

WELCOME TO THIS MONTHS' BOREDOM BOX!

Inside this months' box...

Box Diorama

Nature Rafts

Finger knitting

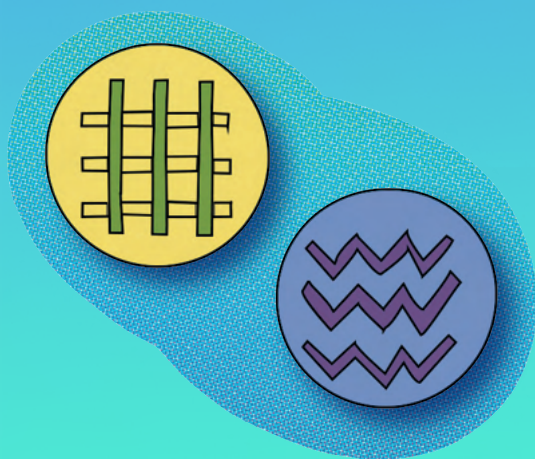
Sensory Stones

Thanks for participating in The Peacock & The Worm June 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*

SENSORY STONES



THESE OBJECTS ARE GOOD TO USE DURING TIMES WHEN YOU WANT TO FEEL CALM OR HAVE SOMETHING ELSE TO FOCUS ON AT TIMES WHEN YOU ARE FEELING OVERLOADED OR OVERWHELMED

TOGETHER WE WILL MAKE SOME SMALL TACTILE OBJECTS

USE THE CLAY FROM THIS MONTH'S BOREDOM BOX TO CREATE YOUR VERY OWN SENSORY STONES

CREATE OBJECTS WHICH CAN FIT IN THE PALM OF YOUR HAND, SHAPES THAT YOU LIKE THE FEELING AND LOOK OF



1. TAKE A PIECE OF CLAY AND CREATE A SHAPE YOU ARE HAPPY WITH, ONCE YOU'VE ADDED THE ADDITIONAL DETAILS SUCH AS PATTERNS OR INDENTATIONS LET YOUR SENSORY STONE DRY COMPLETELY



YOUR SENSORY OBJECTS SHOULD BE ABLE TO FIT IN THE HAND OR SIT SOMEWHERE WHERE YOU CAN SEE OR TOUCH THEM

TIP:

PATTERN: YOU CAN TAKE THE CLAY WHILE MALLEABLE AND STILL SOFT AND PRESS IT INTO SOMETHING TEXTURED OR PATTERNED FROM HOME LIKE BUBBLE WRAP, STONE OR DRAIN COVERINGS TO ACHIEVE A PATTERN OR TEXTURE WHICH FEELS GOOD IN YOUR HANDS

2. TAKE YOUR DRY SENSORY OBJECT AND A METAL SPOON, START RUBBING THE SURFACE OF YOUR CLAY STONE LIGHTLY WITH THE SPOON

3. BY REPEATEDLY RUBBING THE CLAY WITH THE BACK OF THE SPOON IT WILL CREATE A SMOOTH, ENJOYABLE SURFACE

KEEP DOING THIS UNTIL YOU ARE HAPPY WITH THE TEXTURE OF YOUR SENSORY STONE

EXAMPLES



COOL TIP:

PLACE YOUR SENSORY STONE IN THE FRIDGE, THEY CAN BE PUT IN THE FRIDGE TO ADD A COOLER FEELING ON THE HANDS HELPING TO FEEL GROUNDED QUICKER

BOX DIORAMA

A diorama is a 3D model of a scene that can include miniature or full size models. You can use your Boredom box and materials to create your very own diorama! We chose to make a cosy artist's bedroom but you might want to recreate your own bedroom or a favourite memory, place or maybe even a dream.



A good place to start is by cutting any excess cardboard from your box. You can try cutting out sections to create windows and doors. Cardboard can be a bit tricky to cut so remember to be extra careful and seek help from an adult if you need!

Mixing materials together can create different textures. You can use bits of fabric and patterned paper to create things like wallpaper, curtains, blankets or rugs.



This activity was inspired by a body of work by 'Creative Spark Theatre Arts' titled 'The Faces of Lockdown' that was on display as part of a showcase of projects involved in the Creative Communities Programme. We showed some wonderful artworks from two boredom box recipients and had a great time sharing boredom boxes with other community groups from across Scotland.

You can read more about the event here: <https://www.inspiringscotland.org.uk>

Learn more about Creative Spark Theatre Arts here: <https://creativesparktheatrearts.co.uk>

Can you match the artist to their tiny painting?

For our diorama we made some tiny paintings inspired by real works of art. Can you guess which paintings they are? (Check if you're right with the answers below!)



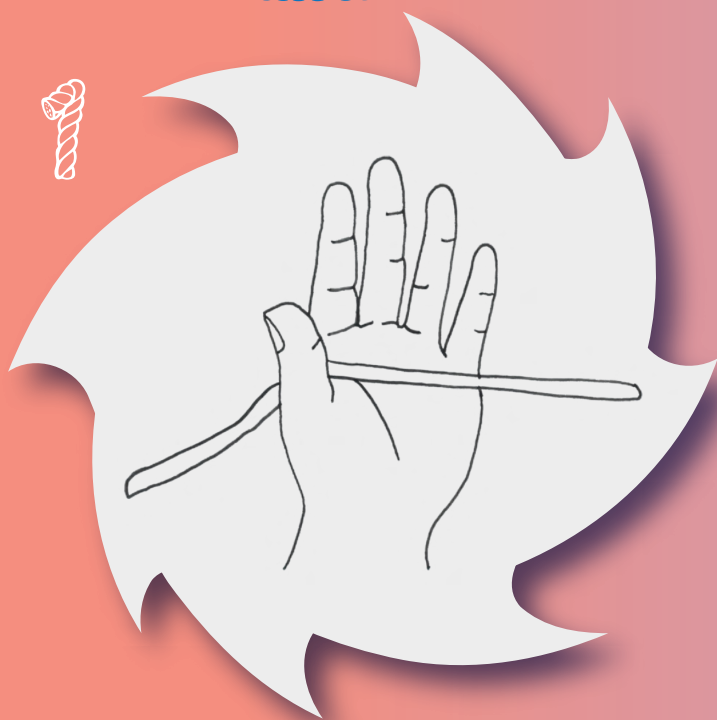
1. Frida Kahlo - 'Self Portrait II'
2. Henri Matisse - 'Blue Nude'
3. CY Twombly - 'Untitled'
4. Joan Miro - 'Design for a Tapestry'
5. René Magritte - 'The Son of Man'

ANSWERS: 1=D, 2=Z, 3=B, 4=E, 5=C

FINGER KNOTTING

A BEGINNER'S GUIDE TO FINGER KNOTTING

YOU CAN ALSO FIND A HOW TO VIDEO GUIDE ON OUR
INSTAGRAM @PEACOCKVISUALARTS



WEAVE THE WOOL (GOING FROM LEFT TO RIGHT) OVER YOUR INDEX FINGER, UNDER YOUR MIDDLE FINGER, OVER YOUR RING FINGER AND BEHIND YOUR LITTLE FINGER.

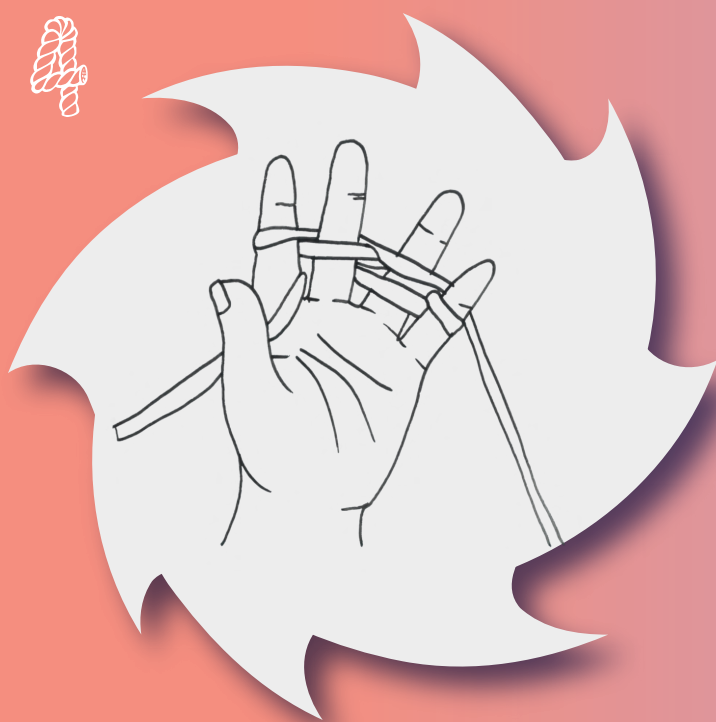
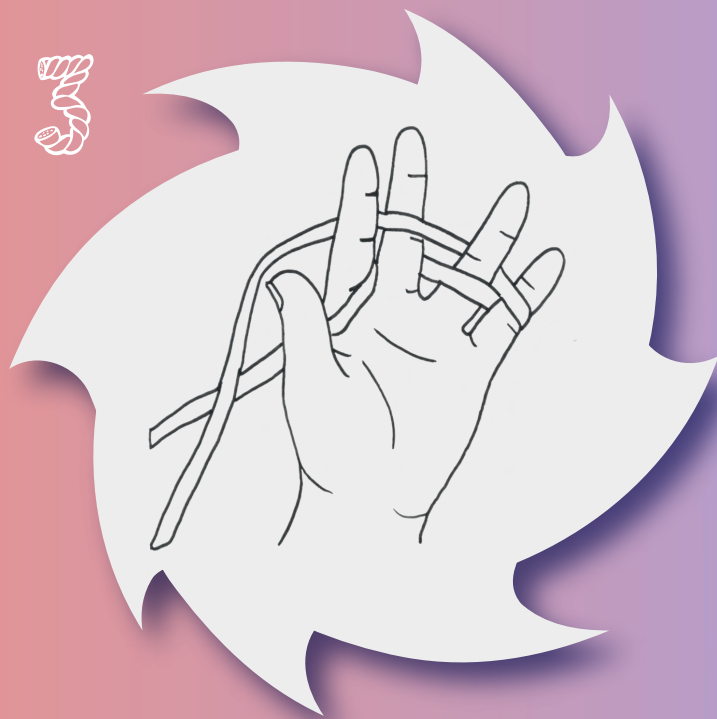
TIP: USE YOUR THUMB TO HOLD THE WOOL IN PLACE.

PLACE YOUR PALM FLAT, FACING TOWARDS YOU. HOLD THE WOOL BETWEEN YOUR THUMB AND YOUR INDEX FINGER.

THE LOOSE END OF YOUR WOOL TO THE LEFT. THE WOOL YOU ARE WORKING WITH (STILL ATTACHED TO THE BALL) TO THE RIGHT.

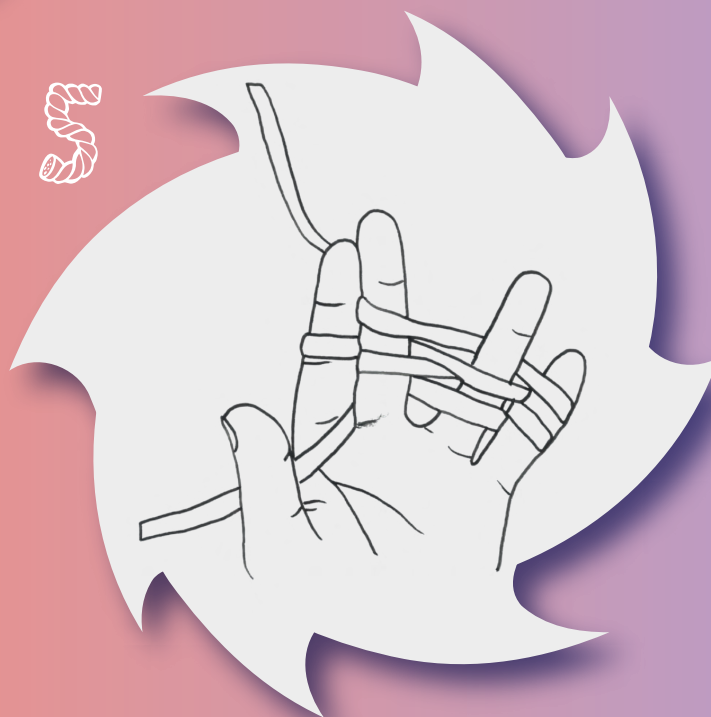


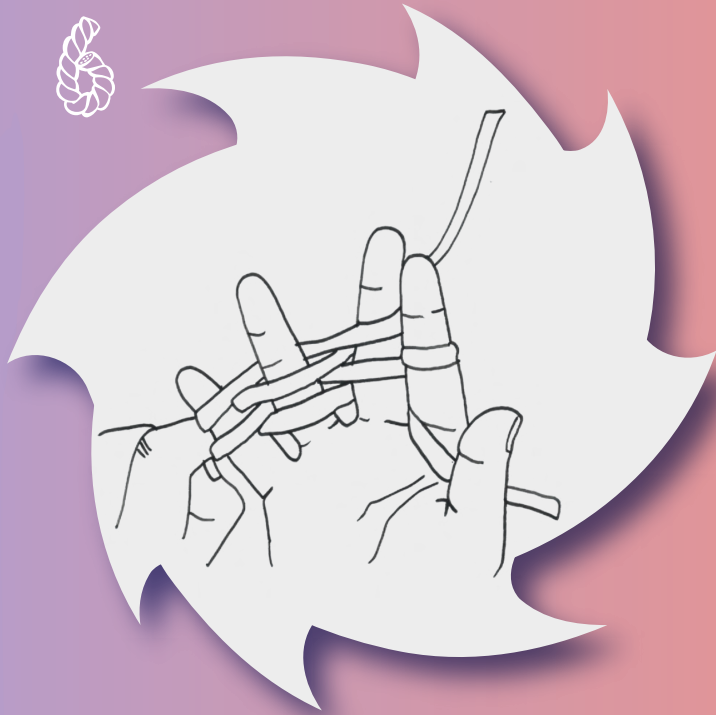
**FOR THE NEXT ROW,
TAKE THE WOOL OVER
YOUR LITTLE FINGER,
UNDER YOUR RING
FINGER, OVER YOUR
MIDDLE FINGER AND
BEHIND YOUR INDEX
FINGER.**



**REPEAT AND BRING
THE WOOL AROUND
AND OVER YOUR INDEX
FINGER, UNDER YOUR
MIDDLE FINGER, OVER
YOUR RING FINGER
AND BEHIND YOUR
LITTLE FINGER.**

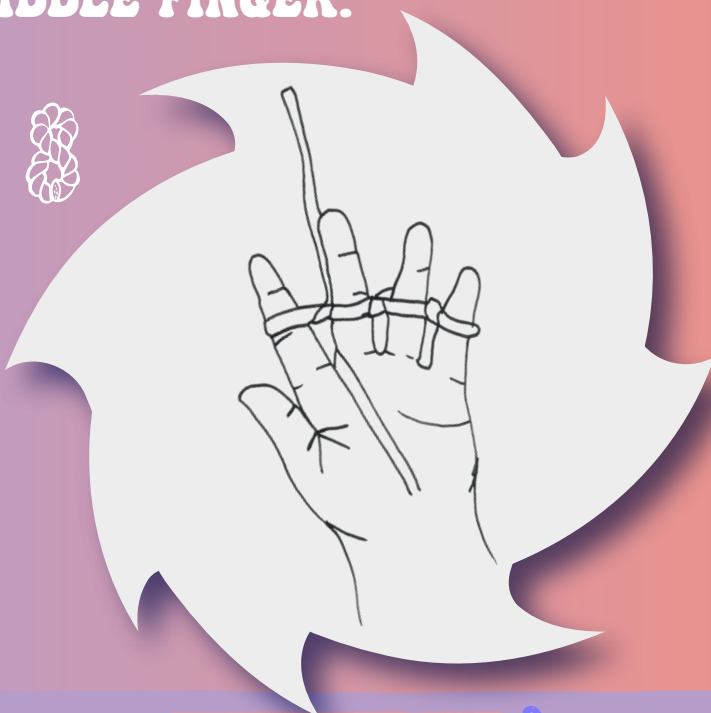
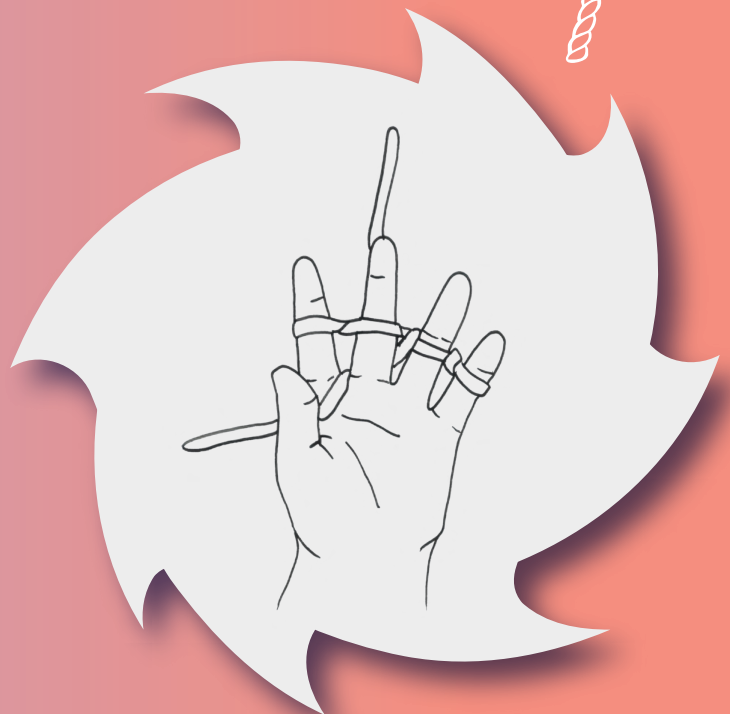
**FOR THE FINAL ROW,
BRING YOUR WOOL
AROUND AND OVER
YOUR PINKY FINGER,
UNDER YOUR RING
FINGER AND OVER
YOUR MIDDLE FINGER.
TRAP THE WOOL
BETWEEN YOUR INDEX
FINGER AND YOUR
MIDDLE FINGER.**





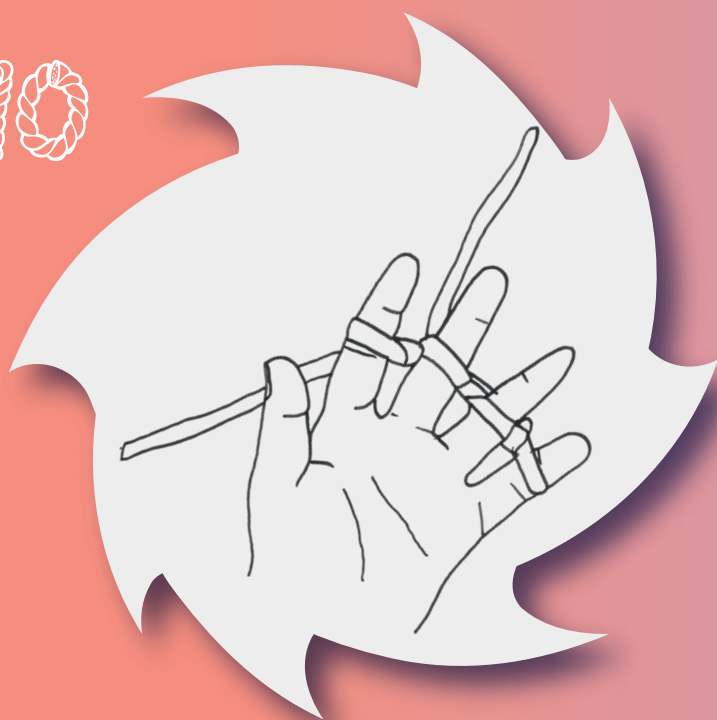
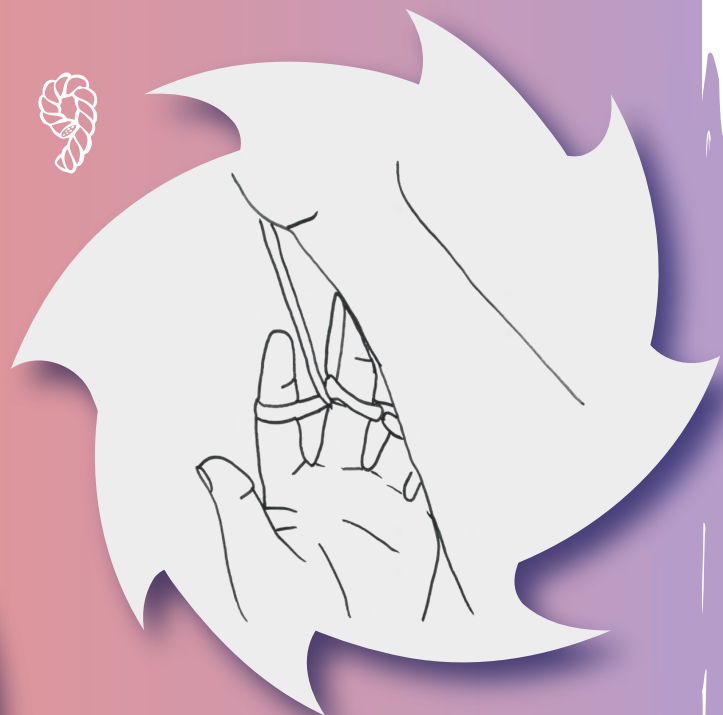
KEEP THE TAIL END TRAPPED BETWEEN YOUR THUMB AND INDEX FINGER TO STOP IT FROM FLYING AWAY.

WITH YOUR OTHER HAND, PULL THE BOTTOM ROW ON YOUR PINKY FINGER OVER THE TOP OF YOUR FINGER. MOVE TO YOUR RING FINGER AND PULL THE BOTTOM ROW UP OVER YOUR FINGER. REPEAT ON YOUR MIDDLE FINGER.



YOU MAY NEED TO BEND YOUR FINGERS DOWN A BIT AS YOU PULL THE ROWS UP AND OVER.

**TO FINISH CASTING ON
TAKE THE LOOSE END
OF THE WOOL FROM
BETWEEN YOUR THUMB
AND INDEX FINGER
AND BRING IT
FORWARD.**



**LIFT IT UP AND OVER
THE WOOL BETWEEN
YOUR THUMB AND
INDEX FINGER. BRING
THE LOOSE END
BEHIND YOUR HAND TO
KEEP IT OUT OF THE
WAY.**

**CONTINUE REPEATING THESE STEPS UNTIL YOU ARE
HAPPY WITH THE LENGTH OF YOUR FINGER KNITTING.**

EXAMPLE



**THIS ACTIVITY WAS INSPIRED BY ONE OF THE YOUNG PEOPLE
WE HAVE WORKED WITH, THANK YOU FOR TEACHING US!**

Nature Rafts

For this activity you will need to gather:

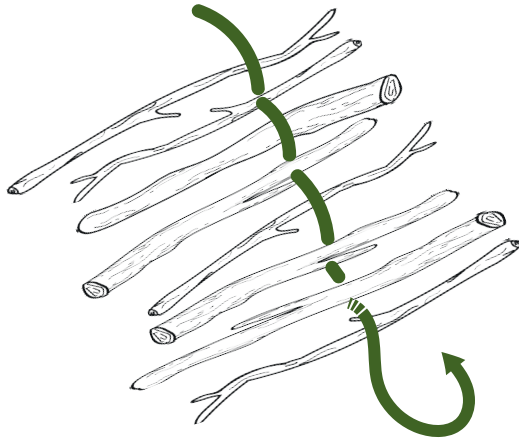
- 6-8 twigs that are roughly the same size - These will be the deck of the raft
- 2 slightly longer and thicker sticks - These will be the frame of the raft
- 1 longer twig - This will be the mast for your raft
- 1 Large Leaf - This will be the sail for you raft
- String / wool to hold your raft together



STEP ONE

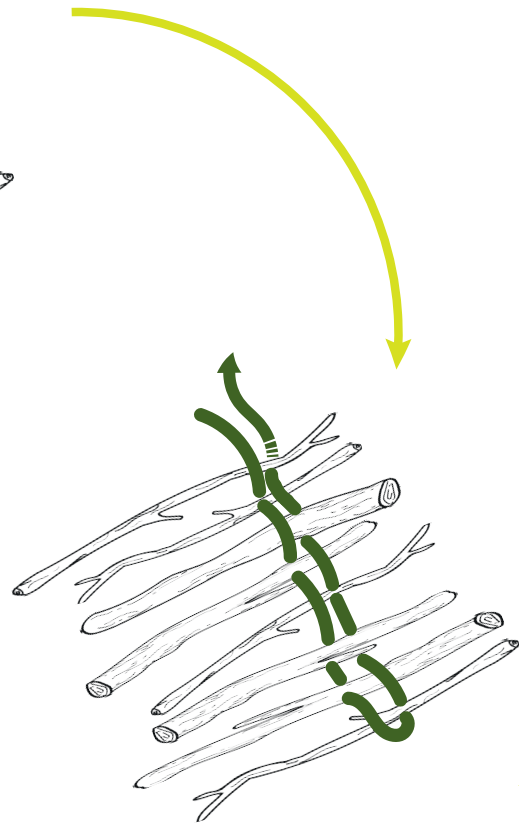
Line your smaller sticks up in a row and start to wind a piece of string around one end. Thread your string around the sticks in an under-over pattern.

1.



STEP TWO

Using the same piece of string, repeat step one in the opposite direction. Tie both ends together with a knot.

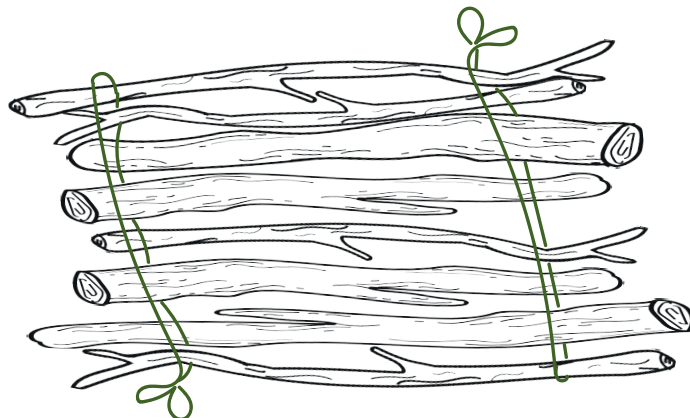


2.

STEP THREE

Repeat steps one and two with a new piece of string on the other end of your raft.

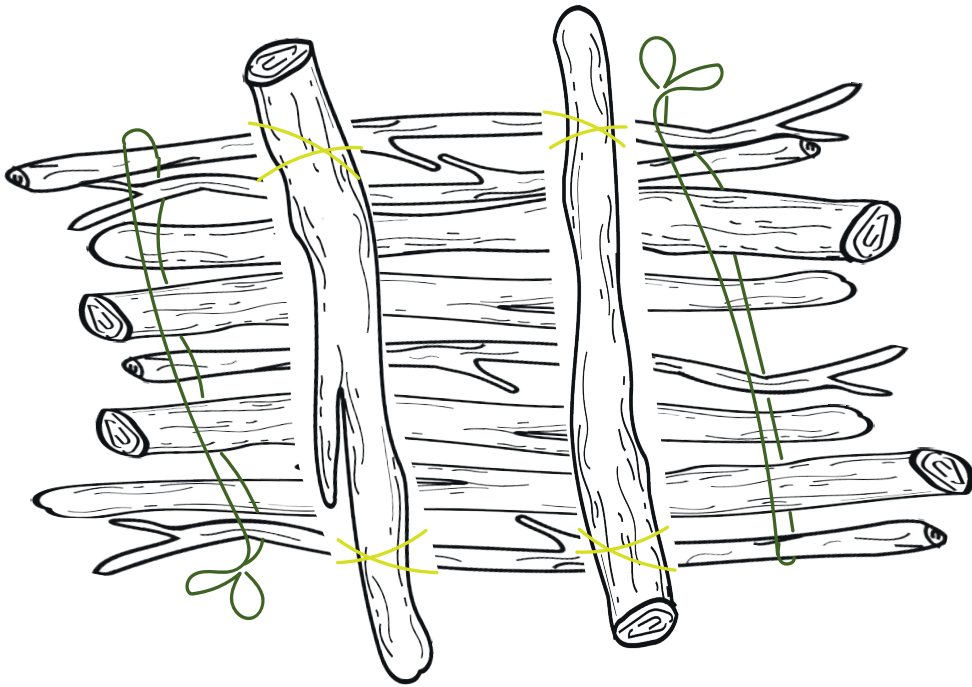
3.



STEP FOUR

Take your thicker sticks and lay them horizontally across your raft. Tie each end of the sticks to your raft. This will secure the base of the raft and make it nice and strong for sailing.

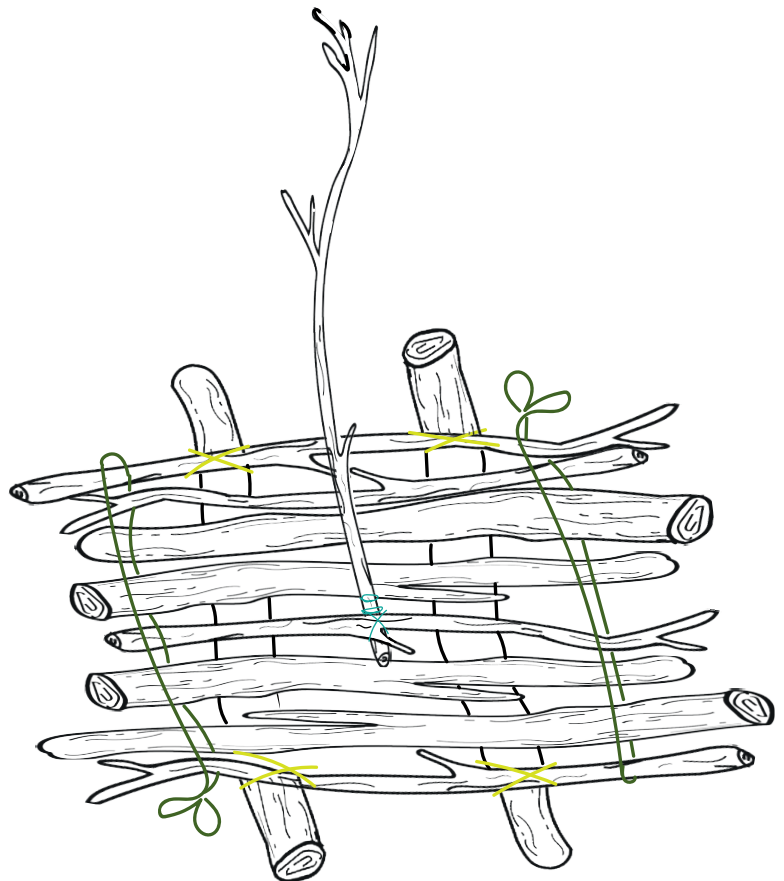
4.



STEP FIVE

Take your long stick and slot it in the middle of your raft. If your sticks are close together then this should be enough to keep the mast upright. However, you may need to use a bit of string to fix the mast to the base of the raft.

5.



STEP SIX

Slide your leaf onto the mast by making one hole near the bottom of the leaf and one near the top.



6.

You now have your very own nature raft! Float it in any body of water or send it on a journey down a river. You could even hold a nature raft race with your friends or family!