

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 this month's box there is:

- Felt Fairy Lights
- Clay Festive Gnome
- Nature &/+ Urban
- Block Colour Tote Bag
- Help a Hedgehog
- Shared Spaces
- Autumn Scavenger Hunt

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

Thanks for participating in Peacock & the Worm's November Boredom Box, we hope you had loads of fun and will get involved again in our December Boredom 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



Felting Flower Lights

What you will need:

- *A bowl or jug to put warm water in*
- *A towel to lay down on the table
(A tea towel or folded bath towel will do)*
- *The soap from your box*
- *The scissors from your box*
- *The organza* material from your box*
**(the thin material in your box)*
- *The felting wool from your box*



STEP ONE:

Lay your towel down on a table or hard surface. Take your felting wool and gently pull each colour into long pieces.

STEP TWO:

Place a thin, even layer of wool on your towel. Make sure all the edges overlap and are facing the same direction. Add another even layer of wool on top, this time facing the opposite direction.



STEP THREE:

Place the piece of organza fabric over the top of your wool.



STEP FOUR:

Prepare some warm water in your bowl or jug- make sure it's not too hot! Place a chunk of soap in the water and rub between your hands until the water is nice and sudsy.



STEP FIVE:

Pour some warm, soapy water over your wool until it is evenly soaked.

STEP SIX:

Gently rub the organza with your palm in circular motions over the wool. After about 10 minutes, peel the organza off and turn your felt over. Replace the organza and continue gently rubbing for another 10 minutes. Remember to keep your felt soggy by adding the sudsy warm water!



STEP SEVEN:

You should be able to see the colours blend together and the felt feel more firm. Remove the organza fabric and rub with your bare hand for another 10 minutes. Turn your felt over and repeat.

TIP!

If your felt feels a little rough then try gently rubbing your piece of soap directly on the felt. This will help your hand glide over the material better.



STEP EIGHT:

Use more pressure until your felt feels firm. Wool shrinks when it gets wet so don't worry if your felt looks smaller than when you started!

STEP NINE:

Rinse your felt, switching between hot and cold water. Squeeze, scrunch and rub your felt under the water to get rid of all the soap. Leave your felt to dry for a few hours or until it feels dry to the touch.



STEP TEN:

Once your felt feels dry to touch, cut into circles. Try finding something round to use as a stencil like a cup. A larger circle makes larger flowers. The smaller the circle, the more flowers you can make.

STEP ELEVEN:

Using the same method as STEP FOUR, prepare some more warm, soapy water.



STEP TWELVE:

Dip one of your felt circles into the warm water and rub between your palms. Find the centre of the circle with your finger and firmly push the felt down, over your fingertip into a trumpet shape.

Keep pushing and moulding the felt until it holds this shape. Repeat with each one of your felt discs.



STEP THIRTEEN:

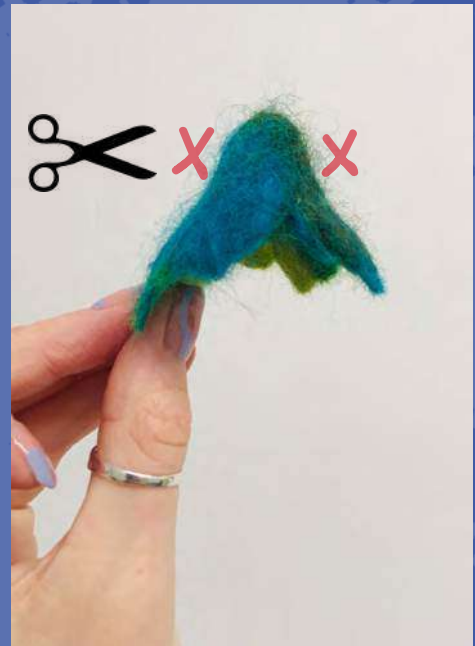
Using the same method as STEP NINE, rinse your felt flowers under hot and cold water. Be sure to give them a good squeeze to get rid of any remaining soap.

Set your flowers aside to dry for a couple of hours.

STEP FOURTEEN:

Once your flowers are dry, carefully snip two small openings at either side of the base of your flower. This is how you will thread your flower onto your lights so the opening should only be big enough to fit over the bulb.

This step might be a little tricky, especially on smaller flowers so take your time!



STEP FIFTEEN:

Carefully thread your flowers onto your string lights using the holes you have just cut. Position each flower over a bulb.

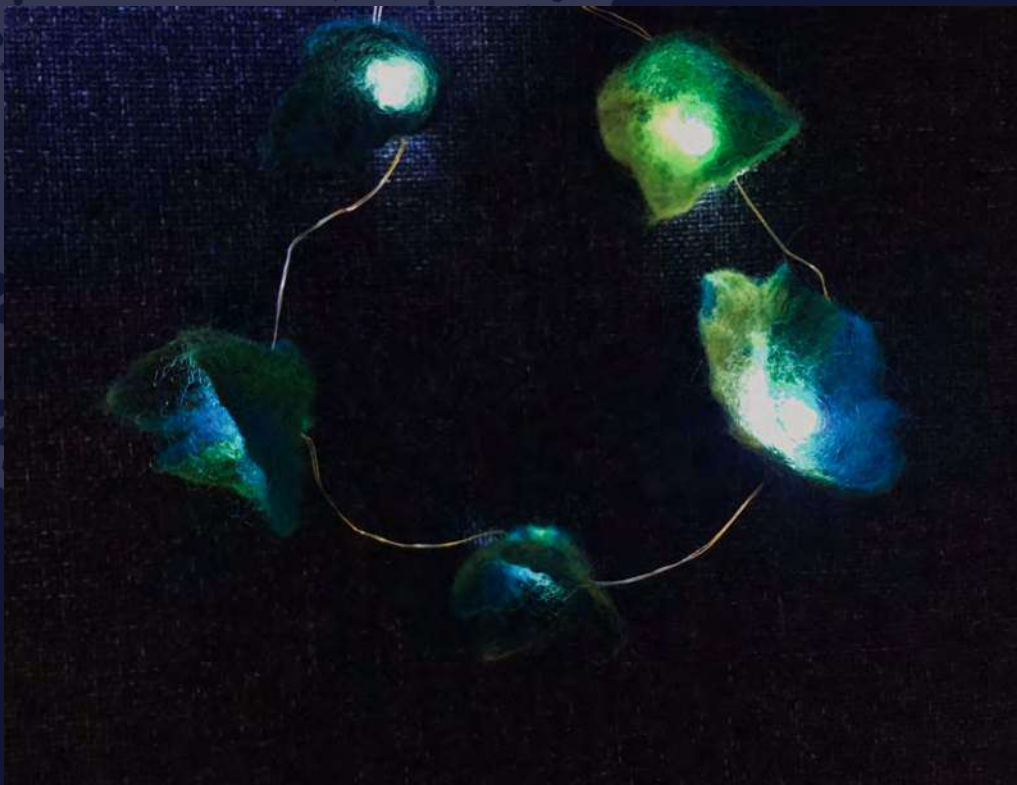


STEP SIXTEEN:

Insert the two AA batteries into your fairy lights and flick switch to the 'ON' position.

STEP SEVENTEEN:

Turn the lights out and enjoy!



nature



&/+



urban

Go for a walk with your smartphone. The challenge is to find something from nature e.g a tree, a mushroom and something urban or man made e.g a car, road markings that are the same colour. Take photos of the things you find while you are out walking. Download "InstaSize" app, ignore option to "Start 7 Day Trial" and click on the '+' symbol, then select 'Collage' and select the two photos you want to pair together. Then select the share symbol, close any adverts that come up and select the option to save to 'gallery'.

BLOCK COLOUR TOTE BAG GIFT IDEA

TRY OUT YOUR OWN COLOURS, DESIGNS,
SHAPES AND PATTERNS WHILE MAKING
A GIFT FOR CHRISTMAS OR FOR YOU.

YOU WILL NEED:

ACRYLIC PAINTS, A FOAM ROLLER OR PAINT BRUSH, MASKING TAPE
OR RECYCLE YOUR BOREDOM BOX/ CARDBOARD, SCISSORS, A PENCIL
A TOTE BAG

SOMEWHERE FLAT AND STEADY TO WORK. SOMETHING TO SLIP INTO THE
TOTE BAG TO AVOID THE PAINT SOAKING THROUGH TOT THE OTHER SIDE
OF THE BAG.

TIPS:

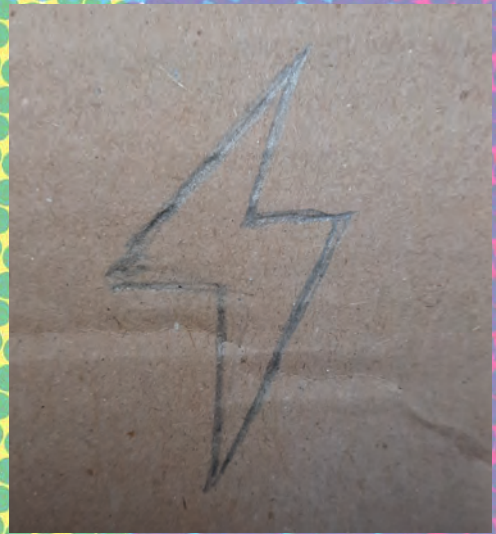
1. SIMPLE SYMBOLS, SHAPES AND PATTERNS WORK WELL REPEATED IN
DIFFERENT COLOURS.
2. LEAVE EACH COLOUR TO DRY BEFORE REMOVING THE STENCIL.
3. LEAVE EACH COLOUR TO DRY BEFORE GOING ON TO ANOTHER COLOUR
TO AVOID UNWANTED MIXING.
4. TAKE INSPIRATION FROM THE THINGS YOU LIKE E.G. MUSIC, TV, T-SHIRT
DESIGNS, NATURAL PATTERNS.
5. USE OBJECTS TO HELP YOU TO DRAW AROUND.
6. YOU CAN PAINT ON TO THE BAG WITHOUT USING STENCILS OR MASKING
TAPE.

DRAW OUT YOUR DESIGN

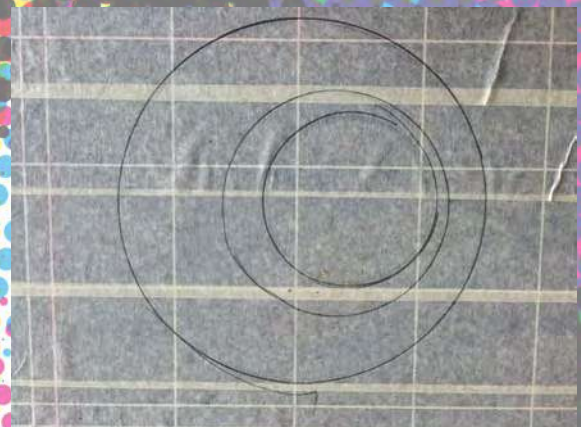
EITHER DIRECTLY ON TO THE BAG



ON TO THE CARDBOARD



OR ON TO A MASKING TAPE SHEET



CUT OUT YOUR DESIGN - IF USING MASKING TAPE OR CARDBOARD



IMPORTANT: PLACE SOME BAKING PAPER OR A SHOPPING BAG INSIDE THE BAG TO LEAVE A BARRIER BETWEEN THE SIDE YOU ARE PAINTING AND THE UNDERSIDE OF THE BAG,

APPLY YOUR DESIGN, SHAPES AND PATTERNS TO THE BAG DECIDING WHAT WILL STAY BLANK AND WHAT WILL BE COLOURED WITH PAINT.



CARDBOARD METHOD

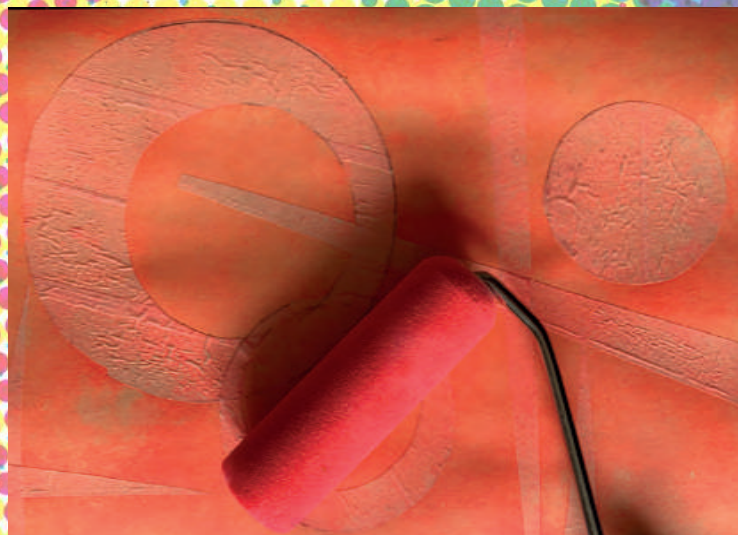


MASKING TAPE METHOD

GET YOUR ROLLER OR BRUSH AND COLOURS READY TO GO



PAINT ON TO THE BAG WITH ROLLER OR PAINT BRUSH



ONCE EACH COLOUR DRIES, REMOVE THE TAPE OR CARDBOARD STENCIL



EXAMPLES



INVENT YOUR OWN RULES FOR SHARED SPACES



Signage in shared spaces usually tell us what not to do

Often we obey these signs without thinking, they change how we behave and interact with a space

If you were in charge, what kind of area would you create?

What would be allowed or not allowed?

You can create your own official signage and take over a shared space

Do you notice people acting differently when they see your sign?

Instructions on how to make 'official' looking signs are on the next page



Using a separate sheet of paper you can trace the letters from the alphabet on the next page to create a sign saying anything you like!

How to trace:

1. To make the letters easier to see when you are tracing them you can stick the alphabet sheet to a window using blutack provided in the boredom box
2. You can then either hold or stick the sheet of paper you are drawing on on top of the alphabet sheet, moving it between the different letters as you spell out your words

The light shining through the back of the paper will highlight the letters making it much easier to see. You can do this with any kind of drawing in the future where the paper is thin enough for the light to shine through



1. put blutack on the back corners of the alphabet sheet



2. stick the alphabet sheet to a window or glass door



3. now you can place blank paper over the alphabet sheet (you can use blutack to make it easier if you like)



4. now you can trace the letters you need to make your poster



5. move your paper along to trace each letter that you need

You can do this with any image if the paper is thin enough, for darker images days with stronger sunlight will work better



hibernate means:
to pass the winter

Did you know hedgehogs hibernate?

Hedgehogs usually hibernate from October–November time through to March and April. But if the weather is unusually warm for that time of year, some hedgehogs can remain active into December!

What does it mean to hibernate for a hedgehog?

During hibernation hedgehogs go into a deep sleep, helping them save a lot of energy and survive the harsh winters without having much food. Slowing down all other bodily functions making normal activity impossible. Infact they drop their body temperature to match their surroundings and slow their breathing entering a state of inactivity.



You can help a hedgehog by making
a hedgehog hibernation house!



Instead of throwing away your Boredom Box once you have finished with the activities, why not recycle it by turning it into a hedgehog house, perfect for a cosy, dry spot for a hedgehog to hibernate in!

You will need: The Cardboard box from your Boredom Box, scissors and lots of dried leaves, which you can collect from a garden or park.



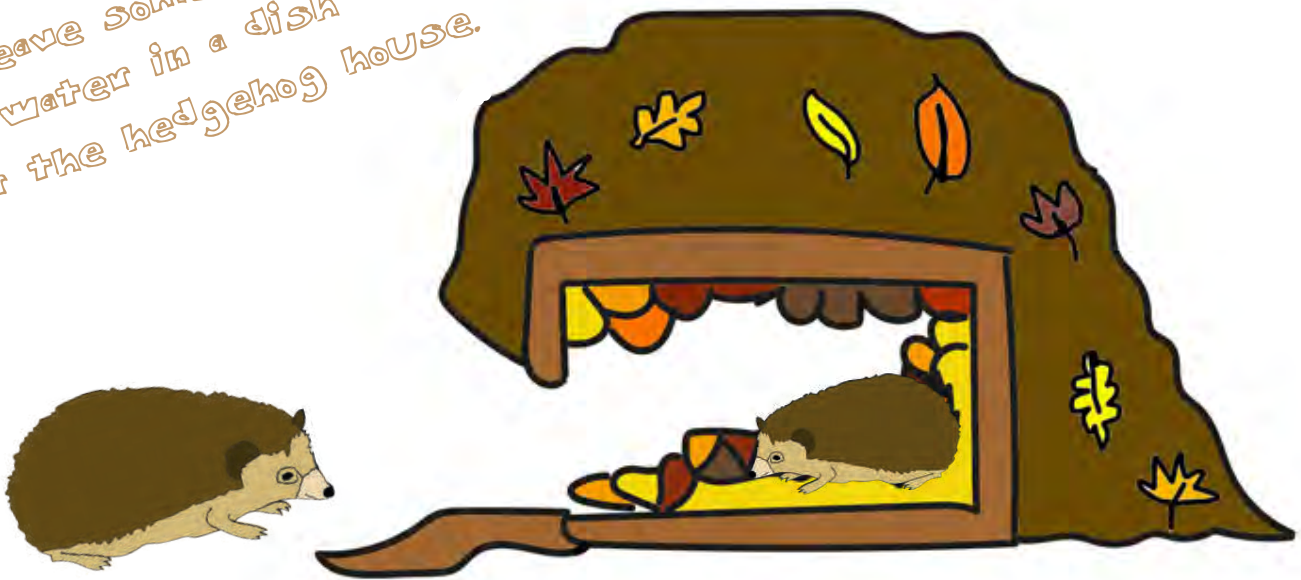
Easy steps to follow

1. Take your cardboard box removing any left over materials inside, including the Boredom Box Sticker.
2. Make an entrance by cutting a hole about 14cm tall as well as wide in one end of the box, making sure to remove any rough edges.

3. Look for a suitable location to place the hedgehog house, this could be in a sheltered part of your garden, or in a local park.

4. Once you have decided on a location, gather up as much dry leaves as you can. The leaves will be used to keep the hedgehog cosy throughout its hibernation and act as a protective layer from the cold weather.

tip
Leave some fresh water in a dish near the hedgehog house.



5. When you have made a hedgehog house, place it in a quiet part of your garden, preferably against a bank, wall or fence.

6. Fill the hedgehog house with the dry leaves you have gathered, leaving enough space for a hedgehog to get in. Use the left over leaves to cover the hedgehog house hiding it from other animals and protecting it from the weather.

Hopefully all your hard work will have paid off and you will have a visit from a little friend seeking a home.

Do's and Don't's to protect hedgehogs



Do put out a bowl of dog food or meaty cat food around dusk.

Do install, in a quiet part of the garden, a hedgehog house.



Do put out water for drinking.



Do leave some areas of wilderness where the hedgehogs can snuffle for insects.



Don't put out bread and milk

Don't use slug pellets or other chemicals, they may poison hedgehogs and other animals.



Don't fork over compost heaps in case hedgehogs or other animals have taken up residence.



Don't pick up healthy hedgehogs

FESTIVE CLAY GNOMES



YOU WILL NEED
AIR DRYING CLAY ACRYLIC PAINT
CLAY TOOLS AND PAINT BRUSH.

ROLL OUT A CONE SHAPED PIECE OF CLAY THIS WILL BE THE HAT HEAD AND BODY OF THE GNOME.



SET THE CONE A SIDE AND MAKE FOUR SMALL BALLS THESE WILL BE THE FEET NOSE AND BOBBLE FOR THE HAT.

THEN MAKE THIN LONG CLAY PIECES WHICH WILL BE USED TO BUILD THE BEARD.

HANDY TIP

USE THE CLAY TOOLS TO CREATE TEXTURE ON THE CLAY MAKING THE GNOME LOOK LIKE IT HAS HAIR AND THE BOBBLE ON THE HAT IS FLUFFY!



START PUTTING THE GNOME TOGETHER BY MAKING SURE YOU HAVE STRONG CONNECTION POINTS BETWEEN EACH PART OF CLAY. THIS CAN BE DONE BY LIGHTLY SCORING THE CLAY TO CREATE HATCHING BETWEEN THE PIECES.

Hatching



ONCE YOU HAVE FINISHED MAKING YOUR GNOME SET IT A SIDE TO DRY. THIS COULD TAKE UP TO 24 HOURS!

WHEN IT IS DRY YOU CAN DECORATE YOUR GNOME WITH THE ACRYLIC PAINTS THAT CAN BE FOUND IN YOUR BOREDOM BOX.

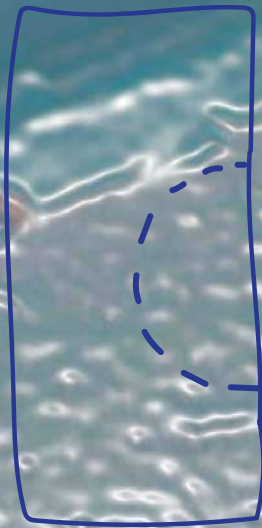


TOP TIP

PAINT YOUR GNOME ALL WHITE AND LET IT DRY BEFORE USING THE COLOURFUL PAINTS! THIS WILL MAKE THE COLOURS STAND OUT MORE.

FESTIVE TREE TEA LIGHT HOLDER

ALTERNATIVE WAY TO USE YOUR CLAY.



CUT



FOLD



STICK



MOULD



PAINT

PLACE TEA
LIGHTS UNDER

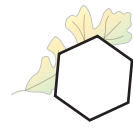


AUTUMN SCAVENGER HUNT

This is a fun activity that everyone can enjoy,
you can do it on an Autumn walk or in a park or garden.



Orange Leaf



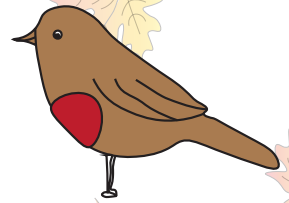
Yellow Leaf



Spider web



Red Robin



Brown Leaf



Mushroom



Red Squirrel

As an additional part of the scavengers hunt you
can draw each objects that you spot!

Look around you,
what can you see?

look at the sky

look at the ground

What's in trees or
rustling in the leaves