITH A FRIEND OR YOUR FAMILY DURING THE DAYTIME

FIND A SAFE AND COMFORTABLE PLACE TO SIT, WRAP UP WARM, TAKE SOME WATER WITH YOU AND LET SOMEONE KNOW WHERE YOU ARE GOING AND WHEN YOU ARE COMING BACK

WE WOULD LOVE TO HEAR HOW YOUR SENSORY DRAWINGS AND WRITING TURNED OUT, PLEASE SHARE WITH US!

DIY Dry Point Etching

For this activity you will need
empty juice / milk carton
foam roller / ball point pen
paper or card / oil paints
tape / scissors / cloth



Milk or Juice Carton

1

Rinse out your milk carton, use scissors to cut it open and dry the inside.

2

Cut strips from the carton, you will use these sections to draw on, so make sure the sizes suit your drawing ideas.



3

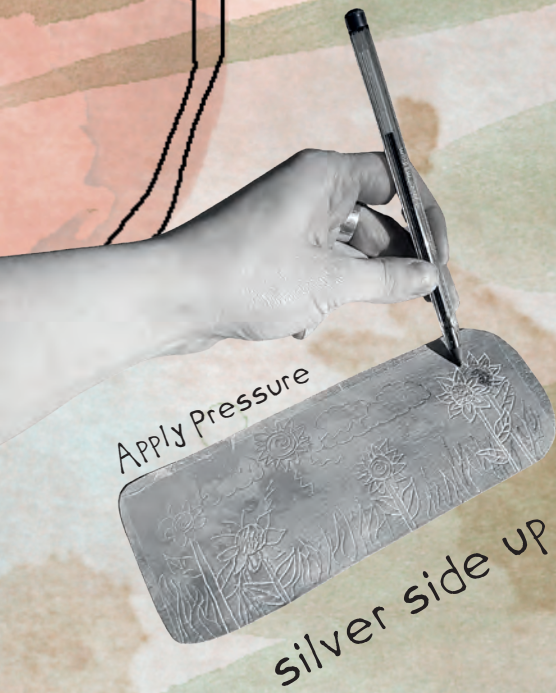
Make sure the silver side is facing upwards, this is the side you will be drawing on.



Tip: You might want to put newspaper down before starting this activity, it can get rather messy!

4

Using your pen, draw onto the silver side of the carton, making sure to apply plenty of pressure.



5

Once you are happy with your drawing. Use your foam roller and oil paint to cover the image, making sure to get into all of the grooves.



6

Take your dry cloth and start removing the top layer of oil paint, what you should be left with is a thin layer of paint where you have drawn your image.

1.



2.



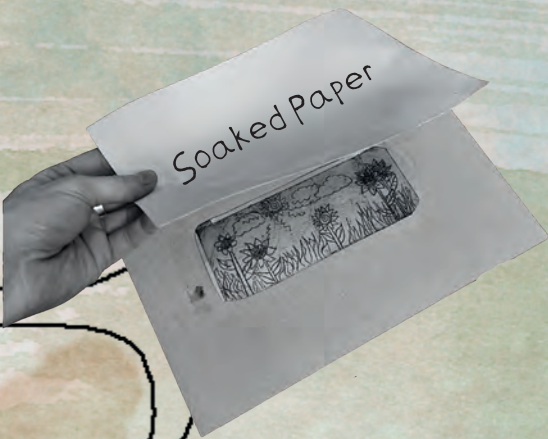
3.



There are rubber gloves in your boredom box, you can wear them so you don't get too messy!

7 Prepare your sheet of paper by soaking it in water for no more than thirty seconds. Take it out and use tissue paper to dab off excess water from the surface, so that it is not soaking wet but the paper feels damp.

8 Place your sheet of paper over the top of your drawing. Apply pressure on to the paper by using your hand or you can use the weight of your glue stick to rub the paper while holding the paper in place.



9 Gently lift off your sheet of paper to reveal your art work.

What's nice about this activity is you can print over and over again creating copies of your drawing! All you need to do each time is add more paint and wipe off the excess, making sure to soak each sheet of paper.



CLOUD DOUGH



YOU WILL NEED

- Cornflour 150g
- Hair conditioner 100ml
- Water
- Mixing bowl
- Colourful paint or food dye
- Container or ziplock bag

HOW TO MAKE IT

1. Add 100/150g of cornflour per person into a bowl
2. Add about 100ml of conditioner to the bowl
3. Start mixing the cornflour and conditioner together with your hands or a spoon

4. Add very small amounts of water as you go, it depends on what type of consistency you want!

5. Keep adding ingredients until you have a dough that you like, this can be a soft fluffy dough or a runny/ stringy dough



6. Lastly add the colouring of your choice, a little at a time until you have a colour you like

7. Use your container or bag to store your dough inside to stop it from drying out

CLOUD DOUGH

ENJOY YOUR CLOUD DOUGH ITS GOOD
FOR SENSORY OR MESSY PLAY AND FOR
WORKING WITH YOUR HANDS

TIPS

Make your cloud dough the way you want it!

For a dryer less liquidy dough,
add more flour or less water
and conditioner

For a slime like dough use
more conditioner and less flour

While handling your
dough keep it moving
quickly passing it
between each hand



If you don't like the feeling of
the dough on your hands you
can place this inside a bag or
clingfilm and play with it that
way instead

IT CAN GET QUITE MESSY!



Cabinet of Curiosities

Also known as Wunderkammer, Wonder-Rooms or Cabinet of Wonder.

What is a Cabinet of Curiosities?

A Cabinet of Curiosities displays a collection of rare or unusual objects which have been discovered by an individual and kept out of intrigue and interest.

The Curiosities normally feature antiques, objects of natural history (such as stuffed animals, dried insects, shells, skeletons, shells, herbarium, fossils) and even works of art. The curiosities are stored in cabinet, shelves or even whole rooms dedicated to it.

Do you collect objects that you find when you are at the beach or out on a walk?

shells bones
sticks
sea glass stones
pottery plants

Short History

Cabinets of curiosities were small collections of extraordinary objects which attempted to categorise and tell stories about the wonders and oddities of the natural world.

First appearing in early Renaissance Europe the Cabinet of Curiosities was the earliest form of what we understand as a museum today. Cabinets were also recognised for their impact and development of science. The popularity of the cabinet of curiosities faded during the 19th century, as it was replaced by official institutions and private collections.

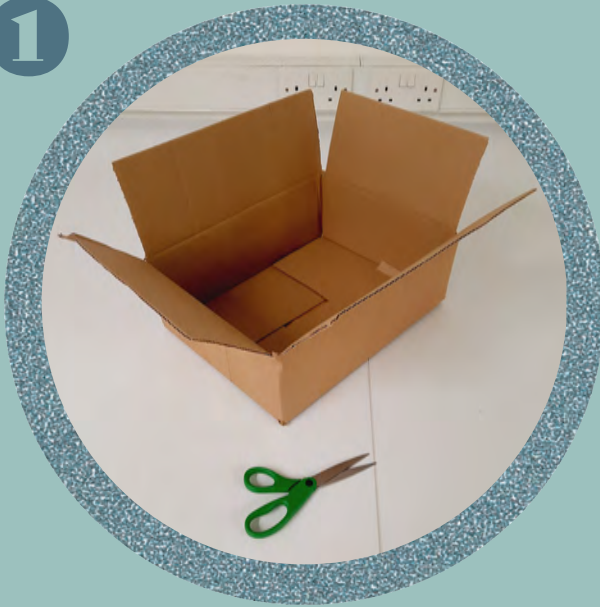


Build your own!

DIY Cabinet of Curiosities

You will need: Cardboard box, scissors, glue, colourful sheets of paper, paint, paint brush, tape, pen or pencil.

1



2



3

Decorate



Cut



4



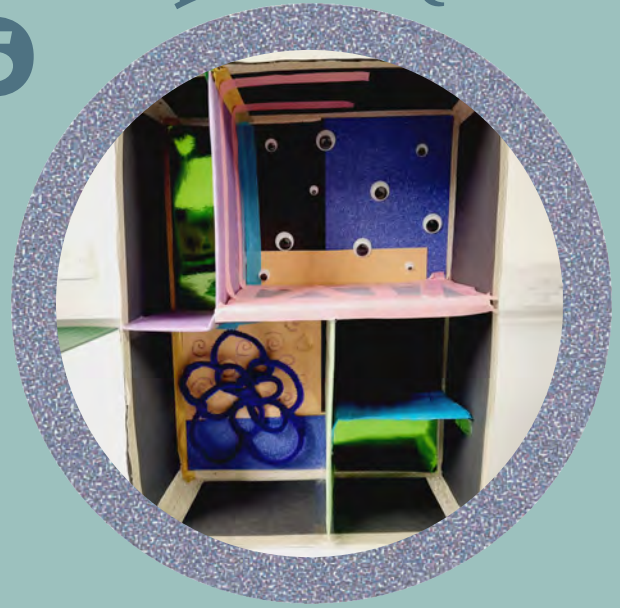
Shelves



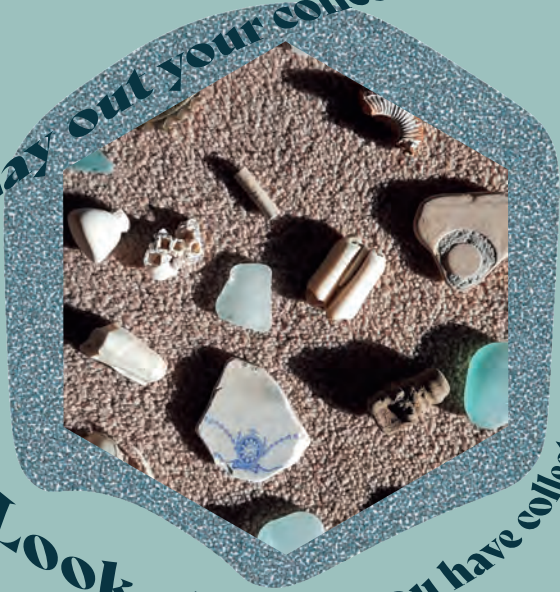
What will you put on display?

Decorate

5



Lay out your collection



Look at what you have collected!

6

Finished Example



RELIEF PRINTS

YOU WILL NEED:
POLYSTYRENE SHEET
PENCIL
COLOURED OIL PAINTS
PAPER
FOAM ROLLER



TAKE A SHEET OF POLYSTYRENE
AND YOUR PENCIL



DECIDE WHAT YOU
WANT TO PRINT

DRAW THE IMAGE ON TO
THE POLYSTYRENE SHEET

MAKING SURE TO APPLY ENOUGH
PRESSURE BUT NOT TOO MUCH THAT
YOU TEAR THROUGH THE SHEET



WHEN YOU ARE HAPPY WITH YOUR DRAWING YOU CAN INK UP THE SHEET USING YOUR OIL PAINTS AND FOAM ROLLER



POLYSTYRENE SHEET

WHEN YOU ARE FINISHED PAINTING, GENTLY PLACE A SHEET OF PAPER ON TOP OF THE POLYSTYRENE SHEET



PRINT

HOLD THE SHEET OF PAPER IN PLACE WITH ONE HAND WHILE USING YOUR OTHER HAND TO PRESS THE PRINT ONTO THE PAPER.



PRINT

GENTLY REMOVE YOUR SHEET OF PAPER, REVEALING YOUR RELIEF PRINT