



peacock est. 1974
& the worm

Welcome to this month's Boredom Box!

Please enjoy these fun packed activities found inside this box, there is guidance on what you can use the materials for but remember it's all about having fun and being creative so you can be as imaginative as you'd like!

Inside August's Boredom Box there is:

- Circle Weaving
- Mindful Journal
- Book Binding
- DIY Phone Filters

Whether you enjoy painting, drawing, sculpting, or love working with a range of materials, there is something for everyone to enjoy! You don't need to be an artist to create your very own magical creations!

Thanks for participating in Peacock & The Worm's August Boredom Box, we hope you had loads of fun and will get involved again in our September box!

We always love to hear your feedback about the Boredom Box Project, the box includes a postcard and stamp for you to let us know how you got on and what you enjoyed the most.

Thanks, from the
Team at Peacocks

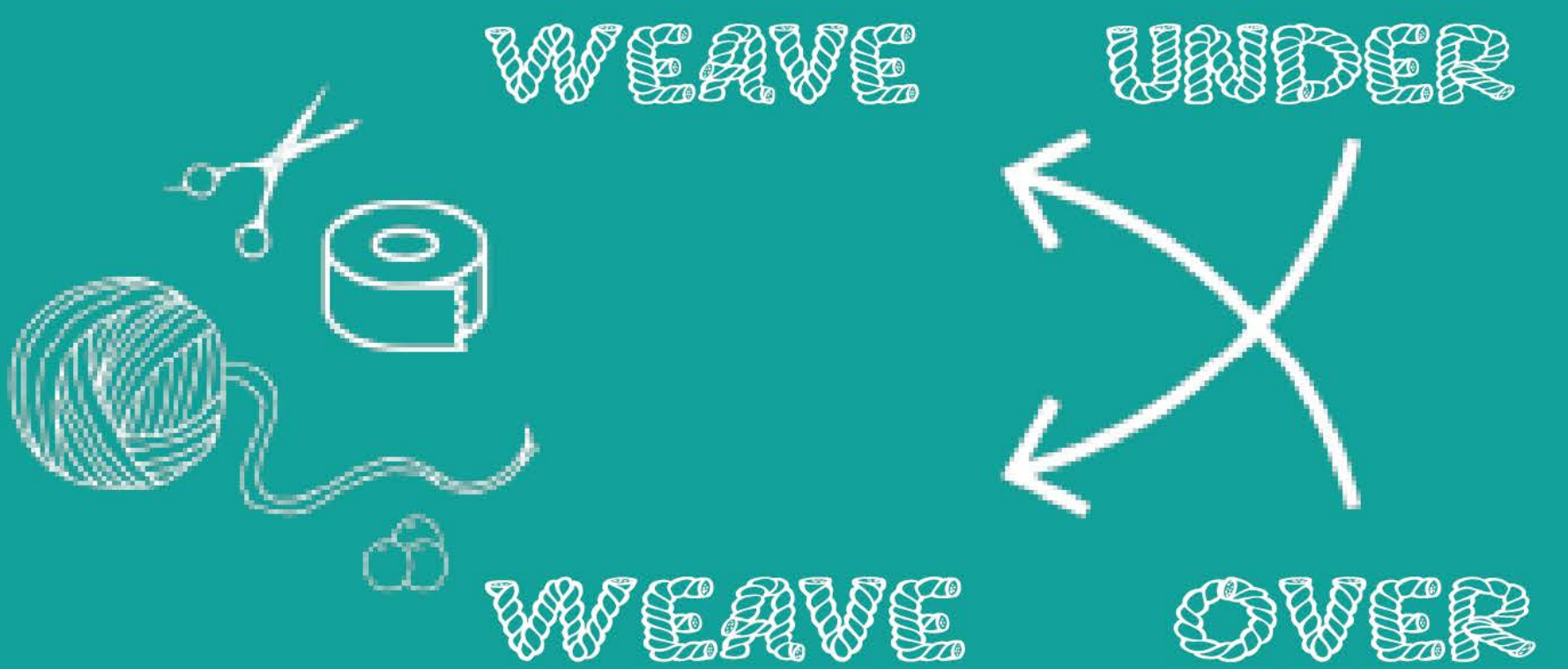
CIRCLE

WEAVING

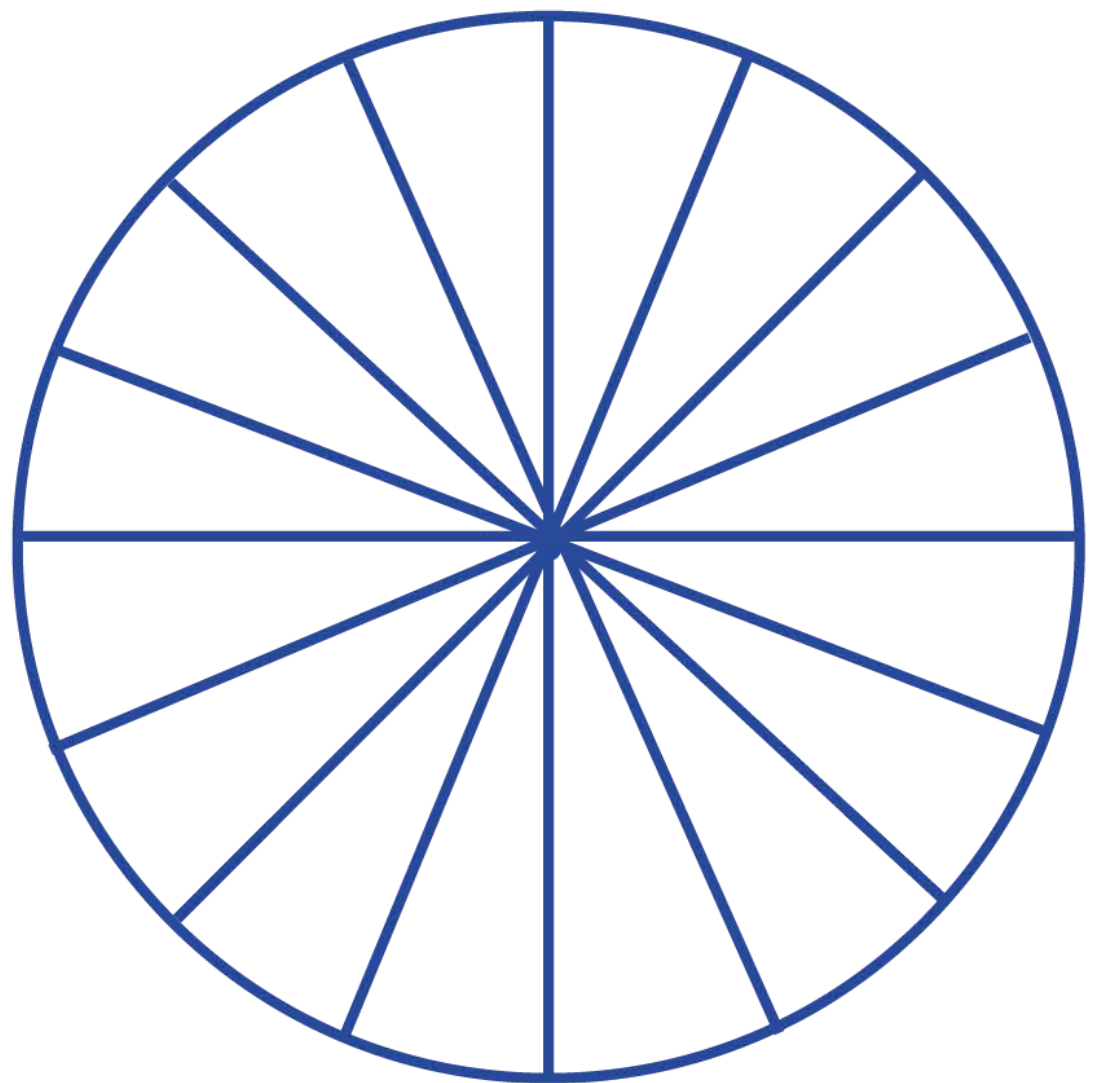
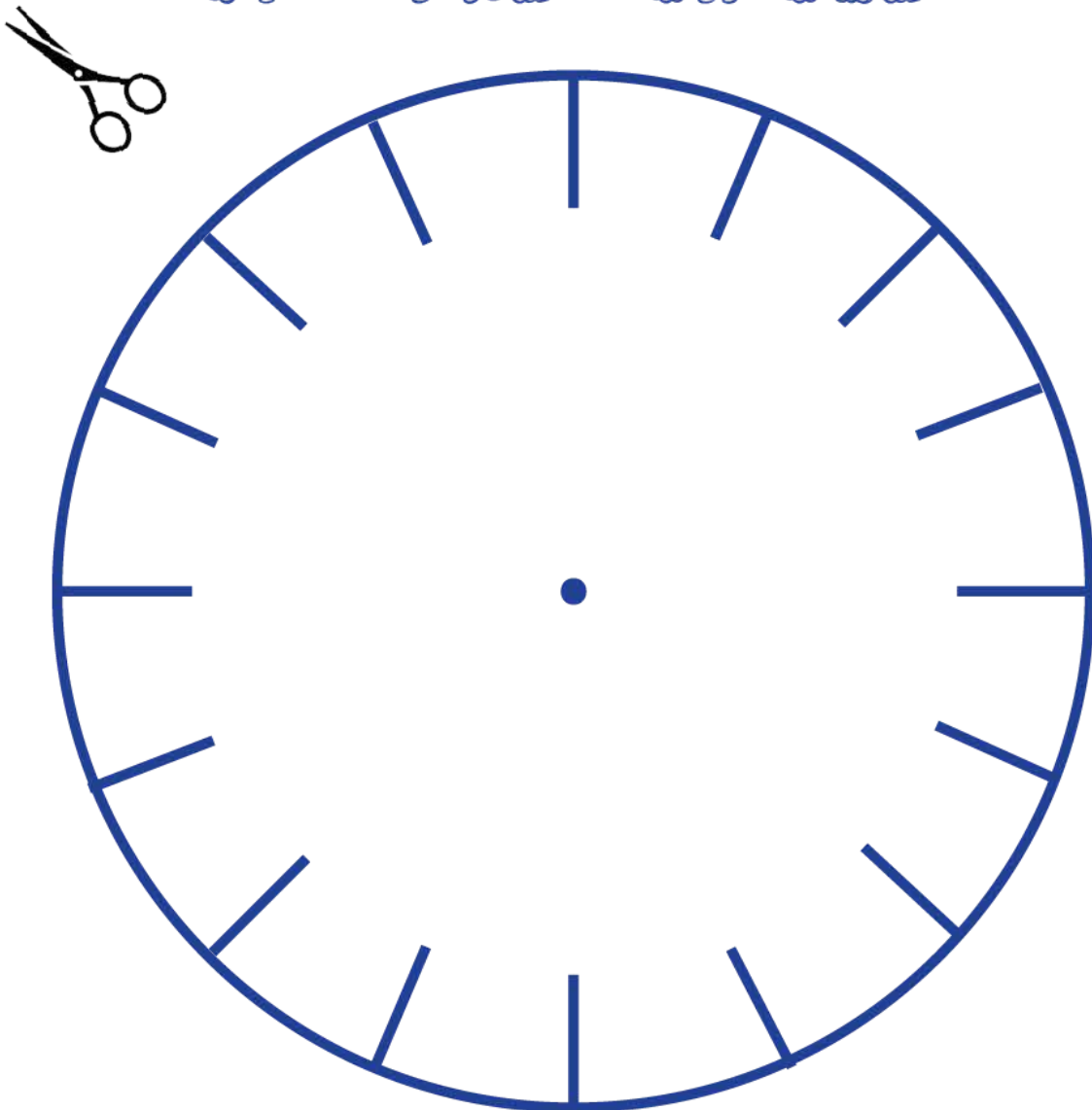
USE THE CARDBOARD FROM YOUR BOREDOM BOX

CUT OUT A ROUND CIRCLE USING A ROUND OBJECT AS A TEMPLATE

YOU WILL NEED
COLOURFUL BEADS
COLOURED WOOL
TAPE
CARDBOARD

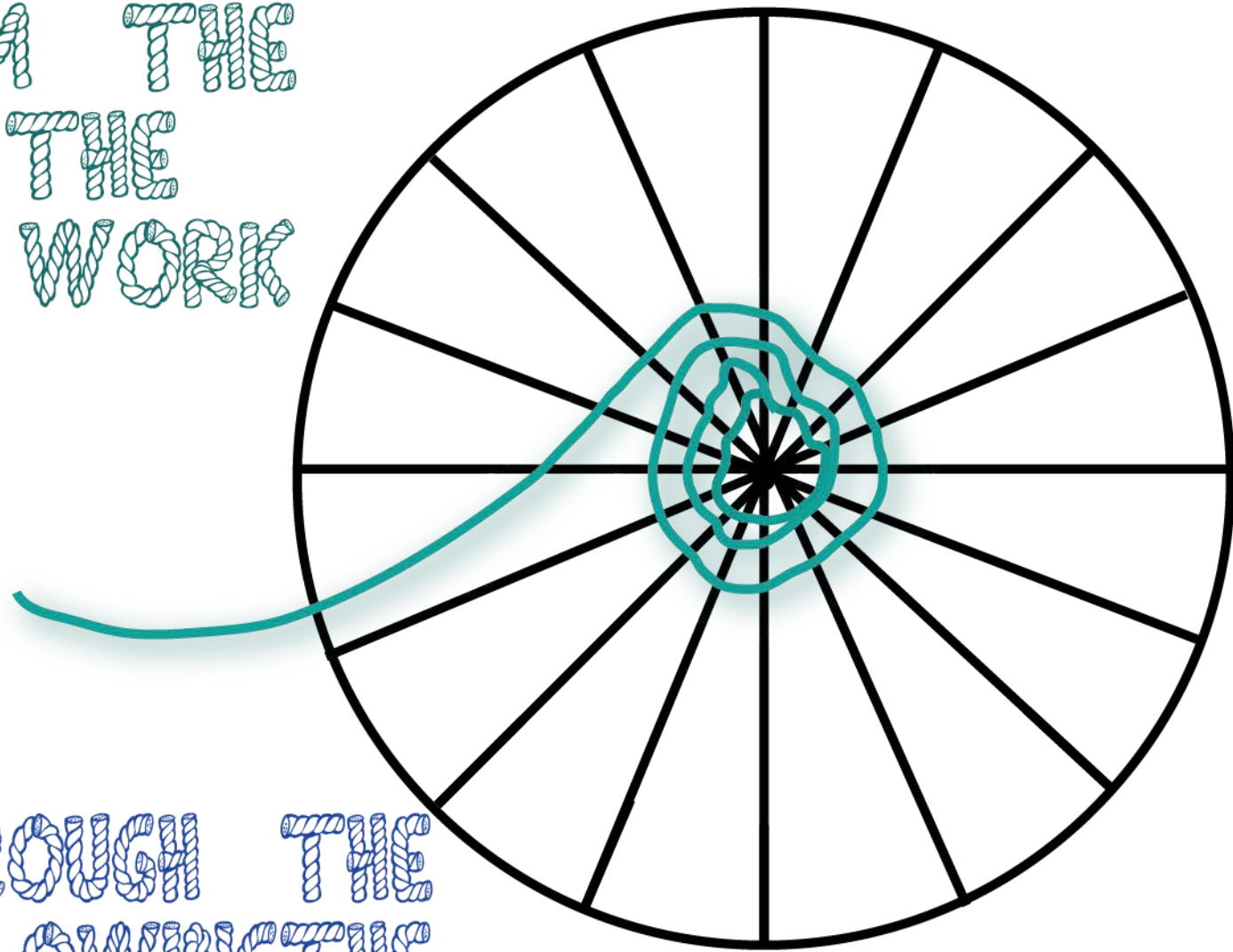


CUT X17 10CM LINE AROUND THE EDGES OF THE CIRCLE



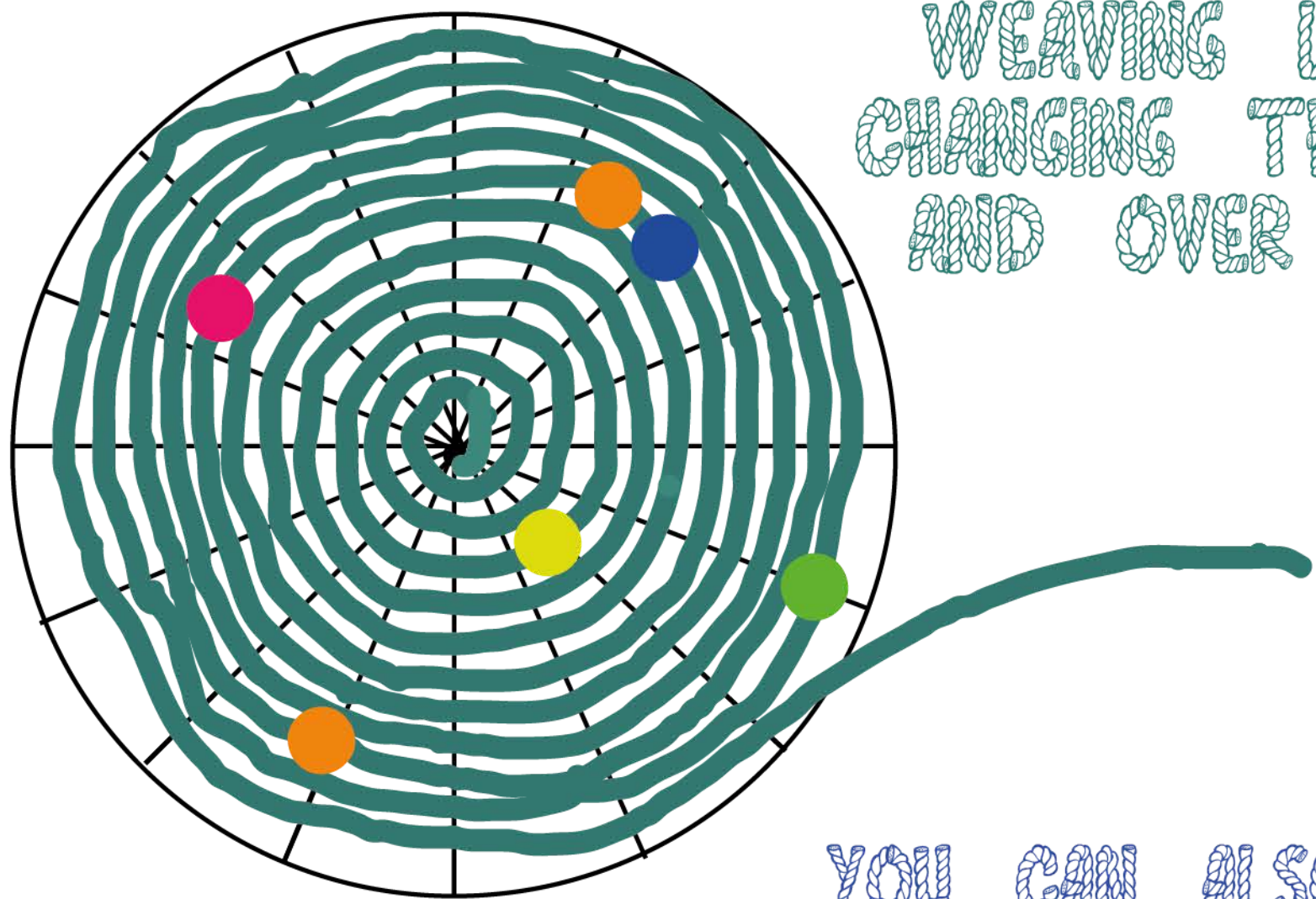
TAKE THE WOOL AND WEAVE IT THROUGH THE CUT LINES LIKE BELOW UNTIL NO GAPS ARE VISABLE, REMEMBER TO TAPE BOTH ENDS OF THE WOOL TO HOLD IT IN PLACE

START FROM THE MIDDLE OF THE FRAME AND WORK YOUR WAY OUTWARDS



WEAVING THROUGH THE WOOL BY FOLLOWING THE UNDER AND OVER PROCESS

YOU CAN CHANGE HOW THE WEAVING LOOKS BY CHANGING THE UNDER AND OVER PROCESS



YOU CAN ALSO INCLUDE COLOURFUL LEADS TO YOUR CIRCULAR WEAVE TO DECORATE YOUR DESIGN AND MAKE IT UNIQUE TO YOU

ONCE YOU HAVE COMPLETED WEAVING THE WOOL, IT SHOULD LOOK SOMETHING LIKE THIS



YOU CAN TRY MAKING DIFFERENT SHAPED WEAVES BY CHANGING THE SHAPE OF THE CARBOARD BASE AND FOLLOWING THE SAME PROCESS AS DONE IN THE CIRCULAR WEAVE

DIY PHONE FILTERS



TAKE FUN PHOTOS WITH
THESE SIMPLE HANDMADE
PHONE FILTERS

PHOTOGRAPHERS USE
FILTERS THAT ATTACH TO THEIR
CAMERA LENS TO CREATE DIFFERENT
EFFECTS IN THEIR PHOTOS.

YOU CAN DO THE SAME BY
MAKING DETACHABLE FILTERS
FOR YOUR PHONE. IT'S
EASY AND INCLUDED IN THIS
BOREDOM BOX.

STEP 1



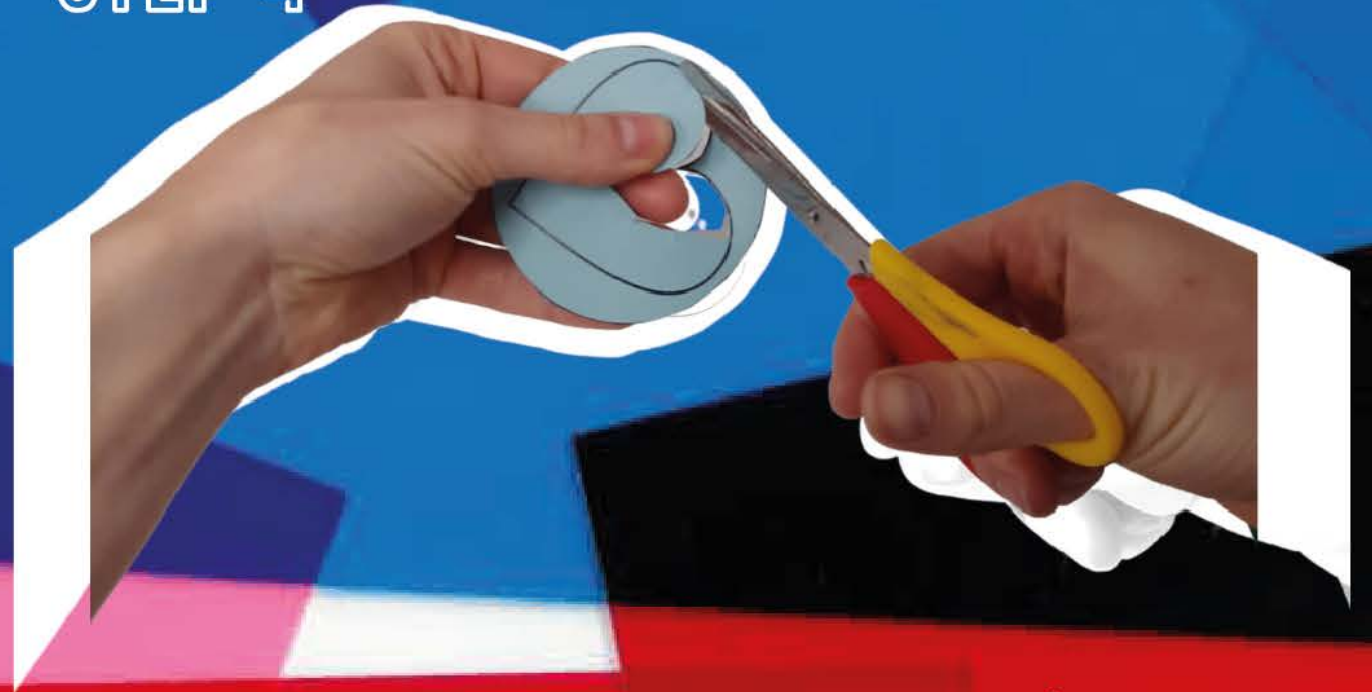
STEP 2



STEP 3



STEP 4



STEP 5



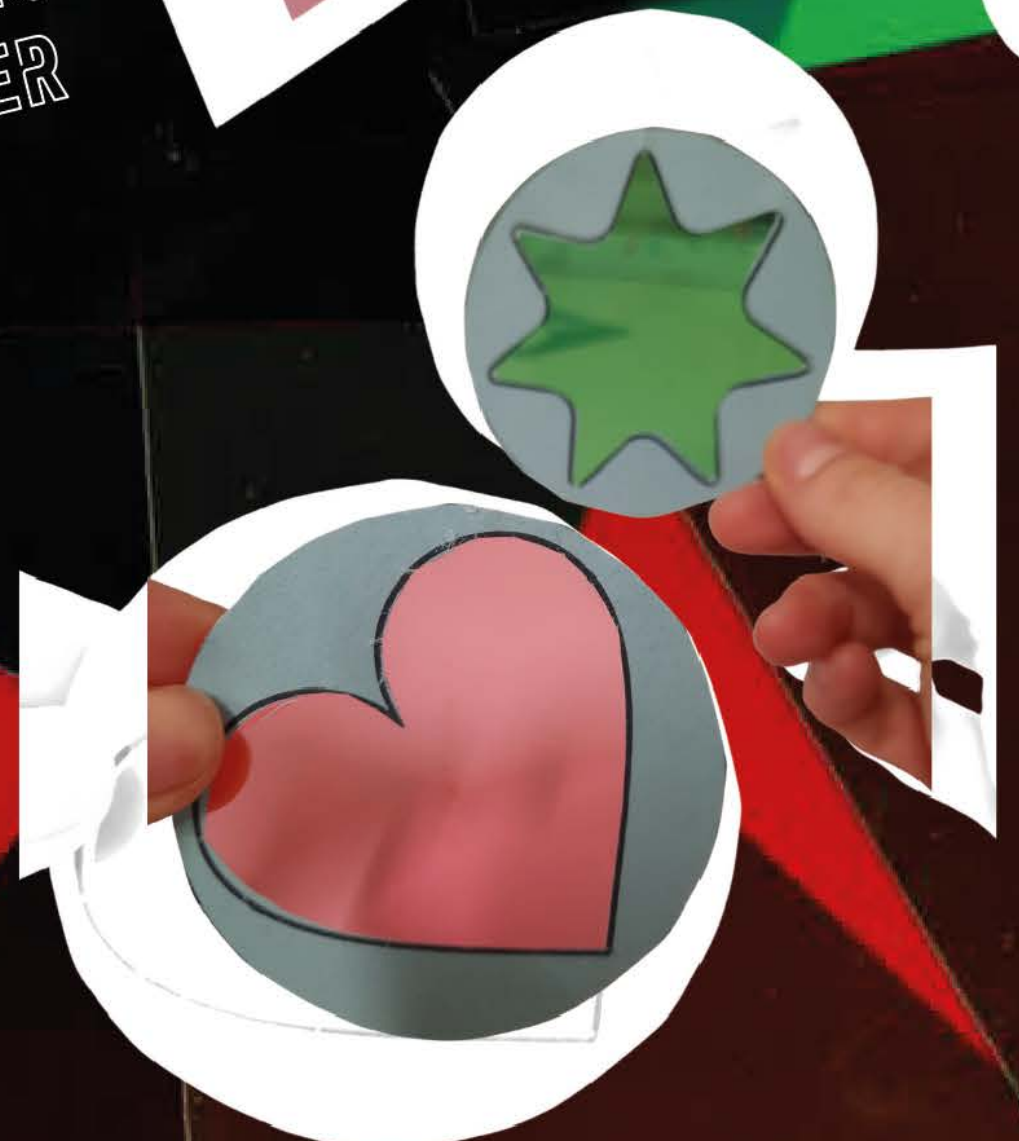
STEP 6



STEP 7



STEP 8



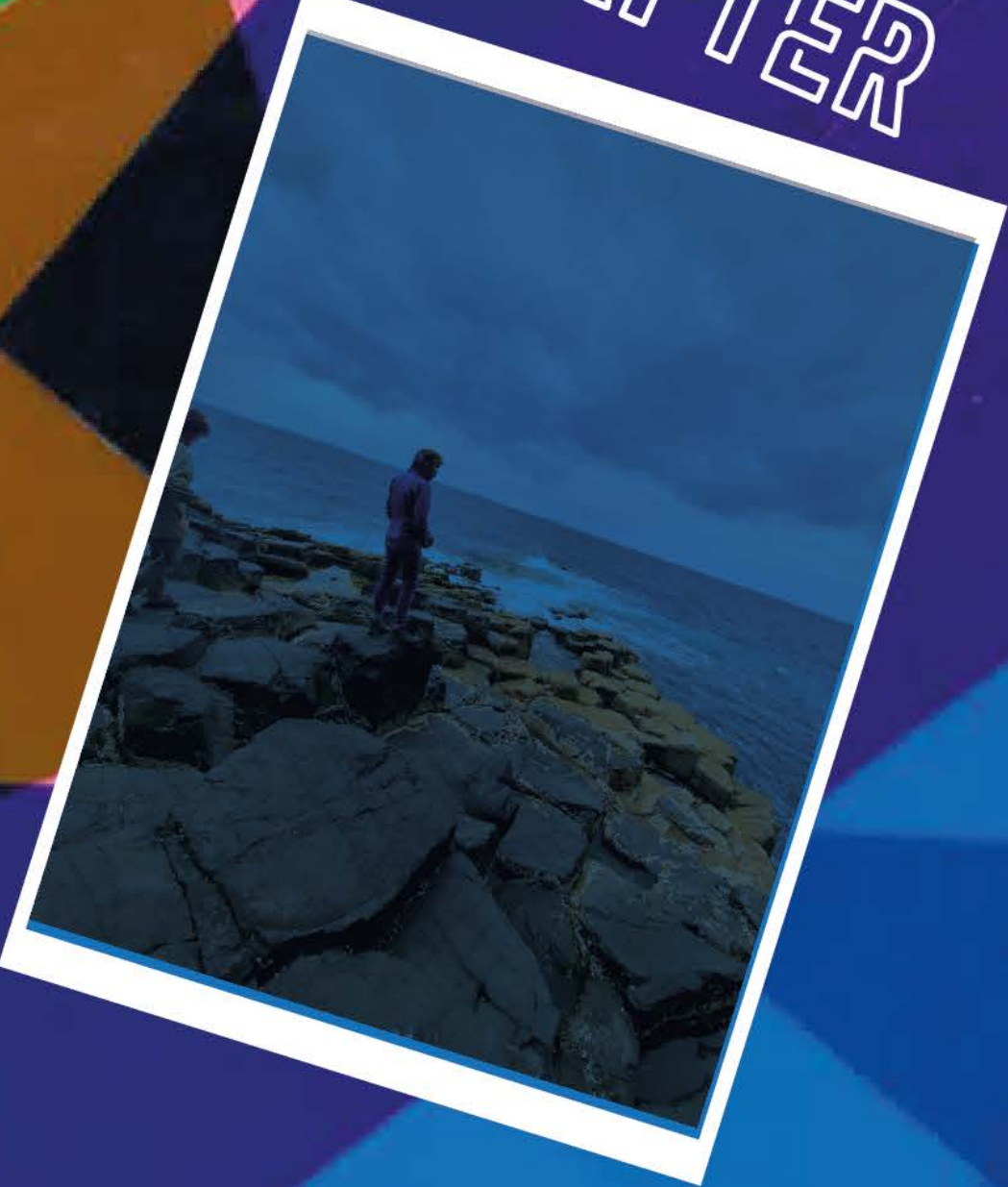
USE GLUE OR TAPE TO STICK THE MATERIALS TOGETHER

BEFORE



BLUE

AFTER



ORANGE



PINK



Continuous-line Drawing Portrait

Introduce yourself!

This activity is part of your mindfulness Journal, which you can find in the front of your A6 sketchbook.

This will give you a better idea of what a continuous-line drawing portrait looks like.



Spend some time looking at yourself in the mirror, what do you see?



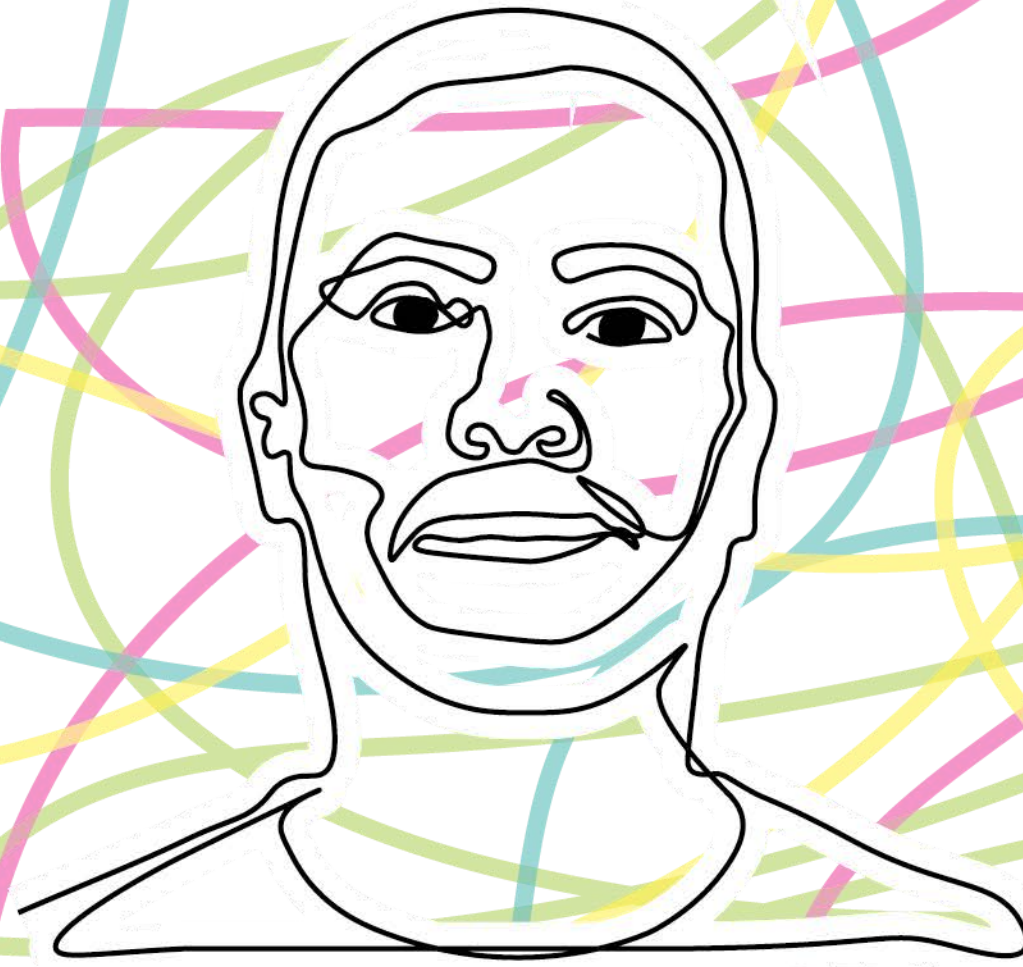
What shape is your head, do you have long or short hair?

How does your nose and eyes structure your face?



Do you have a favourite part of yourself?

Once you have spent some time looking at yourself in the mirror, take your pencil or pen, place it on the paper and draw a simple continuous-line drawing of yourself.

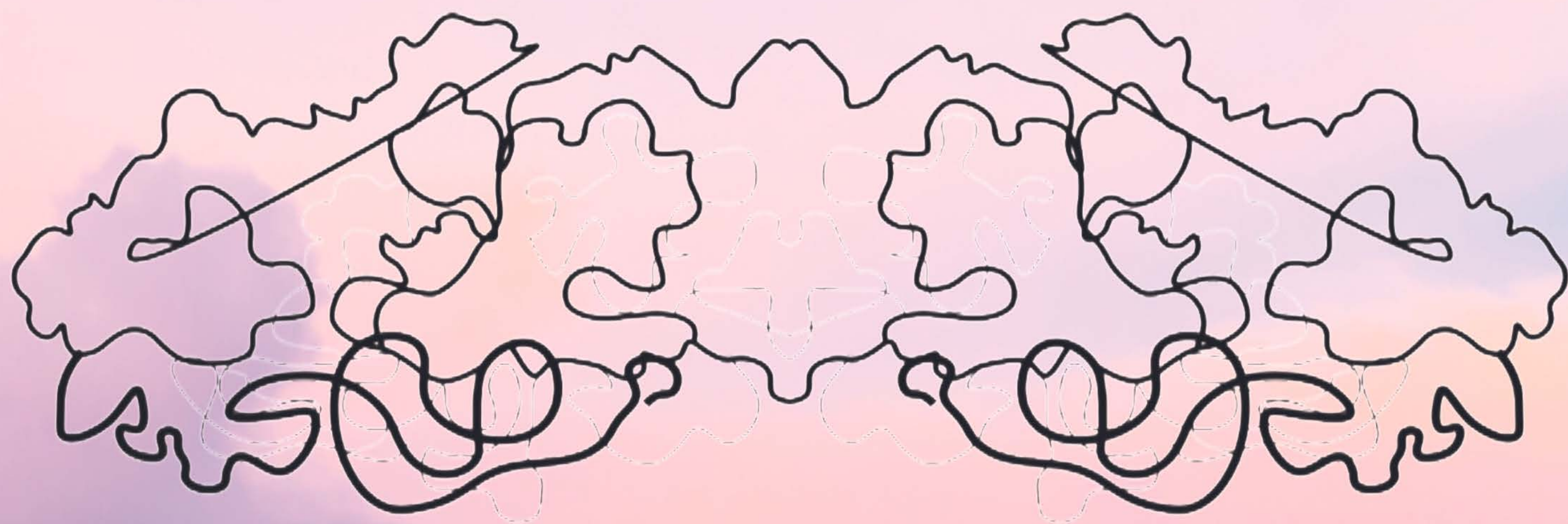


A continuous-line drawing is where you don't allow your pencil to leave the sheet of paper. It is a tricky task but you can get some really nice results!



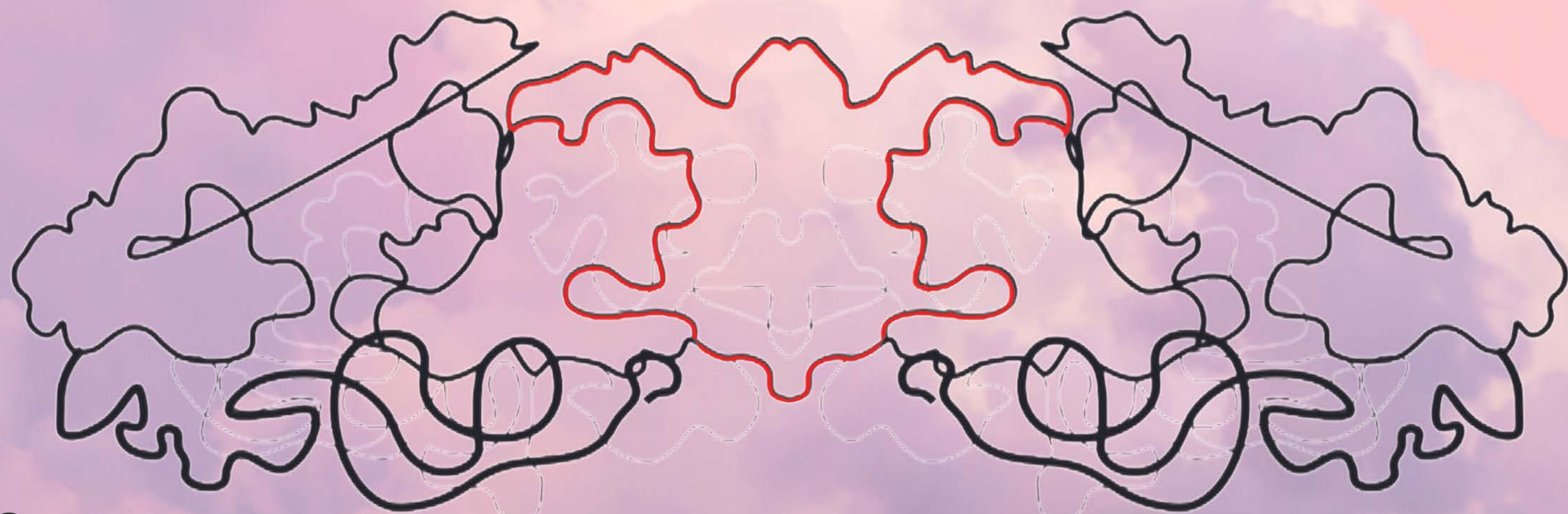
CLOUD DRAWING

LIE DOWN IN A NICE GRASSY AREA LIKE A PARK OR GARDEN* TAKE A DEEP BREATH, RELAX AND TAKE YOUR EYES TO THE SKY AND LOOK AT THE CLOUDS FLOATING ABOVE YOU*

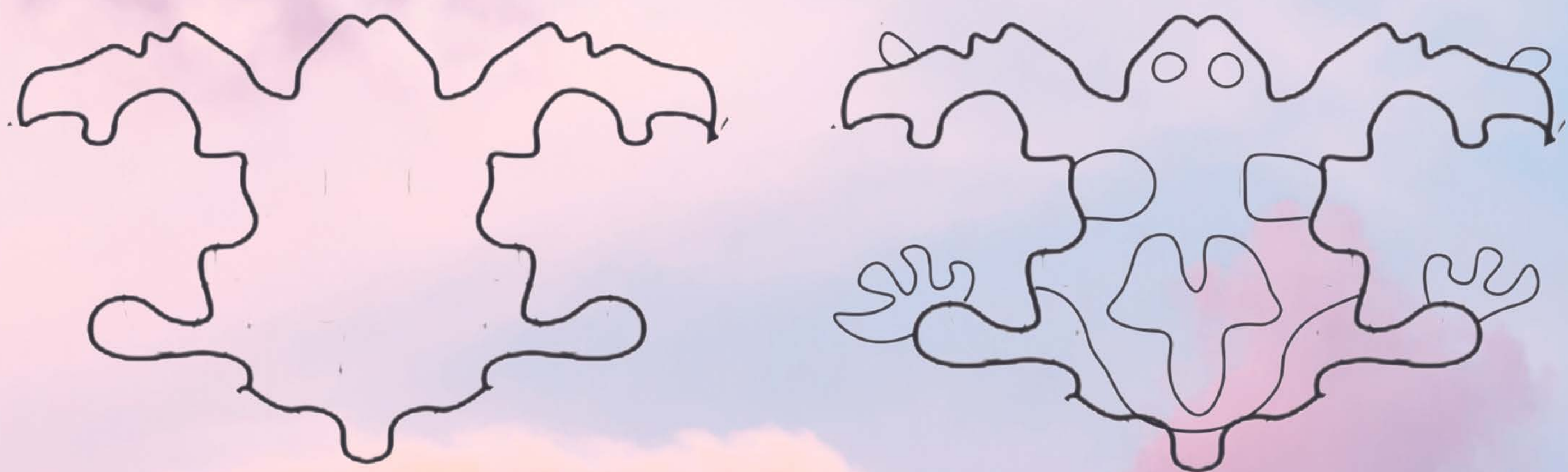


WHAT DO YOU SEE IN THE CLOUDS? DRAW THE SHAPES OF CLOUDS OUT*

FROM YOUR DRAWING LOOK CLOSELY, DO YOU SEE ANY IMAGES APPEARING?



FOCUS ON THE PART OF THE CLOUD DRAWING THAT YOU CAN SEE AN IMAGE FORMING* RUB OUT THE PARTS OF THE DRAWING YOU WON'T BE USING*



YOU CAN ADD ADDITIONAL LINES TO COMPLETE THE DRAWING AND AS A FINAL TOUCH YOU CAN COLOUR IT IN!



Draw What You Hear

This activity is part of your mindfulness journal, which you can find in the front of your sketchbook

For this activity you will need your sketchbook, colourful pens, pencils and a rubber.

Did you know that you don't always need your eyes to draw, this activity requires you to use your ears!

Choose your location: this could be in a city where there is lots of activity happening, a park or garden which has some wild life or it could be in your bedroom. Where ever takes your fancy.

Close your eyes and draw what you hear
We always think that drawing requires your eye sight, however, humans have 5 senses: sight, hearing, taste, touch and smell.

Think about:

Can you name 3 individual sounds?

What can you hear?

How does it make you feel?

What shapes do you imagine?

What colours and textures do you associate with the sounds?

How do you imagine it feels?

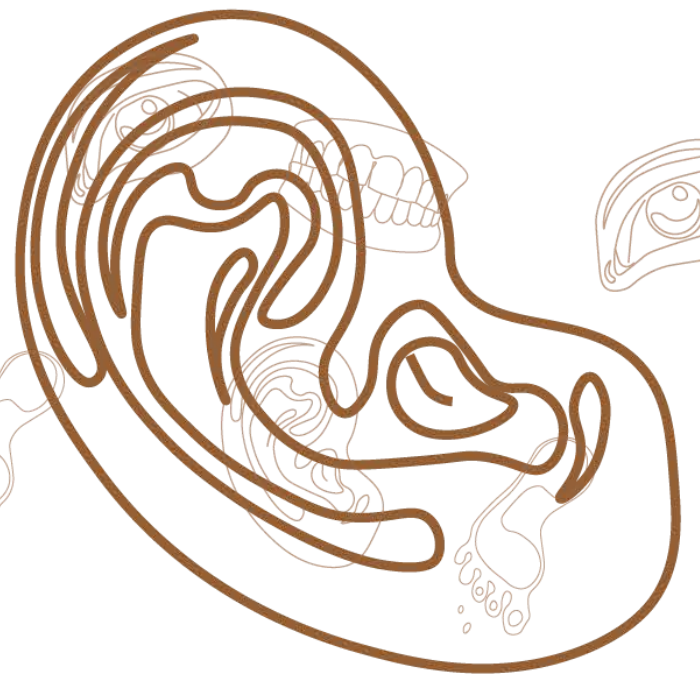
Imagine what does it taste like?

Can you identify 5 different sounds?



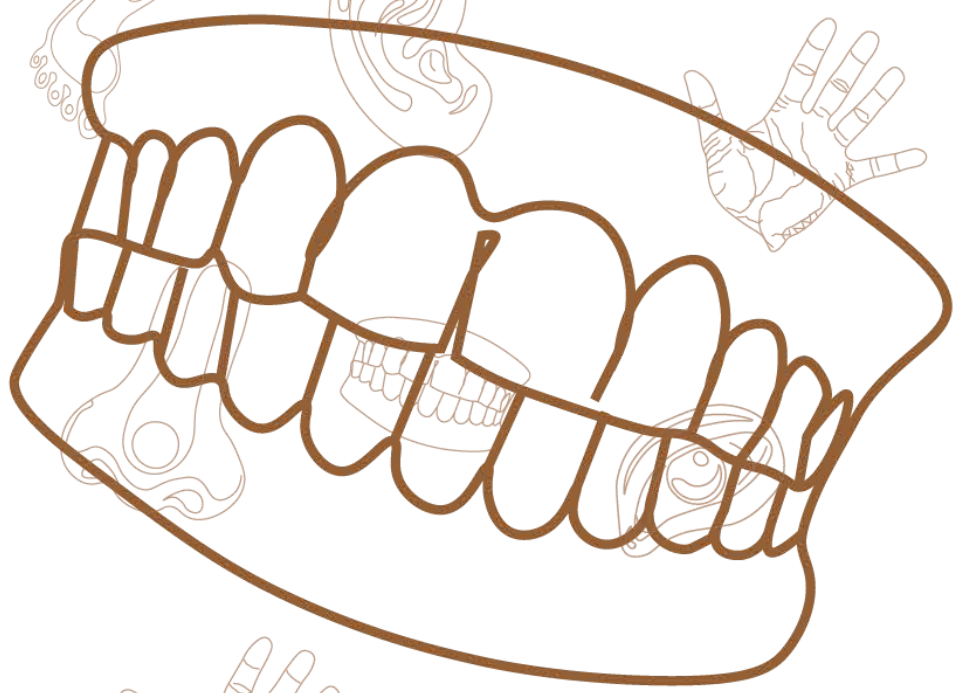
THIS ACTIVITY IS PART OF YOUR
MINDFULNESS JOURNAL, WHICH
YOU CAN FIND IN THE FRONT OF
YOUR SKETCHBOOK.

FOR AS LONG AS HUMANS HAVE
BEEN AROUND, PEOPLE HAVE BEEN
INTERESTED AND INSPIRED
BY THE BEAUTY AND
COMPLEXITY OF THE HUMAN
BODY.



TO GAIN A BETTER UNDERSTANDING
OF THE BODY, A LOT OF TIME
HAS BEEN SPENT ON RECREATING AND
REPRESENTING THE HUMAN BODY
THROUGH DRAWING, PAINTING AND
SCULPTURE.

YOU WILL BE SURPRISED
TO DISCOVER THAT
YOU CAN GAIN CREATIVE
INSPIRATION FROM YOUR
OWN BODY. YOU MIGHT EVEN LEARN
SOMETHING NEW ABOUT YOURSELF!



FOCUS ON DRAWING A PART OF YOUR BODY
THINK ABOUT YOUR BODY, CHOOSE A PART
OF YOUR BODY TO CONCENTRATE ON AND
DRAW THAT PART OF YOU OUT.

TAKE YOUR TIME AND DRAW ALL THE
DETAILS YOU CAN SEE.
THIS COULD BE YOUR HANDS, HAIR, FEET,
EYES OR ANY PART OF YOU THAT YOU WANT
TO SEE IN MORE DETAIL AND EXPERIENCE
IN A DIFFERENT WAY.

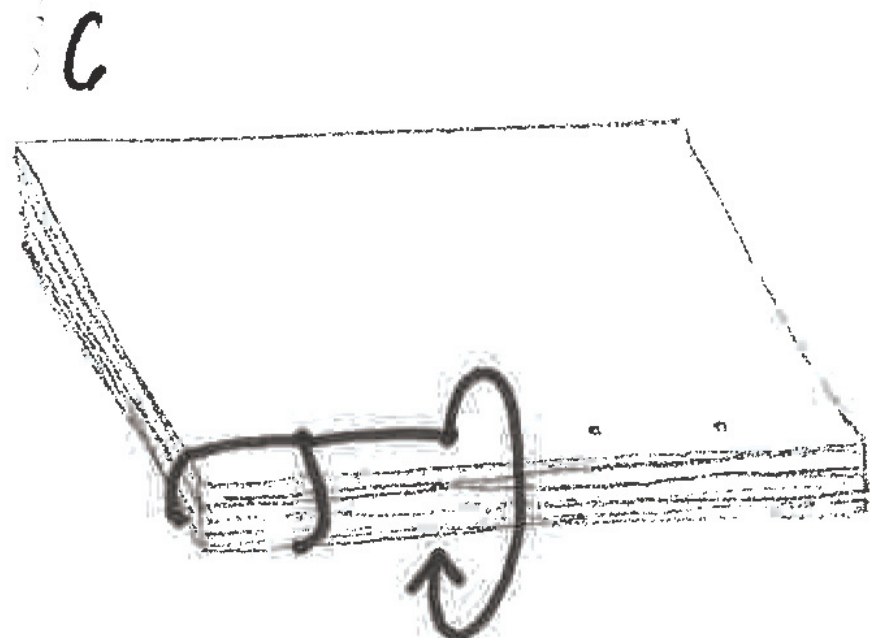
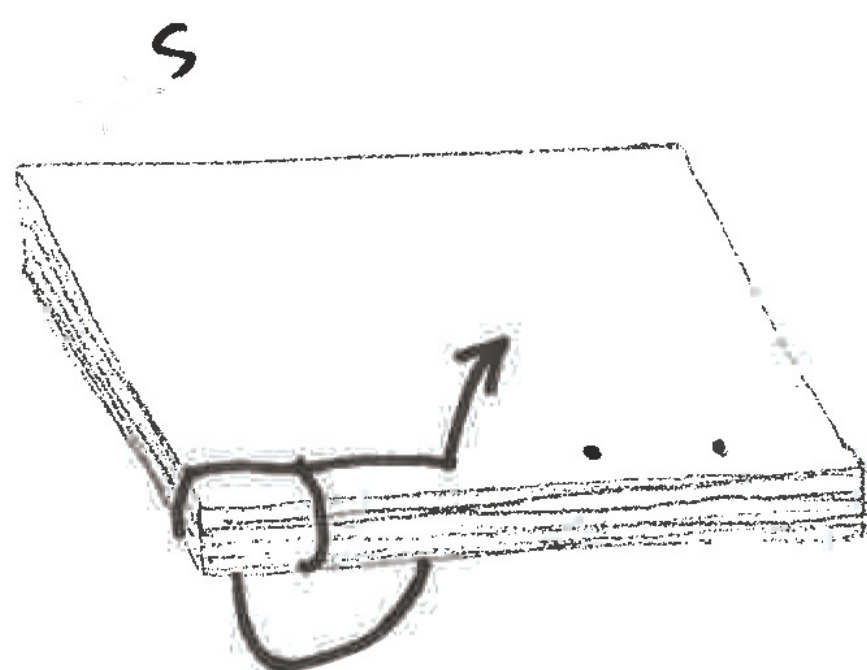
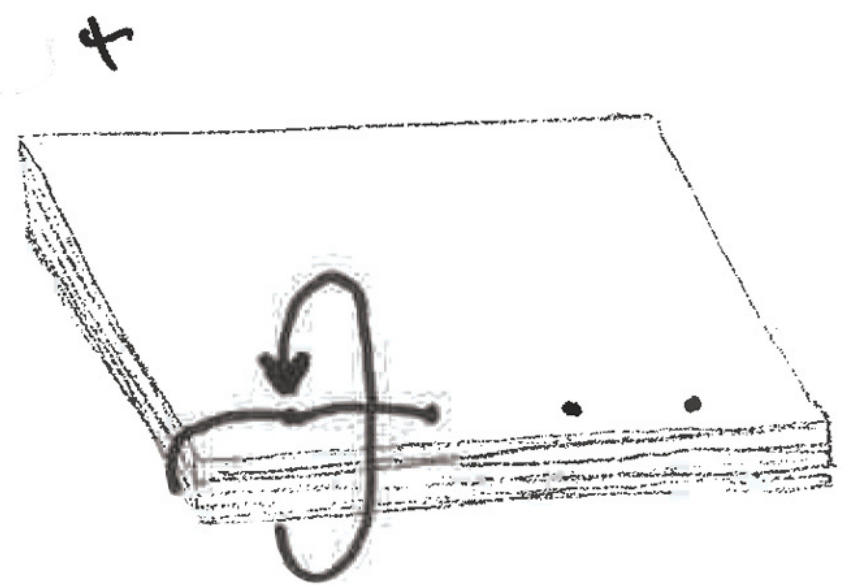
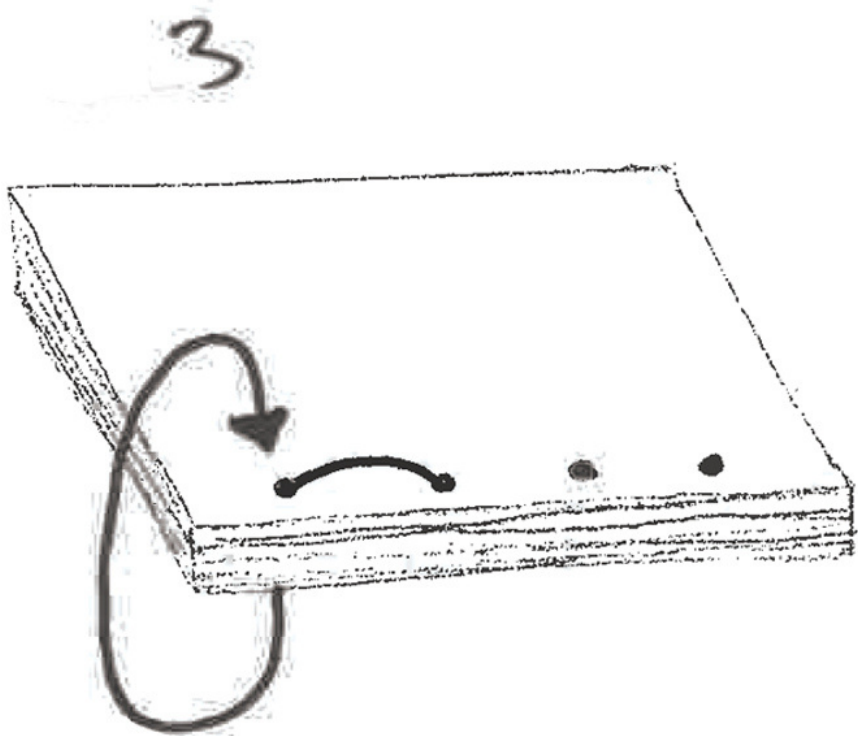
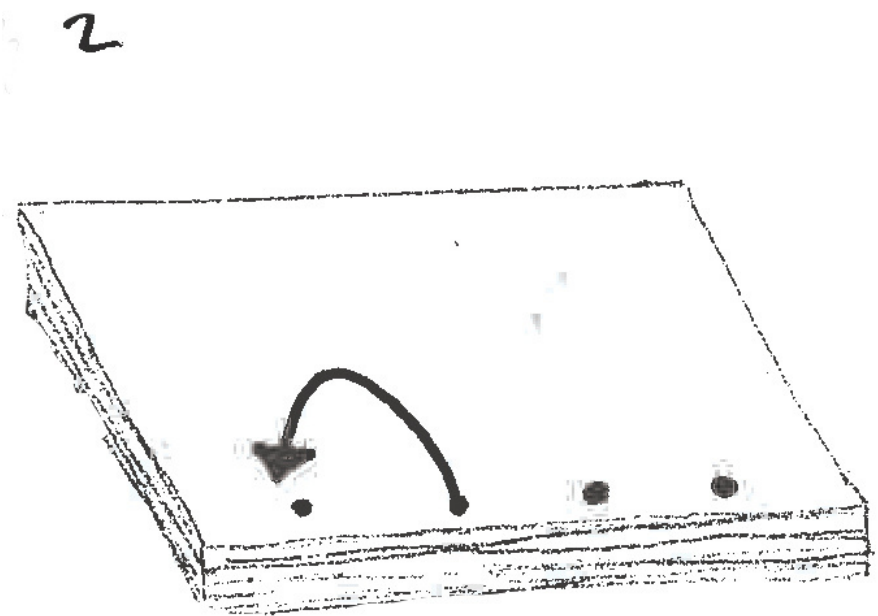
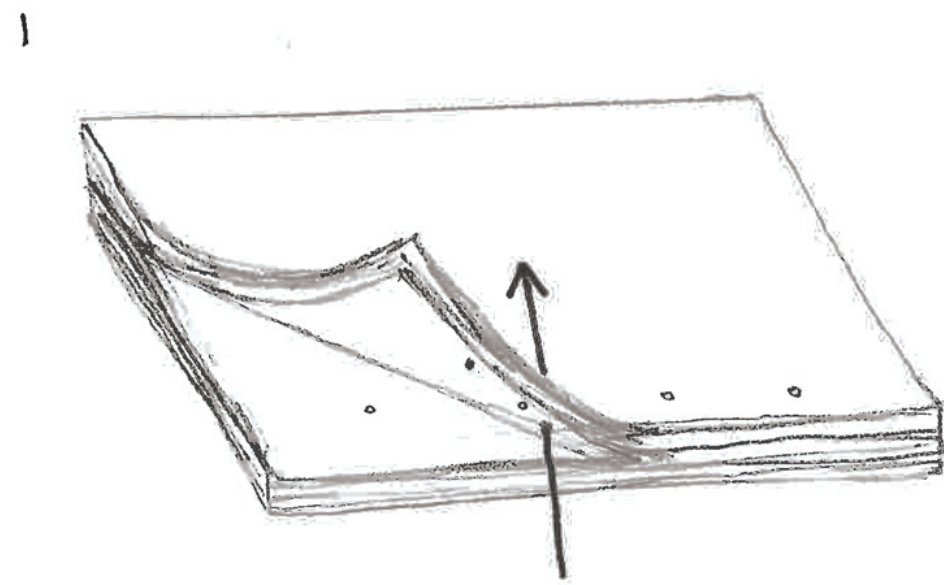
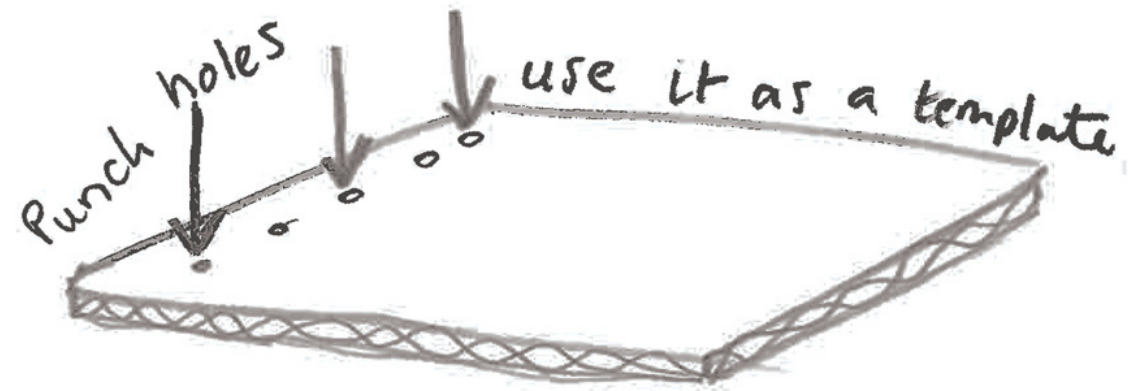
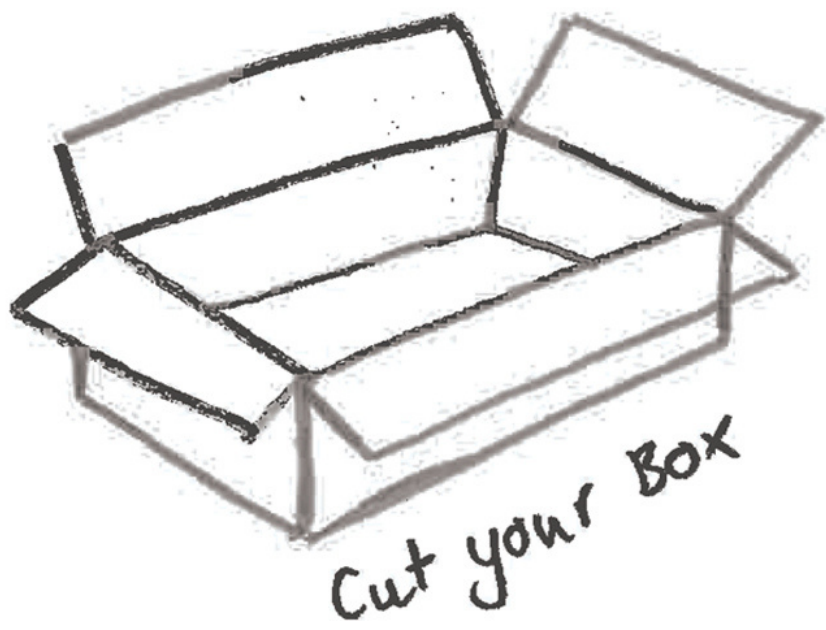
TIP. USE YOUR BODY PART AS A STENCIL
AND FILL IN THE DETAILS

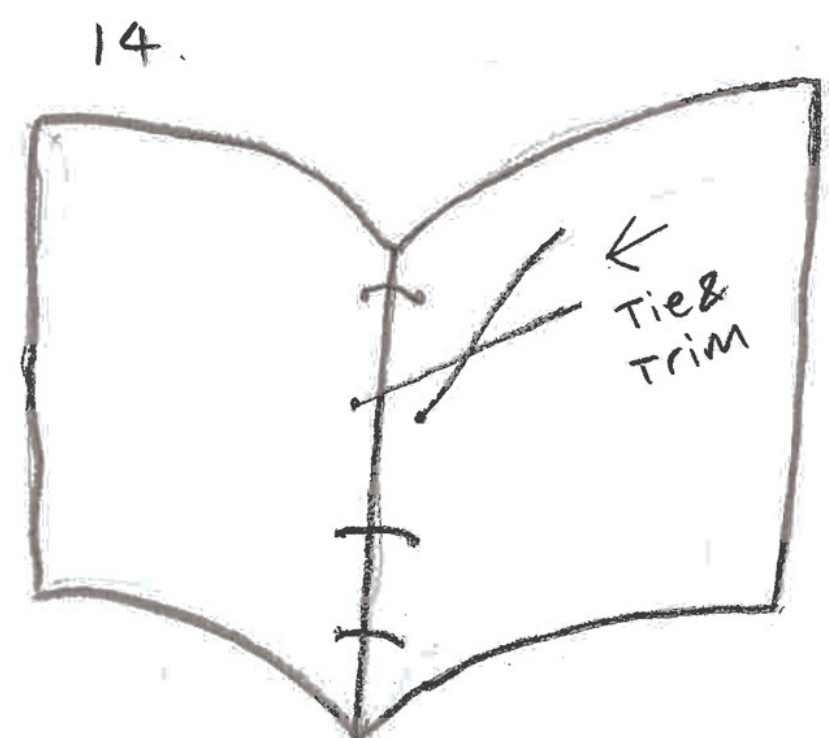
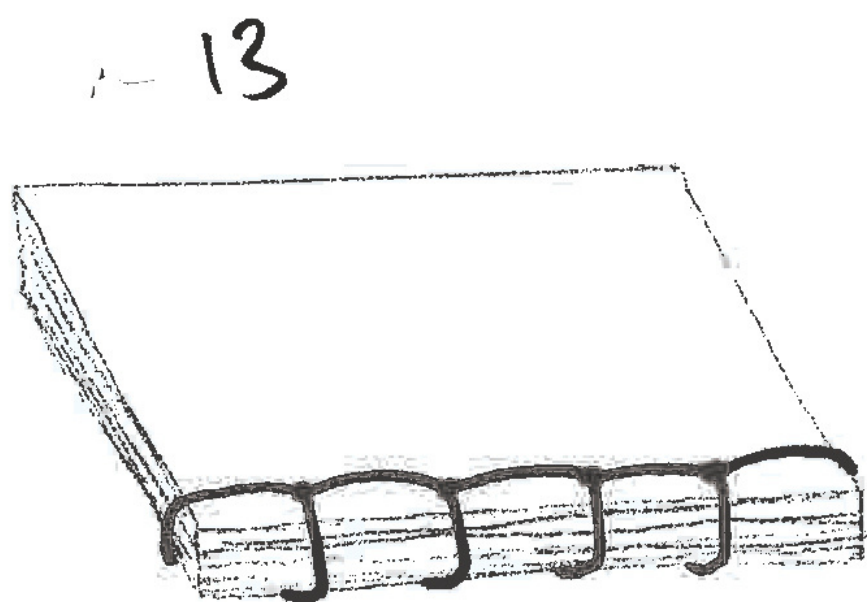
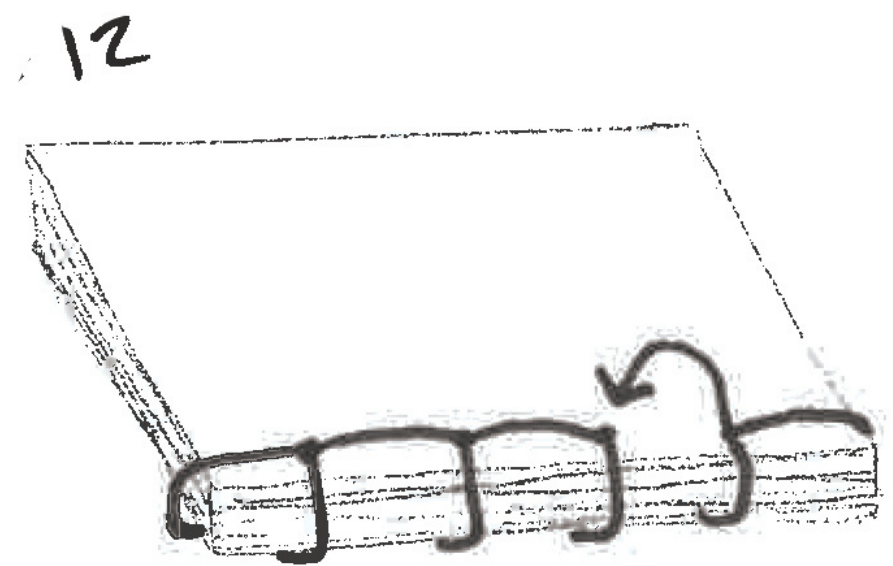
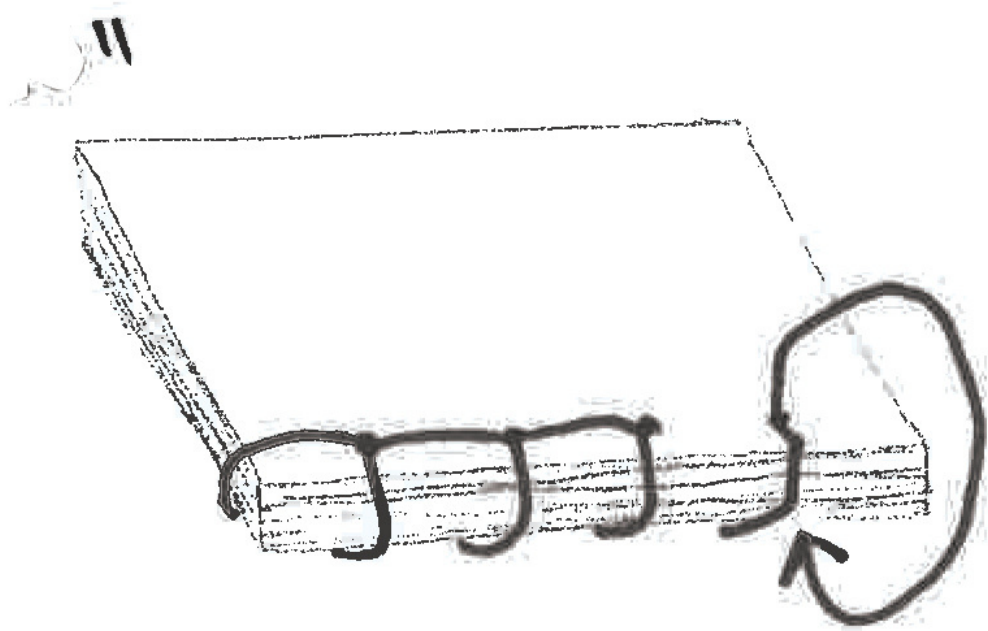
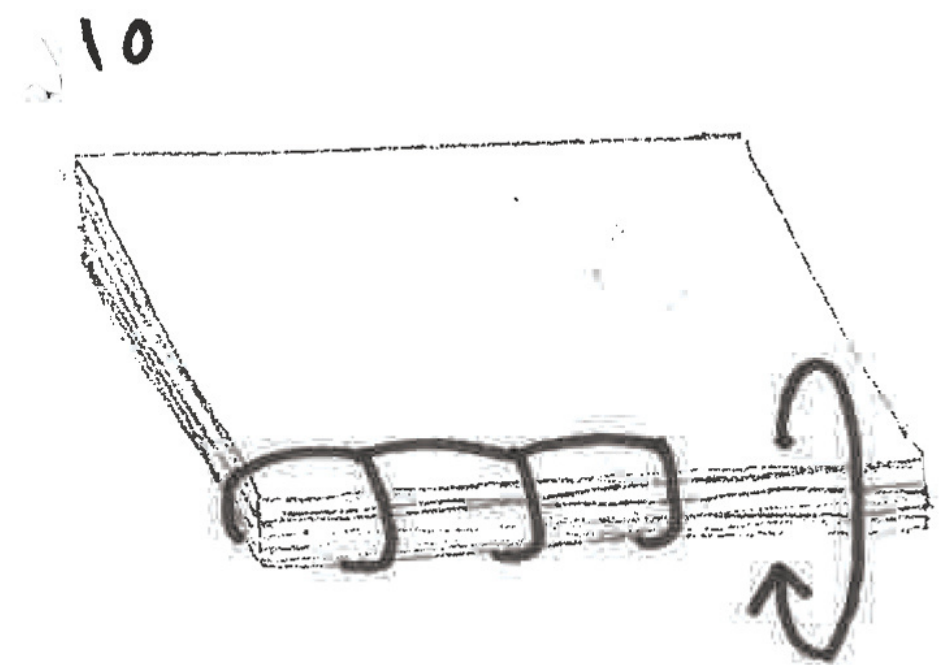
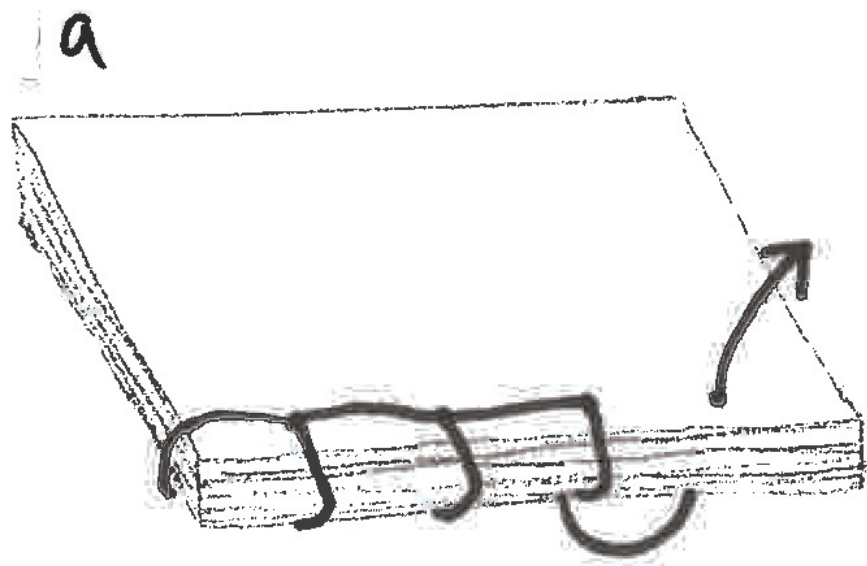
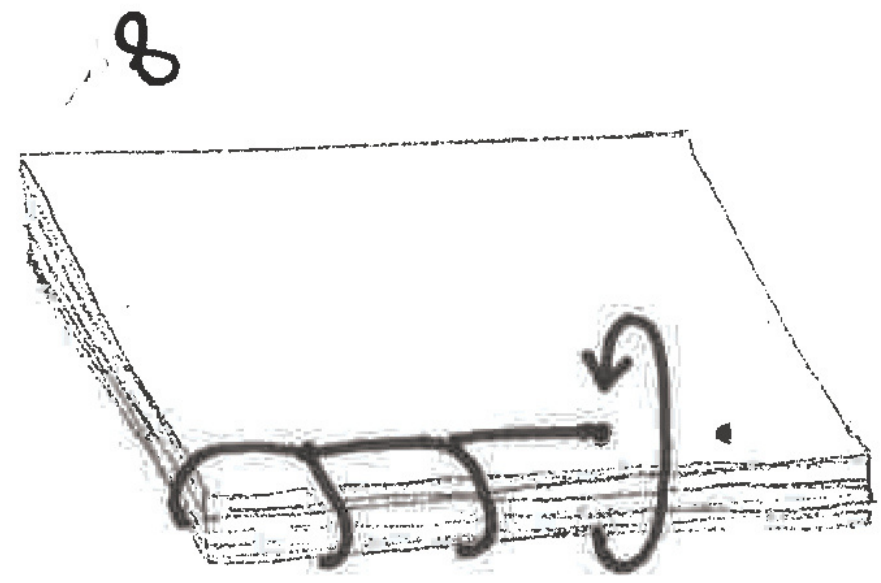
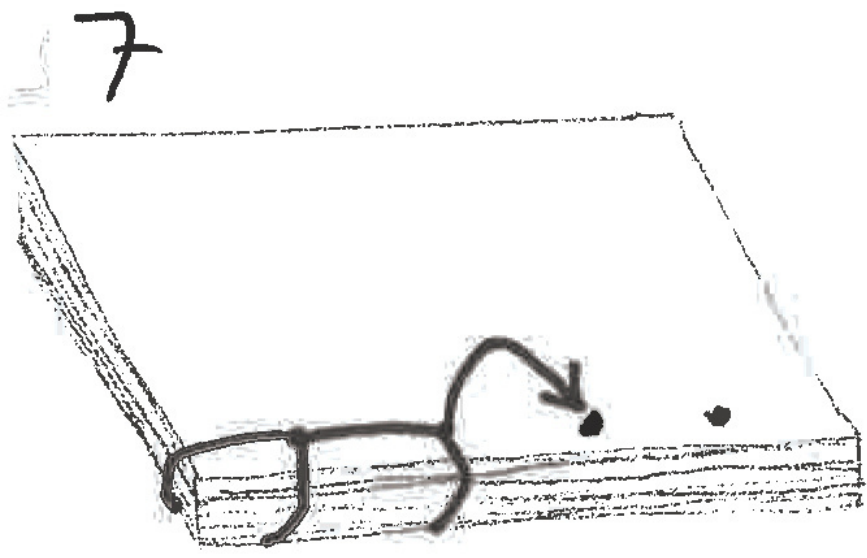


BOOK BINDING

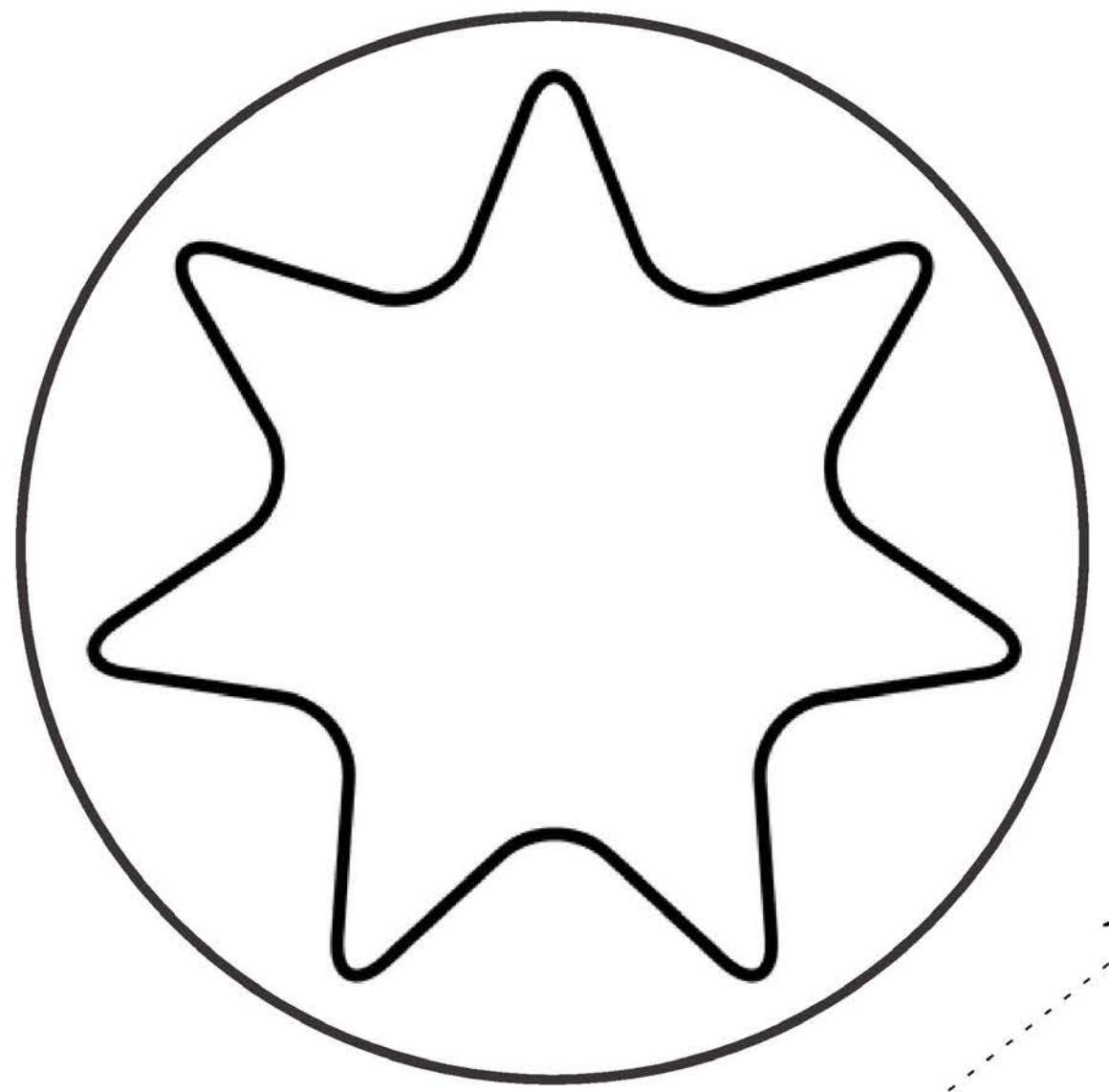
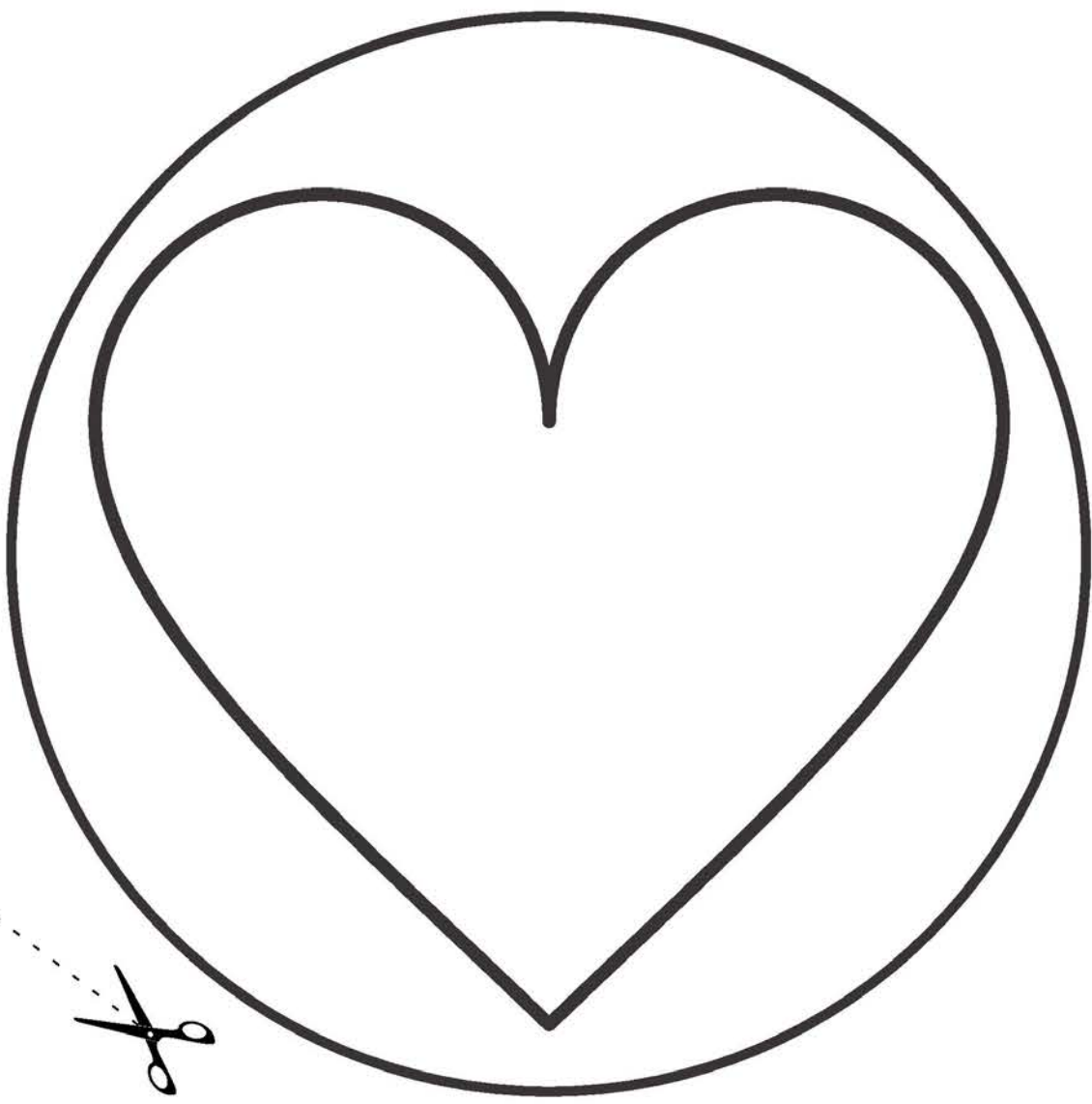
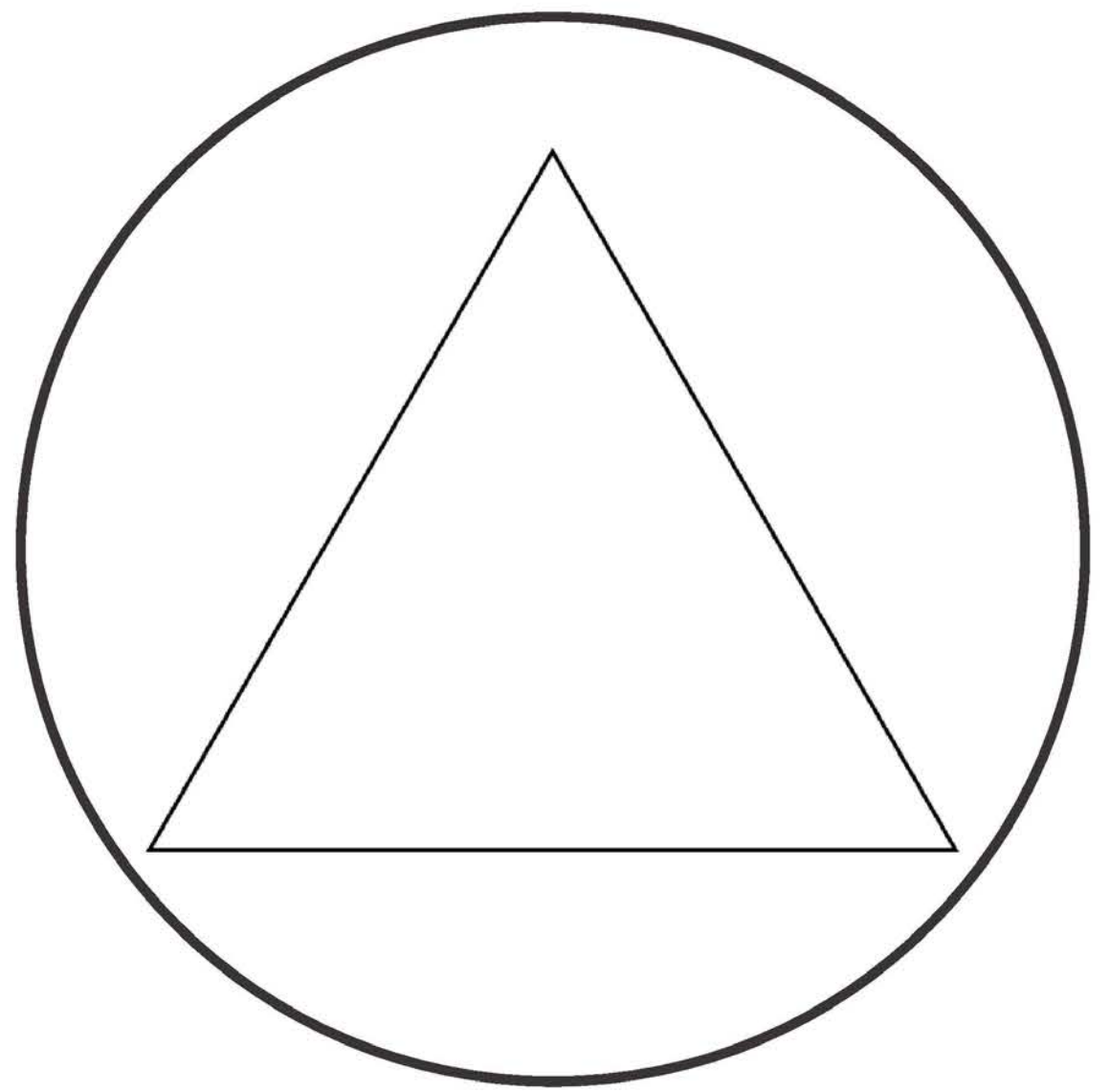
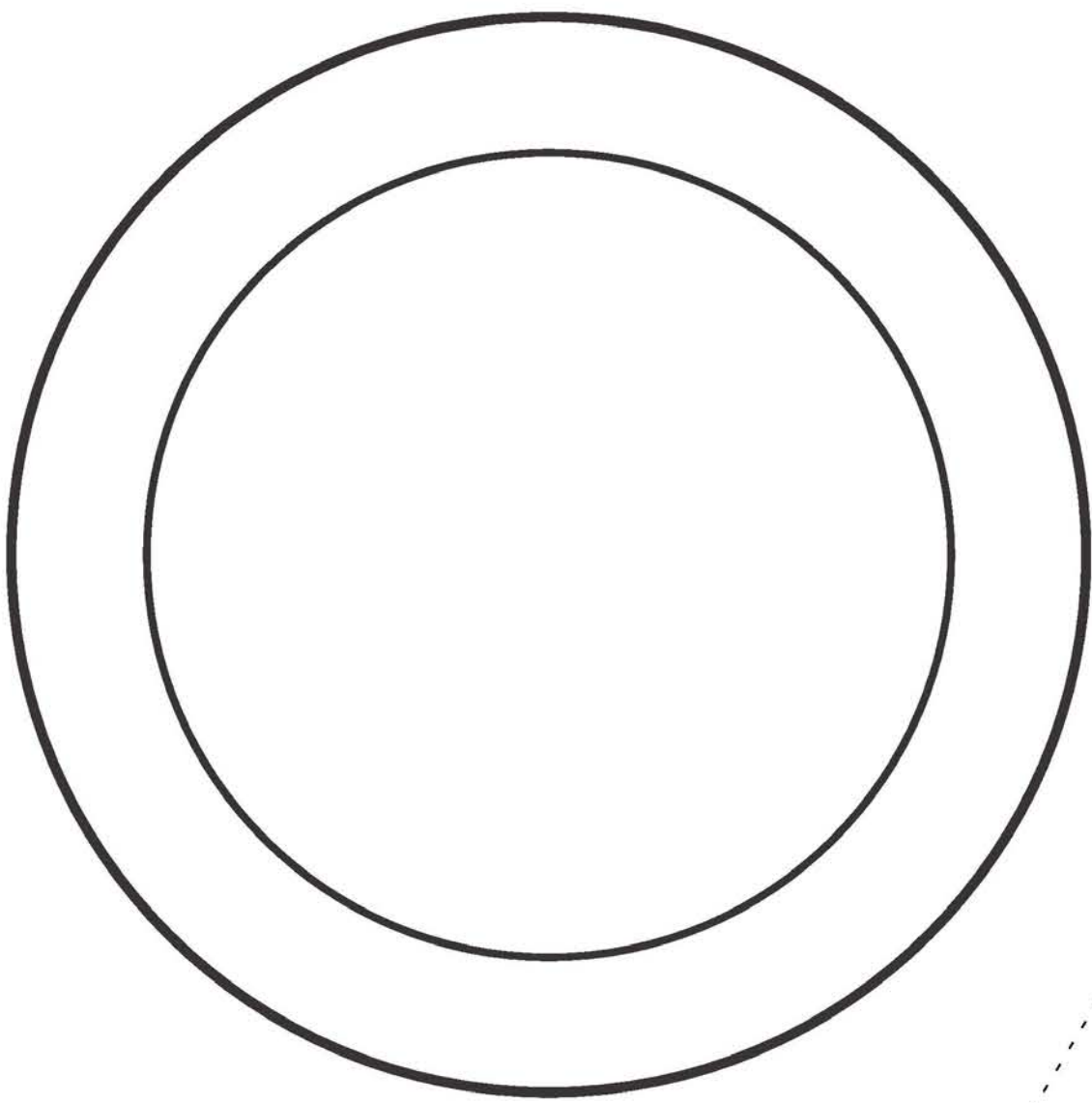
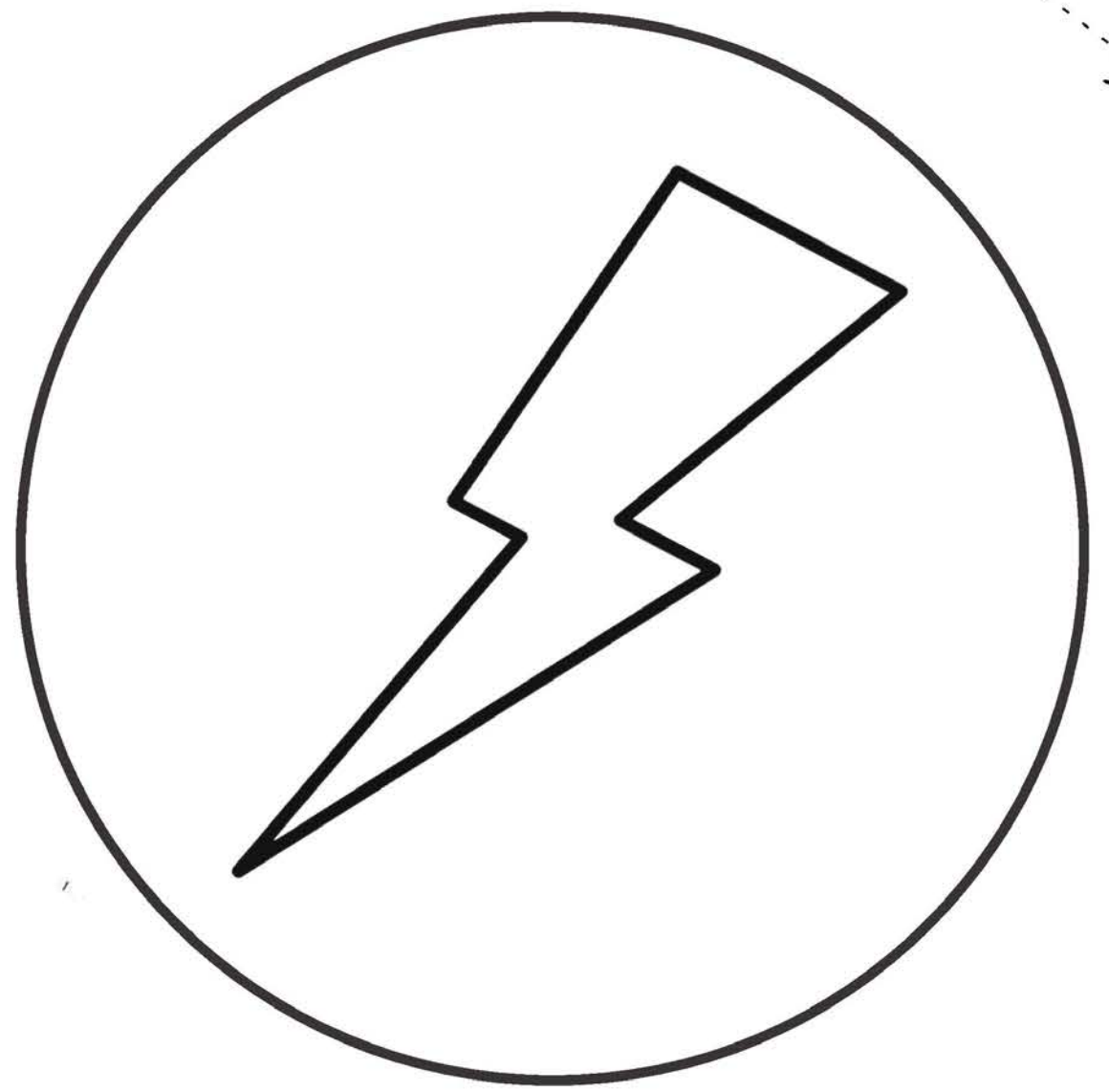
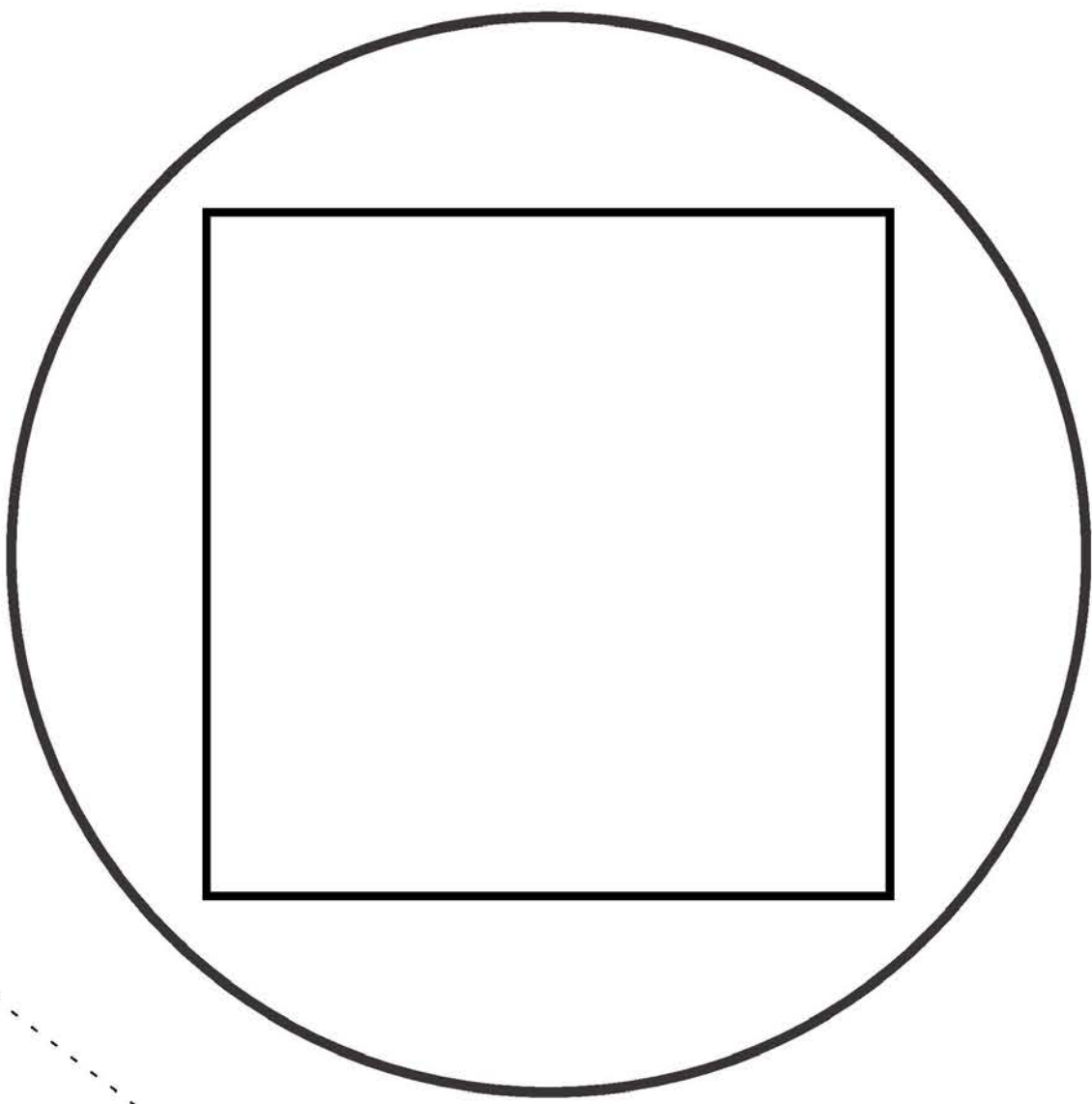
For this activity you will need:

1. Paper Book Template which you can find in your box
2. Cardboard Box
3. Coloured wool
4. Plastic needle
5. Wooden Bamboo Stick
6. Multiple sheets of coloured paper





DIY PHONE FILTER TEMPLATES



A4 Book Template



A5 Book Template

A6 Book Template