

Welcome to this month's Boredom Box!

Inside this box...

Inside this box...

Paper Lanterns

Sun Prints

Shadow Drawing

Map Your World

DIY Bird Feeder

Inside this box...

Inside this box...

Inside this box...

Thanks for participating in the Peacock & the Worm February 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.

Happy making!
The Team at Peacocks

Sun Prints

Sun Prints are also known as 'Cyanotypes'. They are prints that are made using the rays of the sun. You will find some sheets of cyanotype paper in a black envelope in your box. This paper has been treated with safe chemicals but care should be taken to thoroughly clean hands after handling.

STEP ONE:

Gather a selection of objects that have interesting shapes. Flowers, feathers, leaves, keys- anything with a distinctive shape works well. Get creative!

TIP Gather some small stones to keep objects from blowing away.

STEP TWO:

Carefully remove a sheet of cyanotype paper from the black envelope in your box. Make sure to fully close the envelope again so the paper is protected from light.



STEP THREE:

Lay the paper down green side up and arrange your chosen objects onto the paper. It's important to do this step inside or somewhere well shaded. Your paper will start to expose as soon as it makes contact with direct sunlight.

STEP FOUR:

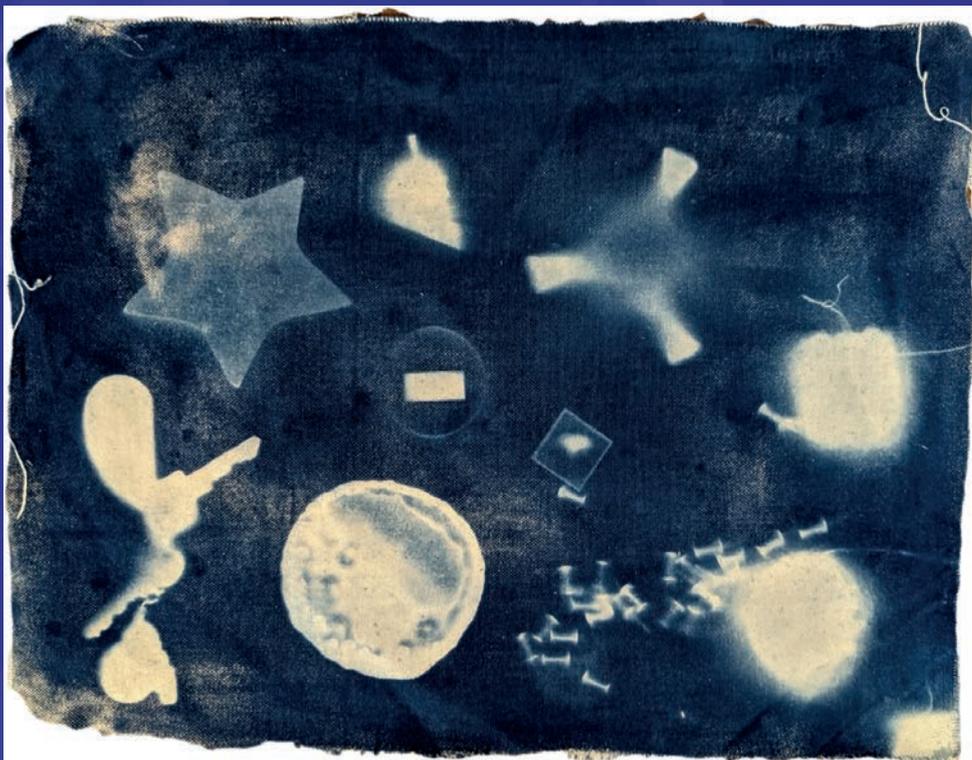
The paper will first darken to blue before turning grey. This is how you will know your print is ready.

STEP FIVE:

Remove your objects and rinse your paper under running water for around 2 minutes. Leave to completely dry.

STEP SIX:

Wash your hands well with warm soapy water.



EGG CARTON



BIRD FEEDER

Over winter birds can find it harder to find food

We can give them a helping hand by making bird feeders

Some food scraps are suitable for birds to eat, putting them out in small amounts is a great way to feed the birds and reduce food waste



Suitable food:

crusts

apple cores

cheese

fruits and berries

(you can use foods that are past their best and will be thrown out)

Stay away from:

meat

cooked foods

large amounts of food

(as this may attract pests)

In Aberdeen we are not allowed to feed intentionally seagulls, the best way to try and avoid doing this is to put out small amounts of food and to hang up bird feeders, rather than leaving food scraps on the ground

How to make the bird feeder

You can use any clean and empty container to make a bird feeder but egg cartons are especially good because they are easy to make holes in for string so you can hang them up

Using scissors or a pencil you can poke holes in the carton

There is string in the box that you can thread through the holes to then hang the carton



You can decorate your bird feeder anyway you like with for example, pens, paints and pencils

You can hang your bird feeder up from places like bushes, trees, fences or you can place them on window sills

Remember your bird feeder will begin to fall apart in the rain. Once it is unusable you can make a new one!

PAPER LANTERN MAKING

CELEBRATE CHINESE NEW YEAR

CHINESE ZODIAC, THE YEAR OF THE TIGER

IT STARTS FROM FEBRUARY 1 AND LASTS UNTIL JANUARY 2, 2023.

CHINESE NEW YEAR, ALSO KNOWN AS LUNAR NEW YEAR OR SPRING FESTIVAL, IS JUST AROUND THE CORNER.

THE MOST NOTABLE DATES OF THE CHINESE LUNAR NEW YEAR 2022 ARE:

NEW YEAR'S EVE ON JANUARY 31ST, 2022

NEW YEAR'S DAY ON FEBRUARY 1ST, 2022

THE LANTERN FESTIVAL ON FEBRUARY 15TH, 2022



THE CHINESE ZODIAC FEATURES 12 ANIMAL SIGNS RAT, OX, TIGER, RABBIT, DRAGON, SNAKE, HORSE, SHEEP, MONKEY, ROOSTER, DOG AND PIG. ORIGINATED FROM ANCIENT ZOOLATRY AND HAS A HISTORY OF MORE THAN 2,000 YEARS, IT PLAYS AN ESSENTIAL ROLE IN CHINESE CULTURE.



LANTERNS HANG DURING THE CHINESE NEW YEAR AND ARE SAID TO BE LUCKY CHARMS THAT FRIGHTEN AWAY EVIL SPIRITS. THOSE BORN IN THE YEAR OF THE TIGER ARE SAID TO BE BRAVE, COMPETITIVE, UNPREDICTABLE AND CONFIDENT.

TO DISCOVER YOUR CHINESE ZODIAC SIGN YOU CAN GOOGLE A CHINESE ZODIAC CALCULATOR AND TYPE IN THE DAY, MONTH AND YEAR YOU WERE BORN. IT WILL TELL YOU YOUR PERSONALITY TRAITS, LUCKY NUMBER, COLOUR AND FLOWER.

STYLE 1



1. IT IS TIME TO GET CREATIVE,
DESIGN YOUR LANTERN AND
COLOUR IT IN WITH YOUR PAINTS.

2. FOLD A SHEET OF PAPER IN
HALF ALONG THE LONGEST LENGTH
OF THE PAPER. CUT A THIN STRIP
FROM THE EDGE, THIS WILL BE
USED LATER AS YOUR LANTERN
HANDLE.



3. CUT SNIPS FROM THE FOLD TO
ABOUT 2CM FROM THE PAPER EDGE,
DO NOT CUT ALL THE WAY TO THE
BOTTOM OF THE PIECE OF PAPER.
WHEN YOU HAVE SNIPPED ALL THE
WAY ALONG THE PAPER EDGE, UNFOLD
THE PAPER AND BEND IT INTO A
CYLINDER WITH YOUR COLOURFUL
ARTWORK ON THE OUTSIDE.

4. GLUE YOUR CYLINDER LANTERN TO SECURE. ALSO, GLUE ON THE HANDLE FROM THE STRIP OF PAPER.



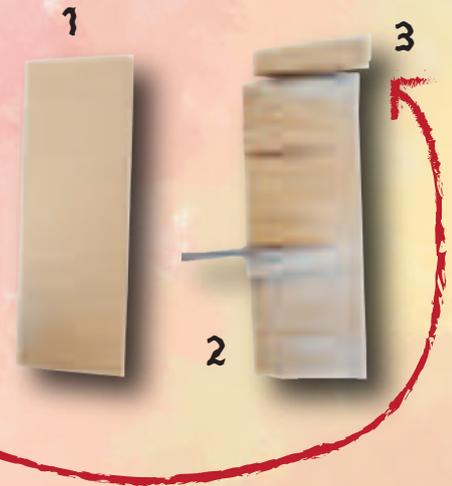
5. IF YOU WANT YOU CAN MAKE MORE LANTERNS WITH ADDITIONAL SHEETS OF PAPER UNTIL YOU HAVE LOTS OF LANTERNS! THREAD SOME STRING THROUGH THE HANDLES AND HANG. YOU CAN ADD A SMALL PIECE OF TAPE TO SECURE EACH LANTERN IN PLACE ALONG THE STRING



STYLE 2

1. FOLD THE FIRST SHEET OF PAPER IN HALF LENGTHWISE.

2. CUT SLITS EVERY HALF INCH ALONG THE FOLD, STOP CUTTING ABOUT HALF AN INCH FROM THE OPEN EDGE OF THE PAPER.



3. CUT THE LAST STRIP OF PAPER OFF COMPLETELY. THIS WILL BECOME YOUR LANTERN HANDLE.

4. DECORATE THE SECOND SHEET, SPECIFICALLY THE TOP TWO SECTIONS OF YOUR SHEET OF PAPER. THESE DESIGNS WILL SHOW INSIDE THE LANTERN.

5. FOLD THE SECOND SHEET OF PAPER LENGTHWISE INTO THREE SECTIONS.

6. USE THE SCISSORS TO CUT SLITS ALONG THE BOTTOM SECTION OF THE SECOND SHEET OF PAPER TO CREATE FRINGE.



7. GLUE THE TOP EDGE OF THE FIRST SHEET OF PAPER TO THE TOP OF THE SECOND SHEET OF PAPER SO THAT THE SLITS ARE VERTICALLY ALIGNED.

8. GLUE THE BOTTOM EDGE OF THE FIRST SHEET OF PAPER TO THE SECOND SHEET OF PAPER, JUST ABOVE THE START OF THE FRINGE.



9. ROUND YOUR PAPER INTO A CYLINDER, KEEPING THE FIRST PART ON TOP AND SLIDING THE EDGE OF THE EXPOSED SECOND SHEET OF PAPER UNDERNEATH. GLUE THE EDGES TOGETHER.

10. TAKE THE STRIP OF PAPER YOU CUT IN STEP 4 AND GLUE IT TO THE TOP OF YOUR LANTERN TO CREATE A HANDLE.

11. HANG YOUR LANTERN IN A SPECIAL PLACE. MAKE MORE LANTERNS TO STRING AROUND YOUR HOME TO CELEBRATE THE NEW YEAR!

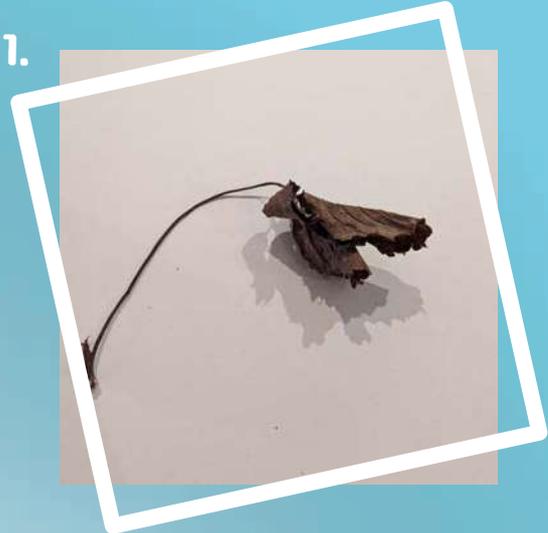


ANIMAL SHADOWS

WHAT YOU NEED



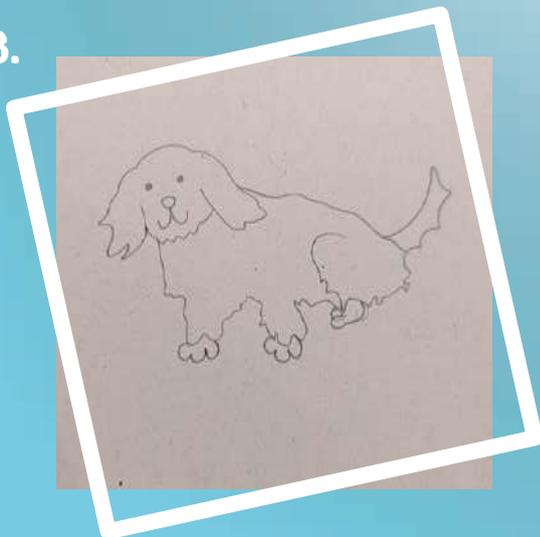
1.



2.



3.



4.



MORE INSTRUCTIONS ON
THE NEXT PAGE

1.



THIS LEAF IS CASTING AN INTERESTING SHADOW. YOU CAN USE ANYTHING AROUND YOU TO CAST A SHADOW FOR EXAMPLE: SCRUNCHED UP PAPER, BOTTLES, EVEN YOUR OWN BODY!

2.



I DREW AROUND THE OUTLINE OF THE SHADOW AND I THOUGHT IT LOOKED LIKE A CHICKEN. I ADDED WINGS, A BEAK AND FEET.

3.



I THEN USED THE WATERCOLOURS IN THE BOX TO ADD COLOUR

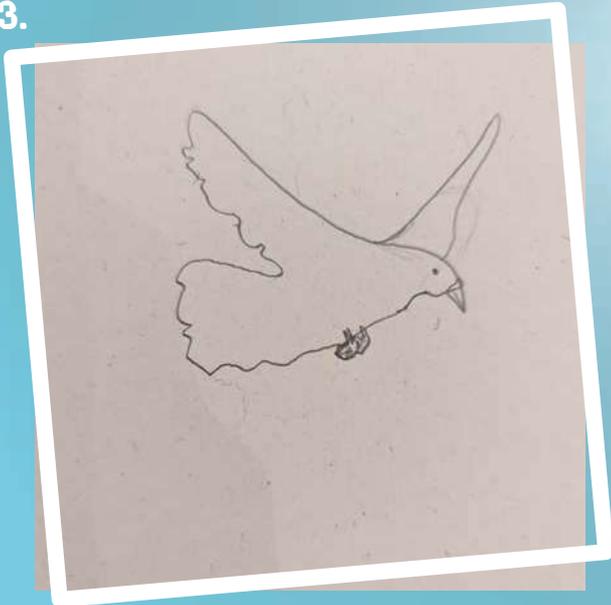
1.



2.



3.



4.



WHAT WILL YOU DRAW?

SILLOUETTE DRAWINGS

before photography became wide spread people would sometimes draw the profiles of their loved ones or people around them

one way of doing this was to shine a light that would cast a shadow onto a peiece of paper, you could then trace the line of the shadow creating a sillouette

step 2

you can use the torch on your phone to cast a shadow onto the wall

step 3

using either your hand, blue tac or tape hold a sheet of paper against the wall so it captures the shadow

step 1

have the person sit or stand near a wall

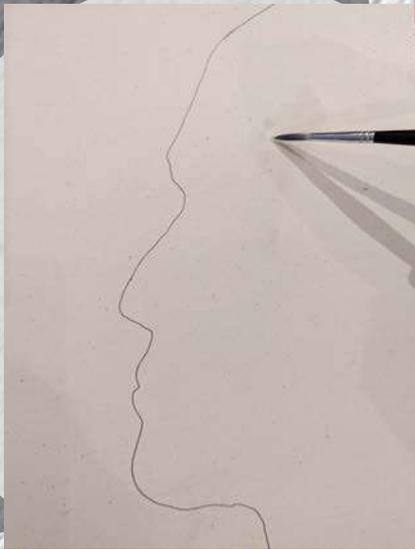


step 4

you may need someone to hold the torch for you, or you can prop up the torch on a chair or table

step 5

move your torch forward or backwards to get a clear shadow and for it to fit onto the paper



**using your
watercolour
paints you can
colour in the
silhouette**

**by painting water
onto the paper
then adding paint
you can create
splashes of colour**



**you could, for
example use the
favourite colours
of the person**



*if you like you
can cut the
silhouette out
and use it in a
collage*



*you can draw,
write or paint
more onto the
silhouettes,
customise it and
have fun!*

SHADOW PUPPET DRAWING

HAVE YOU EVER TRIED MAKING SHADOW PUPPETS?

TIP

THIS ACTIVITY MAY REQUIRE ANOTHER SET OF HANDS TO HELP YOU TO DRAW OUT YOUR SHADOWS.

LIGHT

YOU CAN USE NATURAL SUN LIGHT, A LAMP OR YOUR PHONE LIGHT TO HELP YOU DRAW YOUR SHADOW PUPPETS.

1.



2.



3.



EXAMPLES

BEAR



BIRD



CRAB



DOG



CAT



WITCH



MAP YOUR WORLD

You will need:

- The compass from your box
- A pen or pencil
- A safe space to explore

STEP ONE: Pick a location to explore. This could be somewhere you really enjoy or somewhere completely new.

STEP TWO: Using the compass stencil on the next page, write your current location in the centre.

STEP THREE: Using your compass, head in the direction of North. You are now looking for your own, personal landmarks! Look for something that excites you. It could be a tree, some flowers or maybe a piece of street art. This activity is all about mapping your environment and all of the things you find interesting about it.

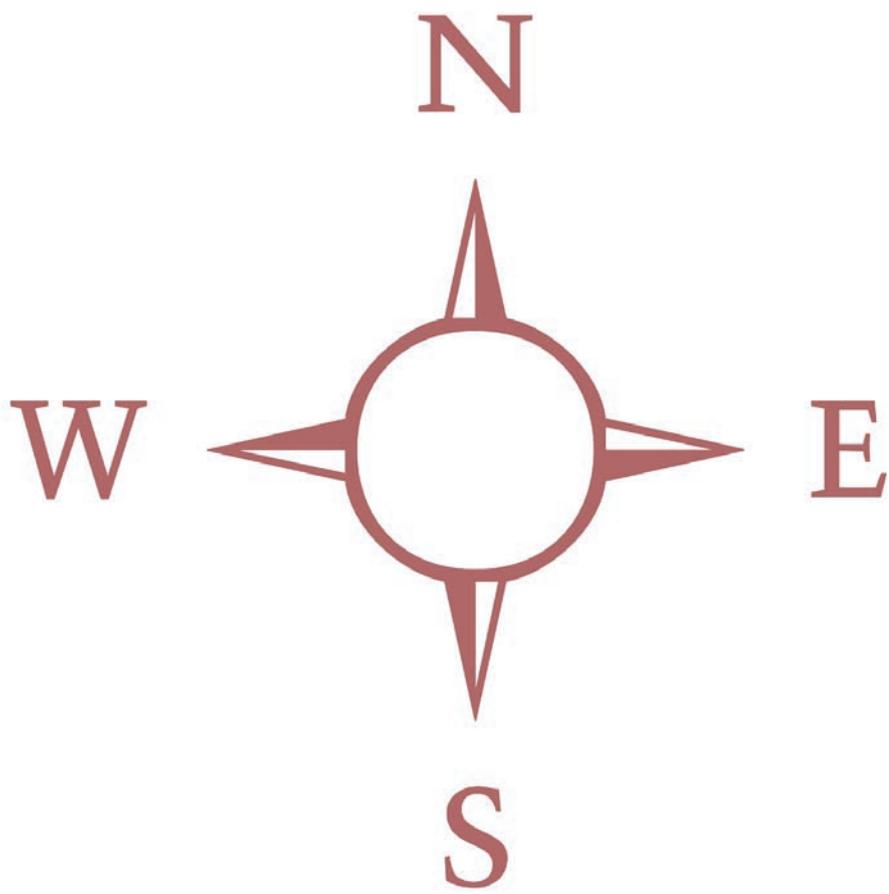
STEP FOUR: Once you have found your North landmark, write it on your template. You could even collect leaves, sketch a picture or use the 'Sun Print' activity from your boredom box to make a cyanotype.

STEP FIVE: After you have finished, turn your compass towards East. Repeat the process until your compass is full and you have a landmark at each bearing.

*** TIP! ***

Try counting how many steps it takes to get to each of your landmarks so you can easily re-visit them.





MAP YOUR WORLD

Shadow Drawing

This is a fun outdoor activity that can take place on a sunny day



Getting Started

1. This activity is best done in the morning or afternoon, making sure to get strongest and brightest sun light of the day.

2. Put a piece of paper down on the ground/table with your back to the sun.

3. Find some small items, they could be small toys, plastic animals, plants, whatever you have around. Place them so their shadow falls onto a sheet of paper.

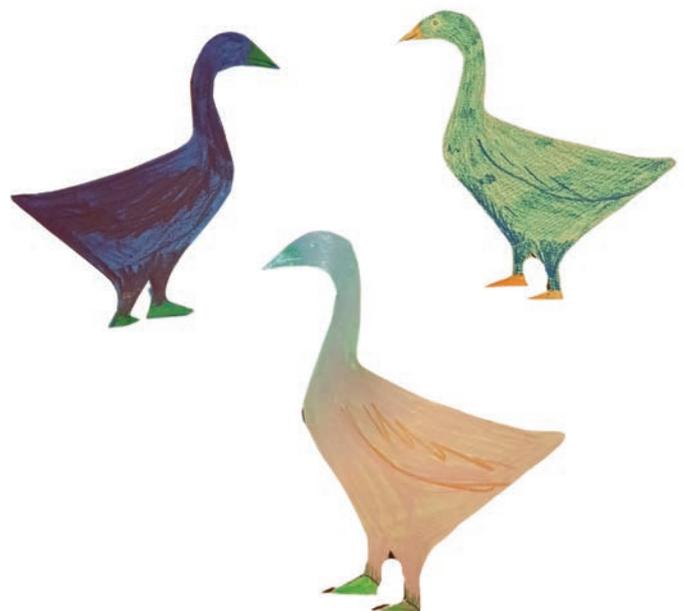


4. once you are happy with where the objects shadow is placed Carefully draw around the shadows. You might need to move around the picture and draw it from above so you can see the shadow.



5. When you have finished tracing the shape of the shadows remove your object and see the final drawing.

6. You can have lots of fun using your watercolour paints to colour in your shadow drawings bringing your creations to life.



HELPFUL CONTACTS

CFINE

Email Info@cfine.org , call 01224 596156
or visit Cfine's website:
www.cfine.org/about

**ABERDEEN
CYRINIANS**

can help anyone who needs cooked food,
packaged food, baby food and other
supplies, toiletries or clothing delivered
through their AC2U Service or free
phone 0808 1964422.

**INSTANT
NEIGHBOUR**

are open at their premises on 5 St
Machar Drive, Aberdeen AB24 3YT,
Monday to Friday 10am-1pm and 2pm-4pm.
You can contact them on 01224 489955.

**SOMEBODY
CARES**

are open at their premises on Greenwell
Road Aberdeen, AB12 3AX Monday to
Friday 8.30am - 4pm. You can contact them
on 01224460700.

GENERAL SUPPORT

Aberdeen city Council Support line:

free support line for those hardest hit, who are unable to
use their web page or through existing networks.

0800 0304 713

You can contact them for welfare advice and emotional
support, including what to do if you are struggling to get
food, prescriptions or to pay bills.



EMPLOYABILITY SKILLS GARDENING COURSE

WHAT?

Interested in gardening and horticulture and looking to learn new skills and grow in confidence? Then the CFINE Community Growing Employability Skills Programme could be for you!

WHO IS THIS FOR?

This course is part of the wider Communities Employability Project which offers pre-employment support to those aged 16+ looking to (re)enter the job market.

WHERE?

The main course sessions will probably take place at The Grove Nursery, Hazeldene Road, Aberdeen, AB15 8LB. We may also organise some of the sessions at other locations within Aberdeen City.

WHEN?

The course starts in March 2022 and is expected to run for 3 hours per week for 10 weeks (day of the week TBC).

YOUR COMMITMENT:

To take part you must be able to commit to attending 3 hours a week for 10 weeks. It's OK if you must miss one or two but missing more than that will not allow you to gain the best from the course.

COST:

The course is free, and refreshments will be provided. If you need to travel to get to the course location, we will cover the costs.

MORE DETAILS:

The course is expected to run for 3 hours per week for 10 weeks, primarily at the Grove site but also linking in with community gardens. In addition to the tutored hours, participants will be expected to work on their portfolios and do a session of volunteering at a community garden.

Those who take part in the course will learn transferable skills and gain the Growing and Learning in Nature certificate with a view to helping you enhance your CV and prepare for employment.

If you are interested in taking part, or have any questions

Contact - Rebecca Dunn

Phone: 07588471390

Email: rdunn@cfine.org