



peacock
& 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 October's Boredom Box there is:

- Autumn Colours Walk
- Watercolour & Oil Pastel
- Eyes on the Skies
- What are you thinking?
- Leaf Breathing
- Make a Statement

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 October Boredom Box, we hope you had loads of fun and will get involved again in our November 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

WHAT ARE YOU THINKING?

Have you ever had a thought, feeling or felt like you had something to share?

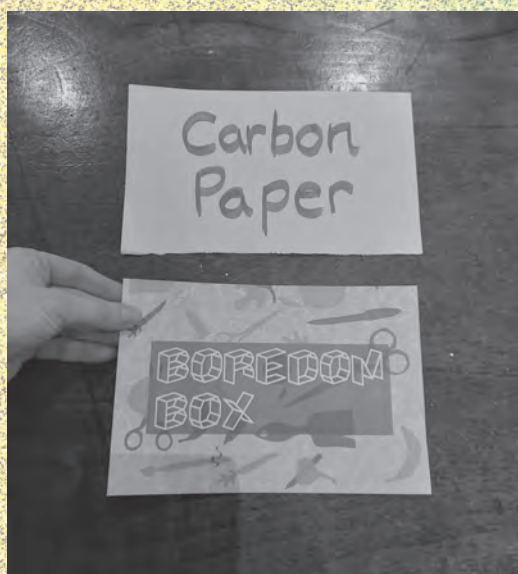
Are there things we don't see enough of? Would you like to share something anonymously?

Perhaps we don't feel we have ways to communicate how we feel or what we think... or don't know where to start.

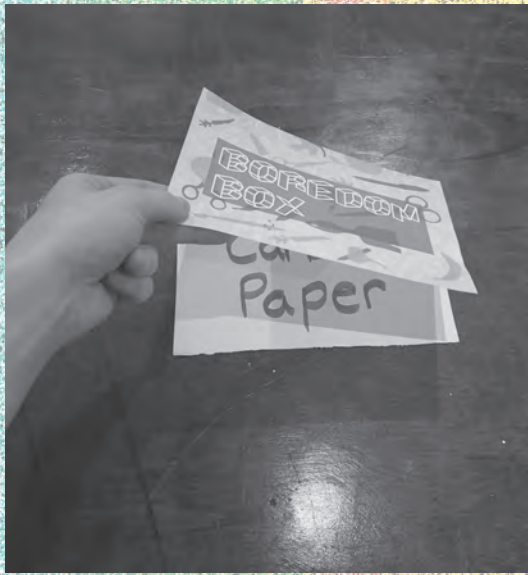
With this activity we hope you might find an enjoyable way to be creative and put something out into the world/ community or in your own home to remind ourselves of the things we like or are important to us however small or big.

We hope to provide you with a place to start.

Carbon paper image/ lettering:



1. Take the carbon paper & your chosen image or text.



Use your carbon paper dull side up / shiny side down to trace over words/ letters/ photos or images from anything you can find that might help you to express you, your interests or something you would like to share with others.

2. Place the image on top of the carbon paper, making sure the carbon paper is shiny side down.

Tips:

Don't press too hard.

Go on an alphabet hunt to find all the letters you want - Collect as much as you can to work from - Find some images on paper form magazines.



Like this!

For tracing things from paper images (magazines, leaflets, - use carbon paper.

For tracing from hard surfaces (cardboard boxes and packaging, hardback books) or things you don't want to ruin like story books or photographs use the tracing paper.

Mix with drawing and writing

Ask yourself a question:
what would I like to see most or more of?

Use pictures or words that say:

1. One thing you are proud of...
2. One thing you want more of...
3. One thing you think expresses something about you...
4. One thing you'd like to try one day...
5. Something that has surprised you...



3. Once the image is on top of the carbon paper use a pen or pencil to trace the image, making sure to only put pressure on the parts you want to use in your poster.

Suggestions:

Try coming up with 2 to 5 words that tell people what you are thinking about or that you want to share. Pair this up with an image you like.

It could be your favourite; character, superhero, animal, place, activity, sport, film, story, tv programme, book, plant, insect, vegetable, song lyrics, bands, comics, movements or youtuber.

Find a place to leave the poster or put it up at home!

Take a picture for social media (tagging: #Theworm #anotherworldispossible #Boredombox #freepress) or Use your creations as screensavers and virtual backgrounds for video calls.

We would love to see your work and what you really want to say if you'd like to share on social media or email a picture to ane@peacock.studio

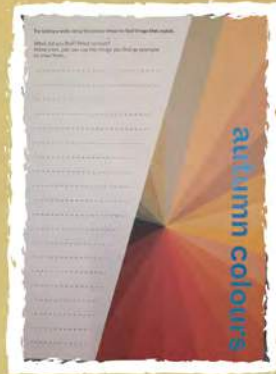
WATERCOLOUR

oil pastel

D R A W + P A I N T

draw...

Using your Oil Pastels, make a line drawing in your Watercolour Pad. If you are stuck for something to draw, was there something from your list from your "autumn colours" card that could inspire you?



Make sure to leave some of the paper clean when drawing, so you can add paint to it. The paint won't dry on top of the oil pastels.

Get a bowl, cup or mug for your paint brush to activate your watercolours and clean brush when changing colours.

PAINT...

Then use your Watercolour Paints and brushes and paint over the drawing, and see the results as the Oil Pastels and the Watercolours separate and dry on the paper.

WATERCOLOUR & oil pastel

D R A W + P A I N T



EXAMPLES

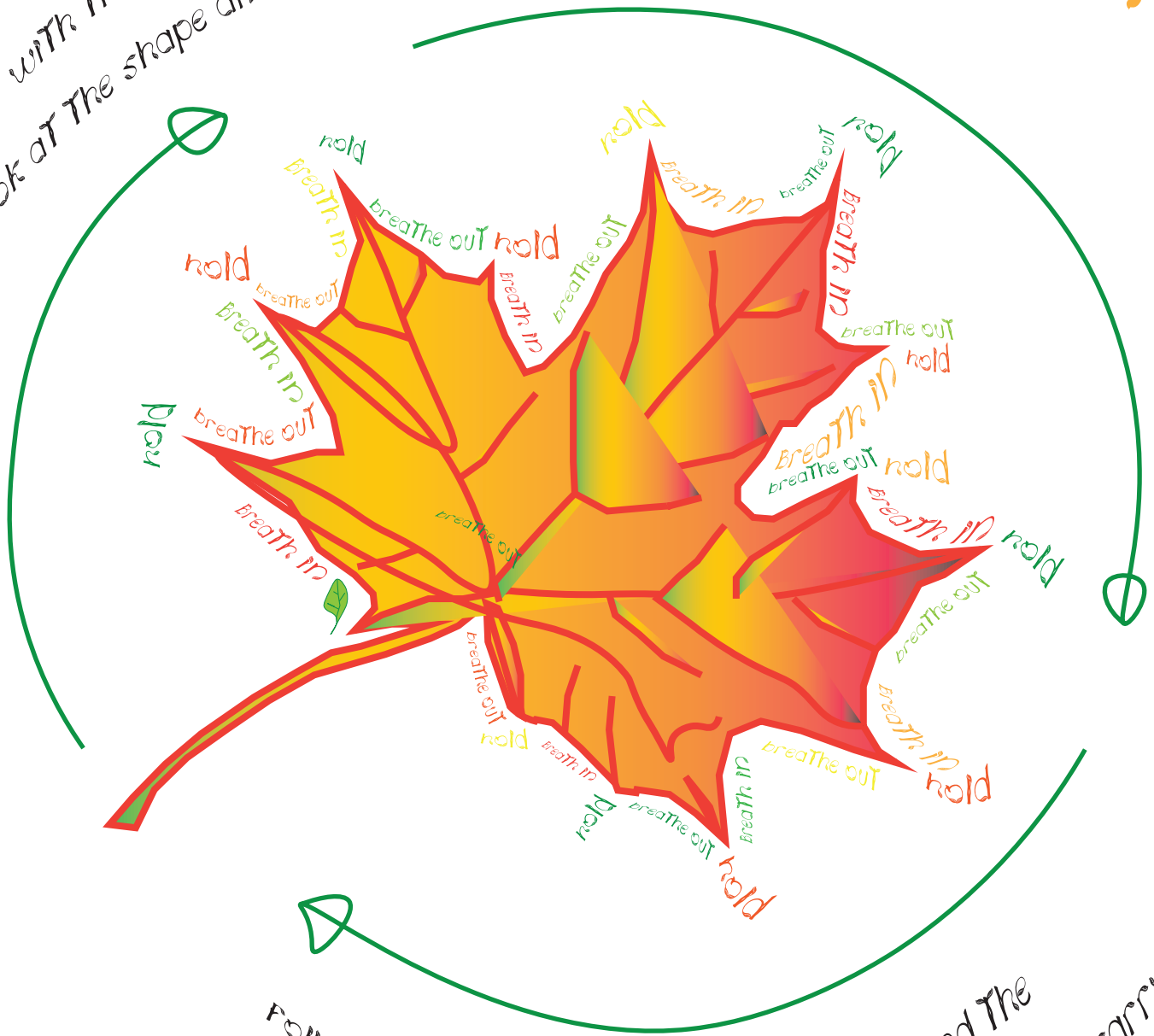


AUTUMN LEAF BREATHING

option 1

start with the small leaf on the left hand side,
look at the shape and trace the leaf with your finger.

slow down



Following the instructions written around the
borders of the leaf. Repeat the process when necessary.

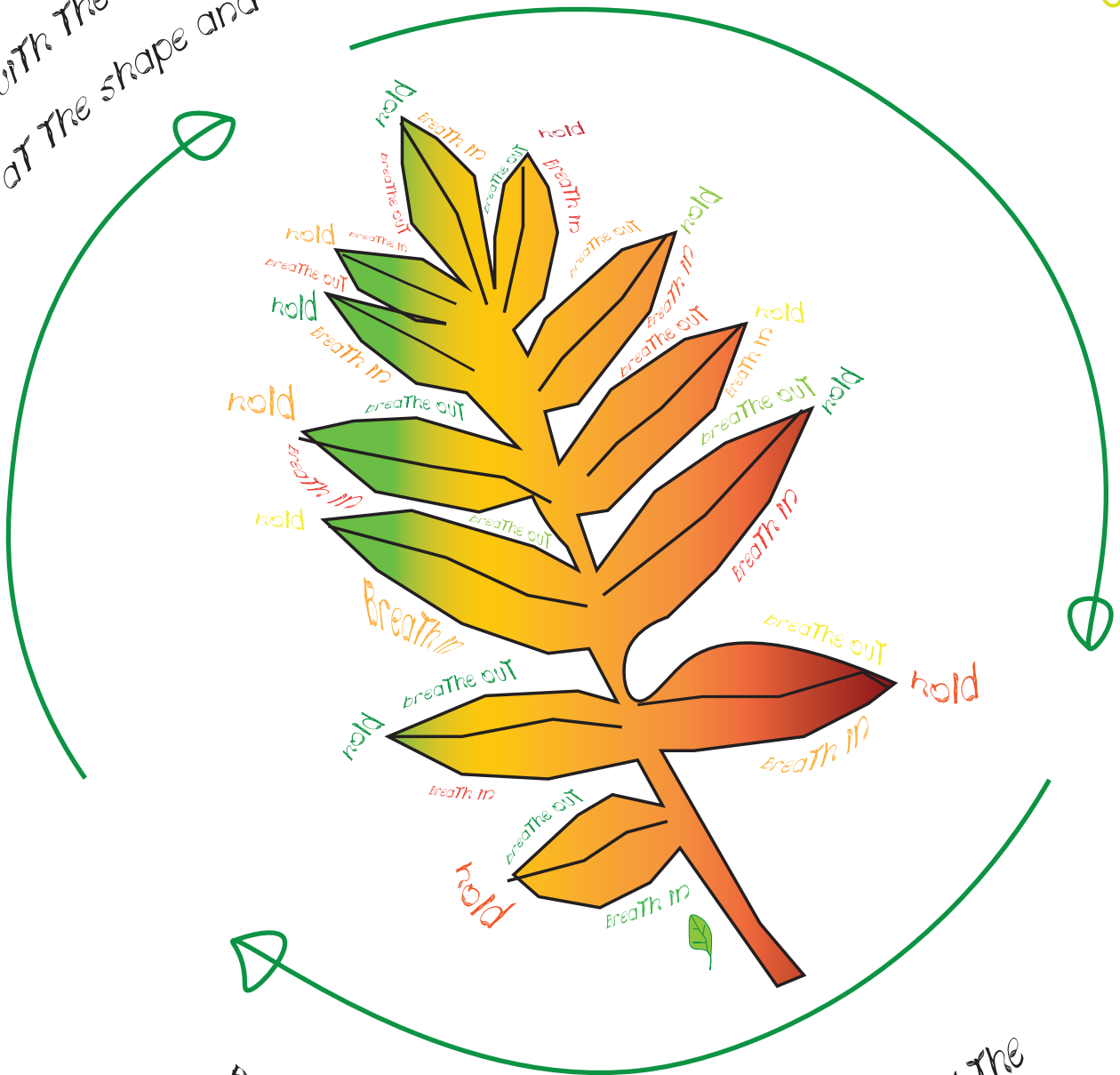
Take your Time

AUTUMN LEAF BREATHING

option 2

Start with the small leaf on the left hand side,
look at the shape and trace the leaf with your finger.

slow down



Take your Time

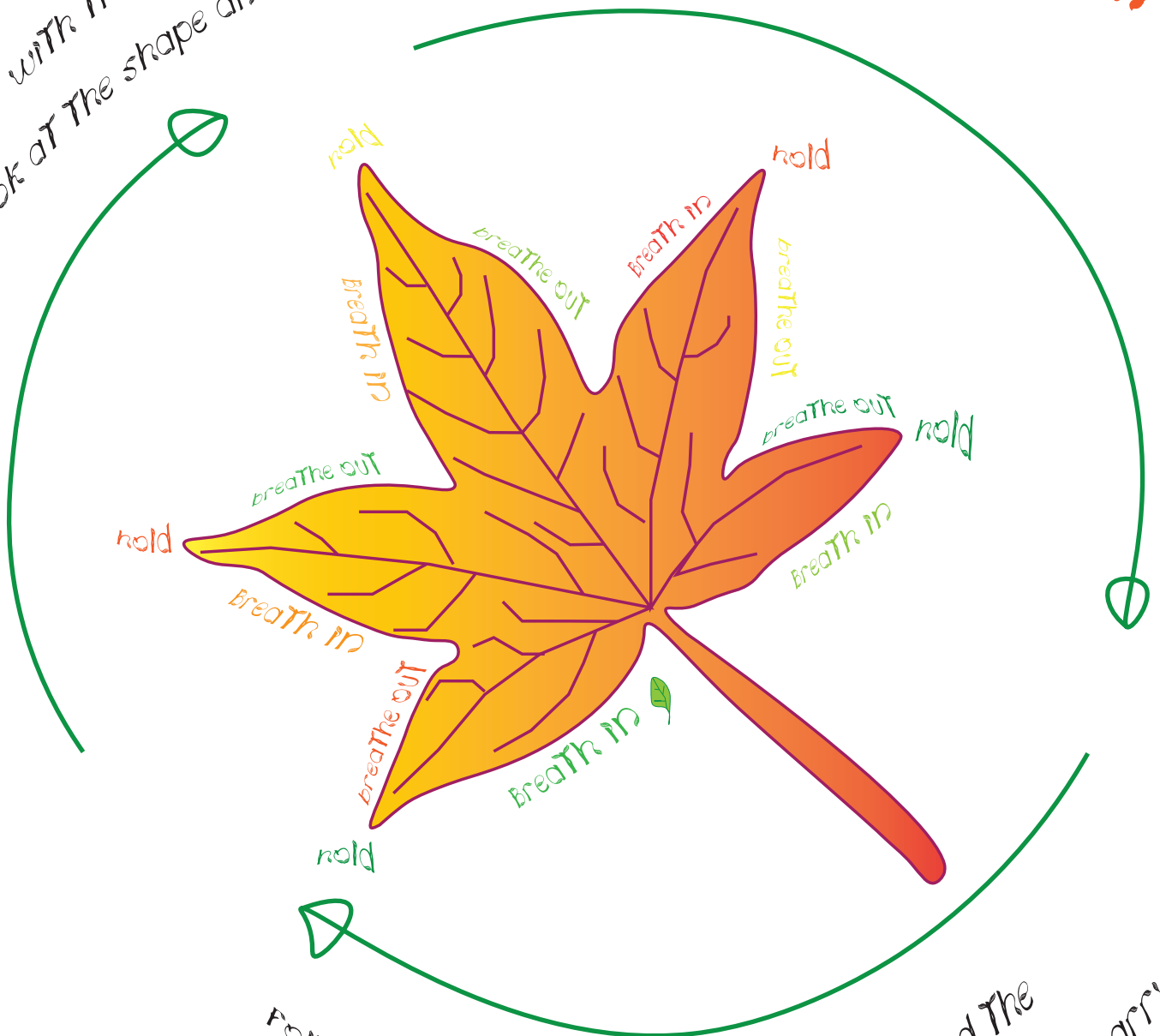
Following the instructions written around the
borders of the leaf. Repeat the process when necessary.

AUTUMN LEAF BREATHING

Option 3

Start with the small leaf on the left hand side,
look at the shape and trace the leaf with your finger.

Slow down



Following the instructions written around the
borders of the leaf. Repeat the process when necessary.

Take your Time



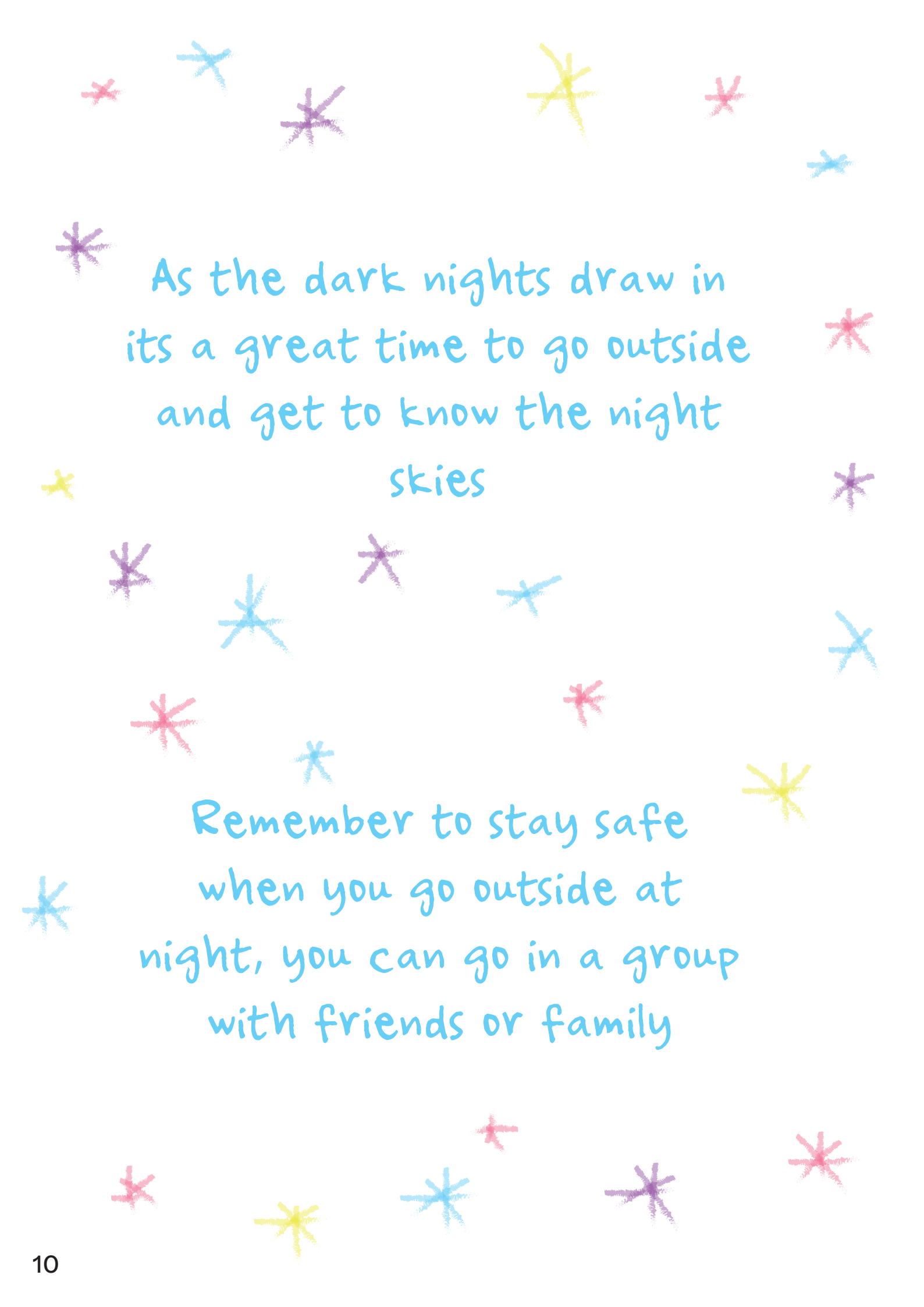
Eyes

on

the

November

Skies



As the dark nights draw in
it's a great time to go outside
and get to know the night
skies

Remember to stay safe
when you go outside at
night, you can go in a group
with friends or family

SHOOTING STARS

Have you ever seen a shooting star? If the answer is no then hopefully this month you will get your chance.

On the 17th of November the Leonid's meteor shower will peak and if the skies are clear you are almost guaranteed a show to remember.

The shower occurs at the same time each year as the earth passes through the debris of a large comet called Tempel Tuttle.

This debris gets caught in the path of the Earth, burns up in our atmosphere and appears in our sky as meteors, or shooting stars.

If you are able to get to a rural location, away from street lights, you will have a better chance of seeing more Leonids but even in a city location it should be possible to see up to 10 an hour.





Get outside, wrap up warm and pack a warm drink to keep you cosy as you lean back and keep your eyes peeled.

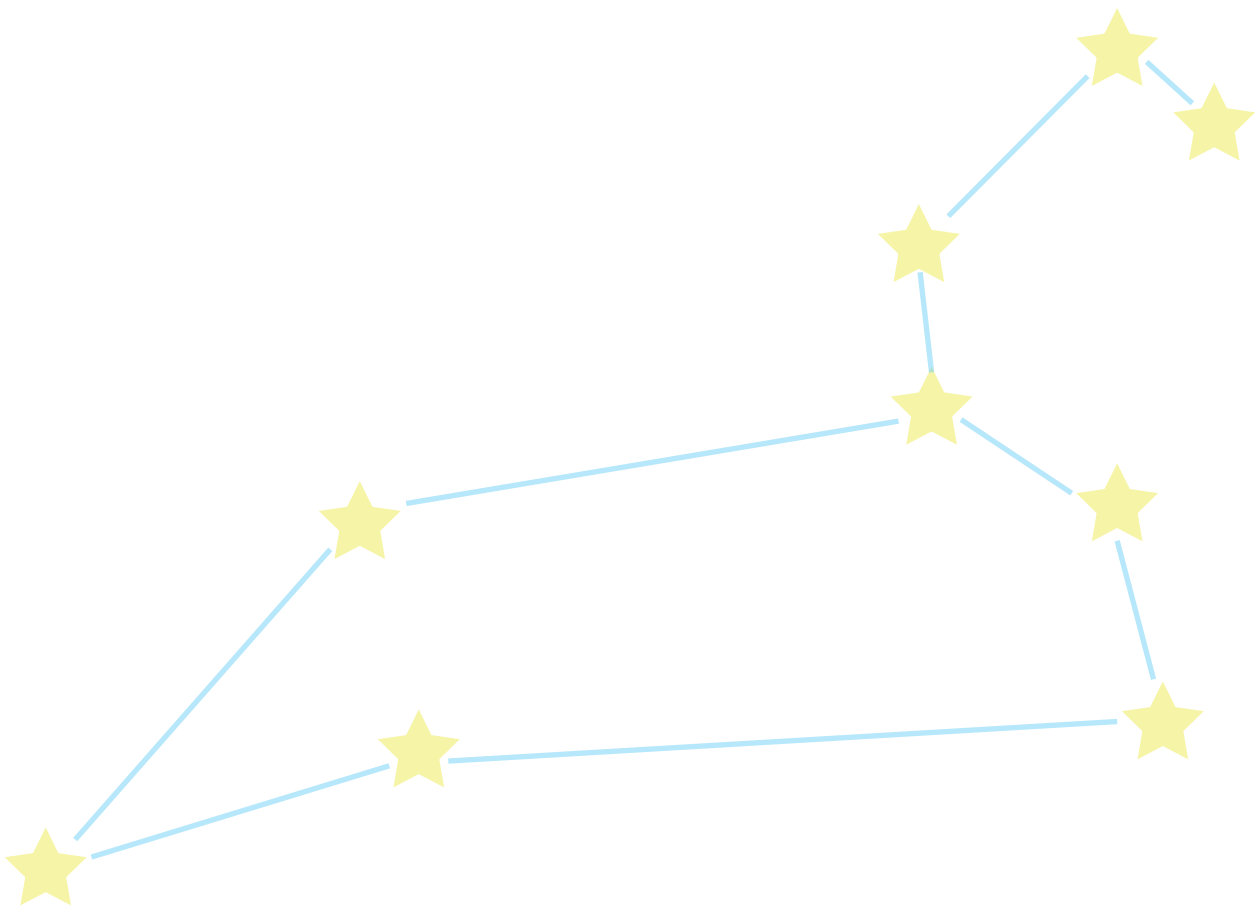
They will range in brightness with some of the fainter ones being hard to spot due to the light of the moon but the bright ones will be easily noticeable and if your lucky you may even see what is referred to as an Earth Grazer.

These large comets are incredibly bright and their tails can hang in the sky for a few seconds after they fly over.

**We would love to hear
from you if you see
one of these!**



The Leonids will be visible across the sky but radiate from the constellation of Leo, hence the name. See if you can find the constellation in the sky, don't worry if you can't though as the meteors will be visible across the sky.



take

natures



One of the wonderful things about the winter months is that the dark nights really bring the stars to life.

A small cluster of stars that are only visible to us during these months is the Pleiades (pronounced play-dees), also known as the 7 sisters.

On a clear night scan the skies for a patch of stars, tightly grouped together in a fuzzy little group.

They can be found diagonally up and to the right of the constellation Orion (as seen in the next page).

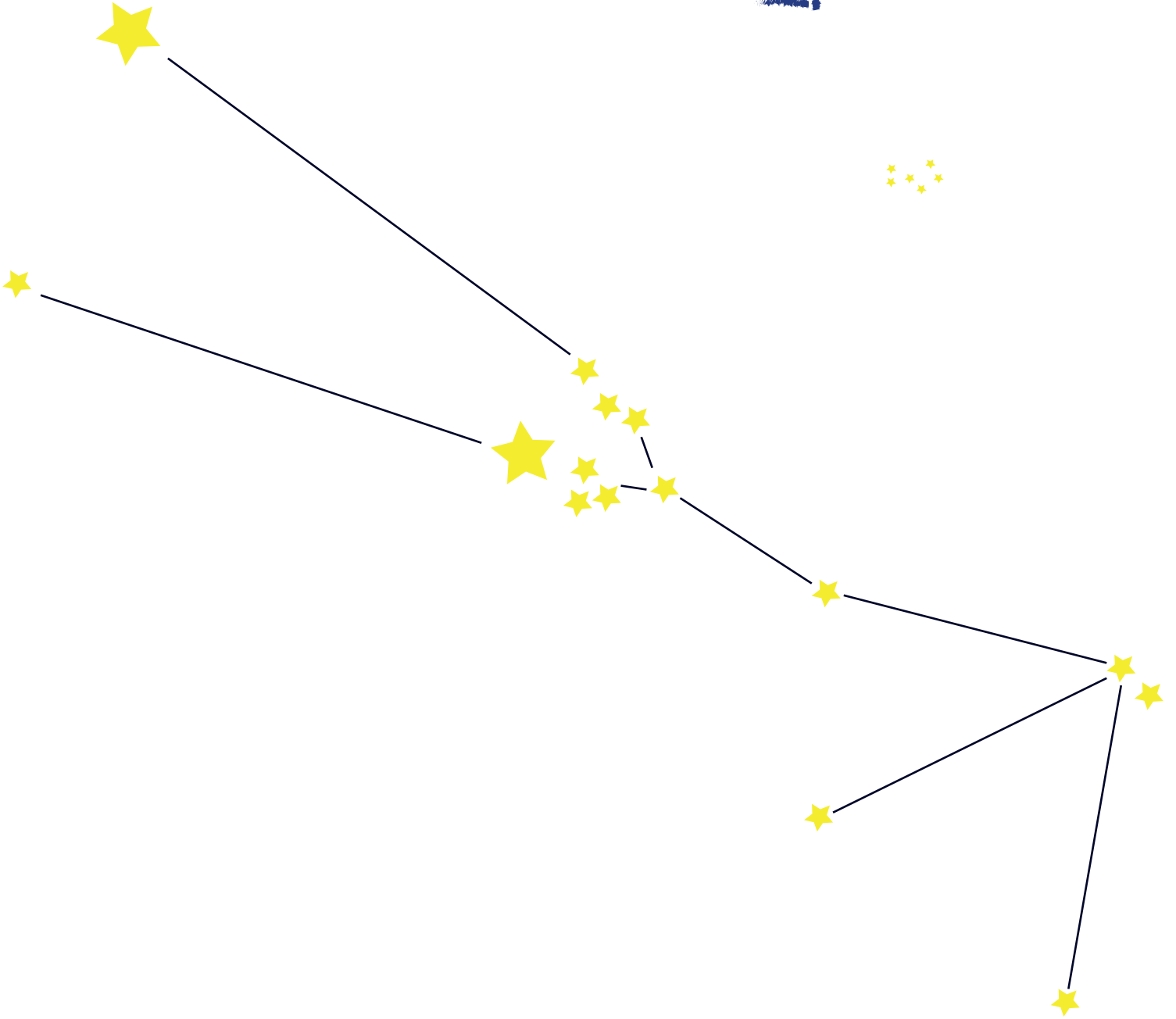
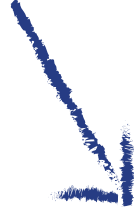
As your eyes adjust you will notice that the individual stars can be defined from each other.

The more stars you can see, the better your eyesight.

Legend has it that if you are able to count 7 stars then you are a warrior, fit for battle!

How many can you count?

seven sisters



make a statement make a poster!

YOU WILL NEED:

1. COLOURFUL PAPER

2. ALPHABET LETTER
STAMPS

3. COLOURED
INK PAD

THIS IS A GREAT ACTIVITY TO DISCOVER WHAT MATTERS TO YOU MOST!

ask yourself

WHAT DO YOU BELIEVE IN?

WHO DO YOU WANT TO
SHARE YOUR BELIEFS WITH?

THINK ABOUT WHAT
MATTERS TO YOU

WHY DOES IT MATTER?

WHAT MATTERS TO YOU?



POSTERS HAVE THE ABILITY TO MAKE
AN IMPACTFUL VISUAL STATEMENT
WHICH CATCHES PEOPLES ATTENTION.

things people care about.

WOMENS RIGHTS

LBGTQ
RIGHTS

RECYCLE
REUSE
REDUCE

PEACE
NOT WAR

FREE EDUCATION
FOR ALL

FREE
SPEECH!

BAN SINGLE
USE PLASTICS

HUMAN RIGHTS

CLIMATE CRISIS

BLACK LIVES
MATTER!

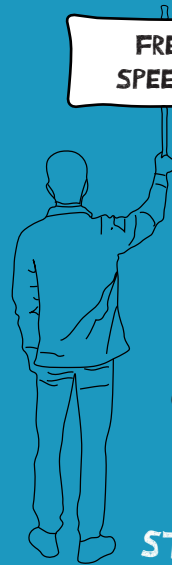
PICK UP YOUR
LITTER

GENDER EQUALITY

TRANS RIGHTS

SAVE THE
HONEY BEE!

STOP RACISM!



STEPS YOU CAN FOLLOW TO HELP GET YOUR POSTER STARTED

1. CONSIDER WHAT YOU WANT TO TALK ABOUT

2. THINK ABOUT THE LAYOUT OF THE POSTER

3. CHOOSE YOUR COLOURS AND DECIDE ON A FONT

4. WHERE DO YOU WANT TO DISPLAY YOUR POSTER?

TIP: YOU CAN LAYER DIFFERENT COLOURED PAPER ON TOP OF EACH
OTHER OR YOU CAN PAINT THE BACKGROUND AND DRAW
IMAGES TO ADD TO YOUR POSTER

ABERDEEN PEOPLES PRESS (APP) STARTED IN 1973 AND ENDED IN 1984, DURING THIS TIME THEY PUBLISHED A NEWSPAPER EVERY 2 WEEKS, HIGHLIGHTING AND PUBLICISING LOCAL MATTERS IN ABERDEEN.

NOT ONLY DID APP SUPPORT ABERDEEN PEOPLE, THEY PROVIDED A PRINTING SERVICE FOR DIFFERENT GROUPS ACROSS SCOTLAND AND THE UK, SUCH AS RADICAL GROUPS, COMMUNITY NEWSPAPERS, TRADE UNIONS AND CAMPAIGNING ORGANISATIONS, ALLOWING THEIR VOICES TO BE HEARD BY A WIDER AUDIENCE.

ABERDEEN PEOPLES PRESS PROVIDED A SPACE FOR YOUNG PEOPLE TO VOICE THEIR CONCERNS AND BELIEFS, ACTING AS A MEETING PLACE AND SOCIAL HUB FOR THE CITY'S GROUPS TO COME TOGETHER.

examples

HERE ARE SOME EXAMPLES OF POSTERS PEOPLE HAVE MADE IN ABERDEEN IN RESPONSE TO ABERDEEN PEOPLES PRESS



WHERE DO YOU WANT TO DISPLAY YOUR MESSAGE ?
IT COULD BE AT YOUR SCHOOL, IN A SHOP OR CAFE WINDOW,
ON YOUR BEDROOM WINDOW, AT A BUS STOP. THE POSSIBILITIES ARE ENDLESS!