

The background is a light teal color decorated with various spring-themed illustrations. At the top, there are teal and pink flowers, a white swirl, and dark green leaves. In the center, a white glue bottle with a yellow band and a red pen with a black nib are prominent. To the right, a yellow flower and a red squiggly line are visible. At the bottom, there are pink and yellow flowers, a yellow brushstroke, and more dark green leaves. The title 'Spring Family Activity Pack' is centered in the middle of the page.

Spring Family Activity Pack

The logo for 'Uplift Festival 2021' features the word 'Uplift' in a white, sans-serif font with a blue outline, set against a colorful, multi-colored splash background. Below it, the words 'Festival 2021' are written in a smaller, blue, sans-serif font.

Uplift
Festival 2021

Welcome to your Spring Family Activity Pack

Spring has sprung and we are leaving the dark nights of winter behind us! Spring is a time when everything is growing and bursting into life. You'll hear the birds singing, see beautiful green leaves unfolding on the trees around you, spot butterflies flying in the park and smell freshly-cut grass.

So as nature starts to bloom around us and animals start to come out from hibernation, we've got a fun-packed book of activities for you to do as a family. Get everyone together and head outside to explore!

Collect things you see along the way on your walk that you could turn into your very own artwork! Leaves, twigs, wild flowers and pine cones might not look very exciting on their own but put them together, get creative with our activities and you'll be surprised at what you end up with! Take a look at what you'll need to make your very own bugs & beasties on p18 or what to look out for to create a nature press on p8.

Even if it's raining and you can't head outside, get your family together for Challenge o'clock on p24. Compete through a range of fun and creative activities and find out who will be the winning team! Or take some time to think about all the family, friends and neighbours around you and spread some joy with our Kindness Bingo on p2. Making people smile is infectious, so spread some happiness around!

We hope you have lots of fun working your way through these activities!

You can share your pictures with us using the hashtag below.

Uplift2021



About this pack

This pack has been compiled by Cartwheel Arts – a Greater Manchester participatory arts charity that has been delivering 'Art for a Reason' for over 30 years.

To find out more about Cartwheel Arts please visit www.cartwheelarts.org.uk. You can learn more about the artists involved in this pack on the back page of this pack. Follow us & send pictures of your creations to:

Twitter

@CartwheelArts

Facebook

CartwheelArts

Email

admin@cartwheelarts.org.uk

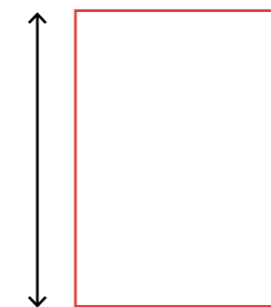
All art work received will be displayed on our website www.drawtheday.org where you will also find a host of other art based activities to try. Have fun!



Remember

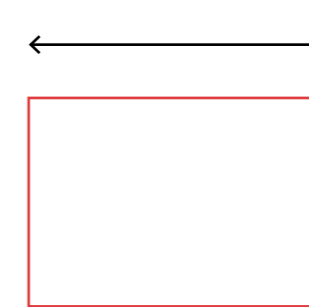
Portrait

means this way up



Landscape

means this way up

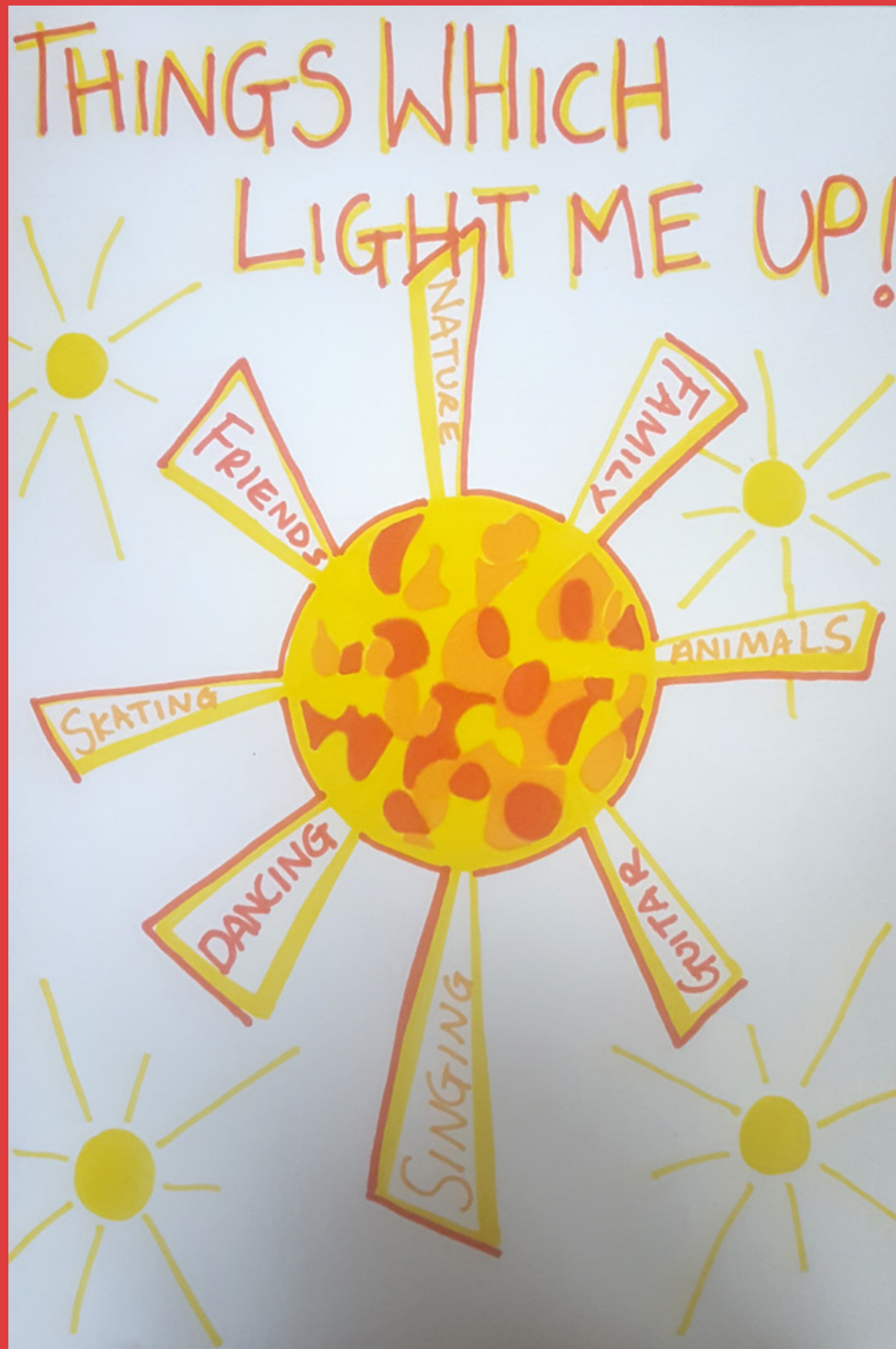


Kindness Bingo

*Have a random acts of kindness week
Cross them out as they're complete
Have fun and spread some cheer
We need it after this bonkers year!*



CHOOSE YOUR OWN ACT OF KINDNESS	ASK HOW SOMEONE IS DOING AND LISTEN	SHOW SOMEONE YOUR BIG SMILE	CHOOSE YOUR OWN ACT OF KINDNESS
HELP SOMEONE WITHOUT BEING ASKED	TELL A FUNNY JOKE	ASK A FRIEND HOW THEY ARE	THANK SOMEONE FOR THEIR HARD WORK
TELL SOMEONE 5 THINGS THAT MAKES THEM SPECIAL	DRAW SOMEONE A LOVELY PICTURE	GIVE SOMEONE A COMPLIMENT	SEND A NEIGHBOUR A HANDMADE CARD
LEAVE A SURPRISE NOTE FOR SOMEONE	DISPLAY ARTWORK IN YOUR WINDOW TO MAKE OTHERS SMILE	SHOW SOMEONE YOUR BEST CHEESY GRIN	GIVE/DRAW SOMEONE FLOWERS
SHOW SOMEONE YOUR FAVOURITE DANCE MOVE	CHOOSE YOUR OWN ACT OF KINDNESS	SHARE YOUR FAVOURITE SONG	WRITE/MESSAGE SOMEONE YOU HAVENT SEEN IN A WHILE
TELL SOMEONE THEY'RE DOING A GOOD JOB	GIVE A LOVED ONE A RANDOM HUG	HELP AROUND THE HOUSE WITHOUT BEING ASKED	CHOOSE YOUR OWN ACT OF KINDNESS



Rays Of Hope

You will need

- 1 piece of A4 white paper
- Felt tips

Instructions

1. Using a yellow felt tip (or your favourite colour) draw around a cup on a sheet of white paper. This will be the outline for your sun.
2. Using the the same colour felt tip, draw 8-10 long triangles coming out from your sun. These will be the rays of the sun.
3. Using the same colour felt tip again make lots of squiggles inside your sun.
4. Using another colour felt tip write inside the triangle rays all the things which make you happy, things which light you up inside, like playing with your friends or playing a musical instrument. You might also want to include things that you haven't been able to do for a while and can't wait to do again, like spending time with friends and family, giving someone you love a hug or going swimming!
5. Colour in the squiggles on the Sun centre.
6. Once you have finished colouring in your sun take a red felt tip and go around the edges of your rays, this creates a 3D look.
7. Draw smaller suns around your big sun or you could draw different colour galaxies if you want to jazz it up a bit.
8. Now give your art a title. Ours is called 'Things which light me up'. What will you call yours?
9. To get a 3D look for your title, take a darker colour felt tip and go around the edges.
10. Stick it on your wall as a reminder of all the things that make you happy or bring you hope. Encourage everyone in your household to have a go too and stick them up together.



Stargazers Diary

You will need

Coloured paper

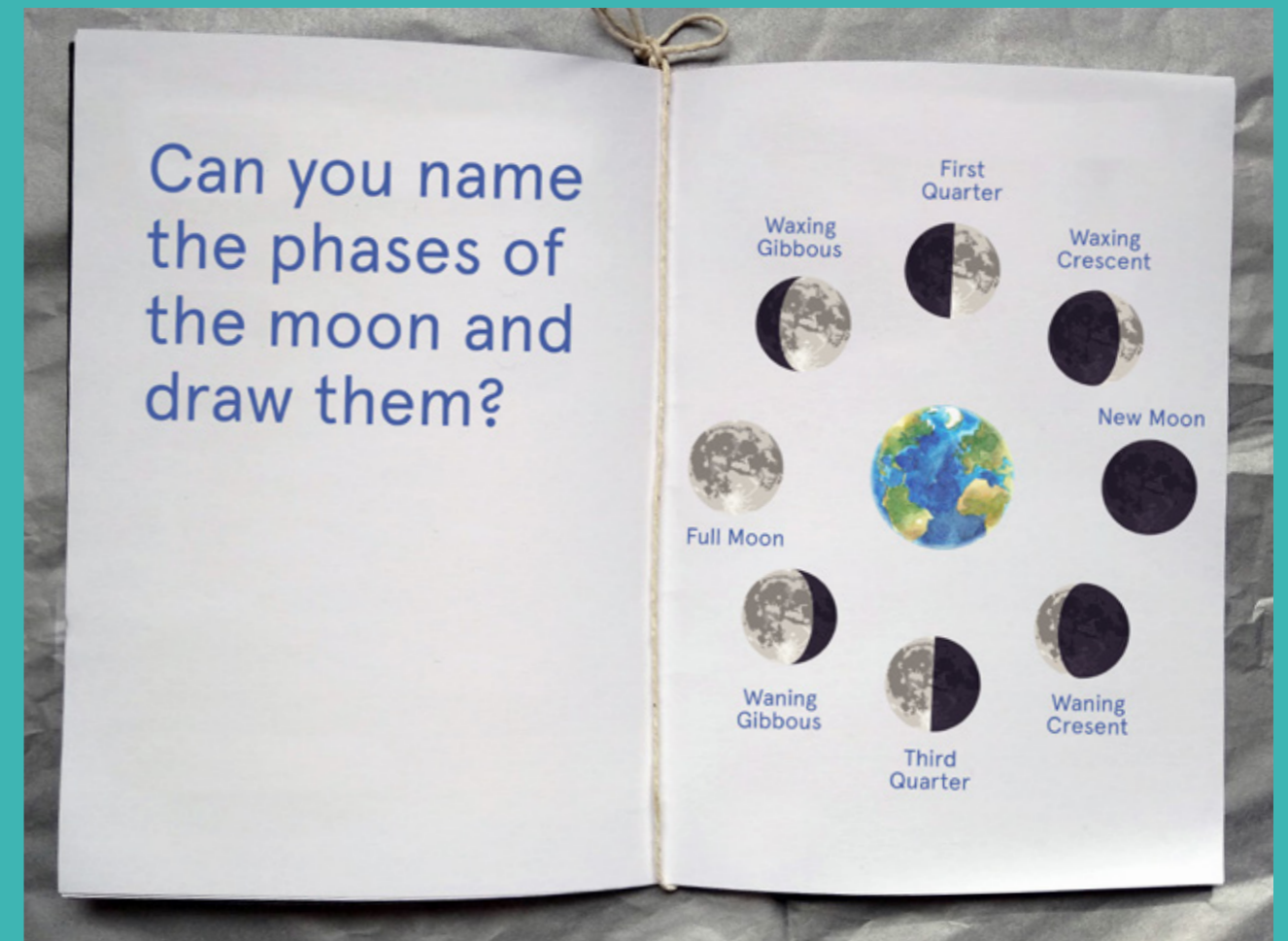
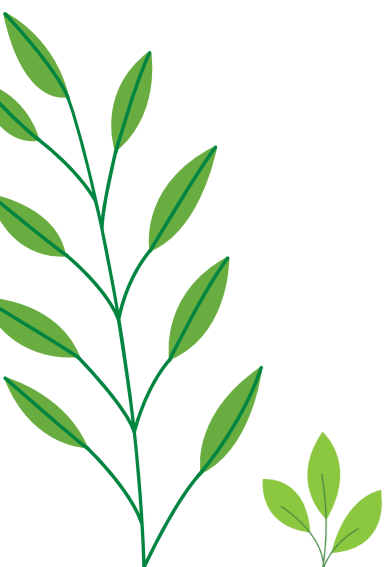
Pencil crayons or pens

White paper

String

Instructions

1. Take a few sheets of A4 paper, hold them in landscape and fold them in half.
2. Take coloured paper and fold that in half and add it as the cover of your book. If you don't have coloured paper you can use white paper and decorate it.
3. Decorate your cover with planets, stars and moons.
4. Take a piece of string and tie it around the centre of the paper to make a small book
5. Look at the night sky and see if you can spot any shooting stars, planets or the moon. Record what you see in your diary, in words and/or in pictures.
6. Add to your book whenever you feel like it to document your star and moon gazing, if your pages get full you can always add more paper.



Capture your Spring nature finds in this portable press.
You can press (flatten, dry and preserve) flowers, petals,
seeds, grasses, herbs, feathers and leaves!



Tips

1. Pick your items on a dry day so your finds aren't wet when placed in your press.
2. Try pressing an old bunch of flowers if you can't get out on a nature walk.
3. You could place your press under some books for extra pressing!

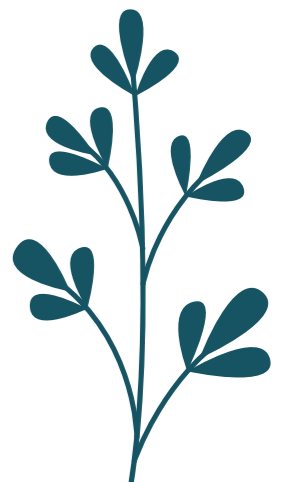
My Nature Press

You will need

- | | |
|--|---|
| Cardboard box | Scissors |
| Plain paper | Glue stick |
| Nature Press Template
see the next page | Colourful pencils/crayons
for decorating |
| | Elastic band |

Instructions

1. Find the nature press template and copy it or print it out.
2. First, decorate your Nature Press front and back cover (your nature press template) with colourful crayons or pencils.
3. Cut out your template, along with 2 extra sheets for inside your press.
4. Using your nature press template to draw around so that it is the same size, cut out the rectangle from the cardboard box.
5. Fold your cardboard rectangle in half to form a 'book'.
6. Fold and glue your press template as a front and back cover.
7. Pop in your two smaller sheets (you can add more if you wish in the same shape, or even some rectangles of cardboard) to form your pages to press your items in between.
8. Find some beautiful natural items to press in your garden or out in nature. Place them in between the sheets and keep in place with the elastic band.
9. Leave for as long as you can, but a minimum of a few days. Be patient!
10. Take a look at your pressed finds! Why don't you create some natural art by gluing your pressed items onto paper or card - have fun creating different patterns and shapes! Or use to decorate around a poem or story about Spring.





Template and Front Cover for nature press

(see instruction for more details)



Sheets for inside of Nature Press

(see instruction for more details)

Egg-cellent Bunny Ears

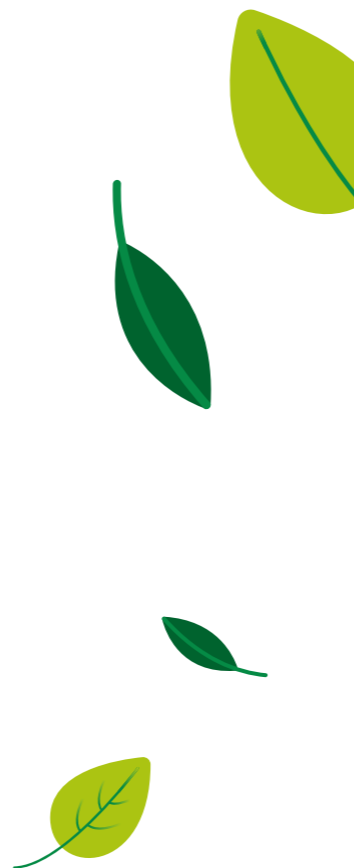
You will need

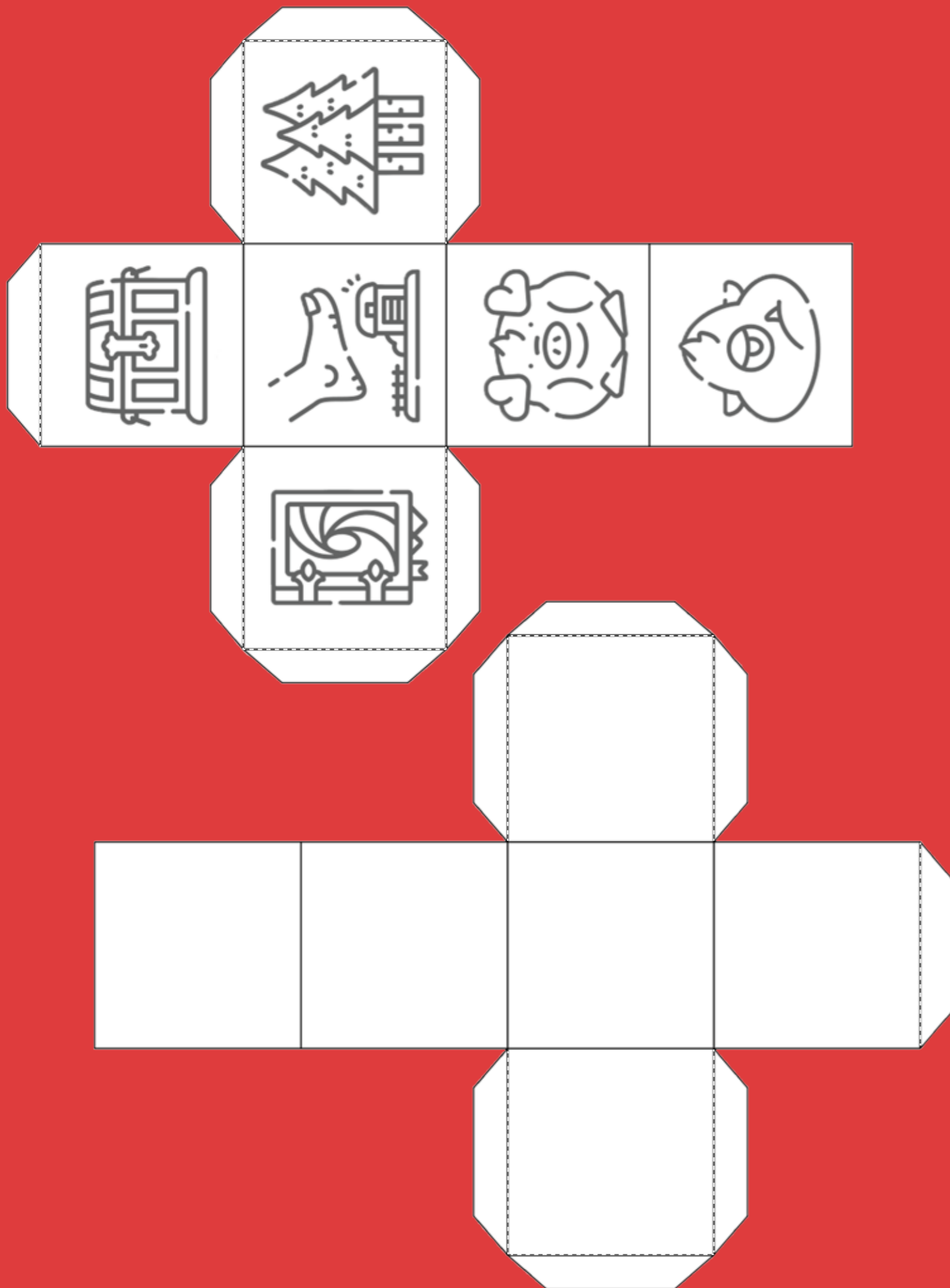
A piece of card or empty cereal box/food packaging
Sticky tape

Scissors
Felt tips and/or paint
Ruler

Instructions

1. Open out your cereal box so that it is flat on the table.
2. Draw out a long strip of card at the bottom of your open box (about 5cm deep), long enough to go around your head with some overlap (about 50 cm)
3. Draw the shape of two long bunny ears on top of your strip. Leave a gap of about 6cm in between them.
4. Cut out the strip and ears, leaving them attached together.
5. Now you can decorate your ears with paints and felt tips to make the best Easter bunny headdress. Use spring colours of your choice. You could add images of eggs and flowers around the sides.
6. When decorated, get a grown up to attach the two ends of the band together so that it fits perfectly around your head.





Make Your Own Story Cube

You will need

Scissors

Glue/tape

Coloured pencils/pens

Instructions

(this can be tricky so get help from an adult)

1. Copy the template on the previous page on to plain paper, or print it out.
2. Colour in the template.
3. Cut out template.
4. Fold along SOLID lines to make a nice cube shape.
5. Fold in flaps along the DOTTED line and glue cube together.

How to play

A game for 1 player:

1. Roll the story cube 3 times.
2. Tell a story that links the 3 pictures together.

A game for 2 or more players:

1. Take turns rolling the cube.
2. Create a story together using the pictures you see.



Welcome The Spring Wreath

You will need

Glue
Scissors
Leaves

Card
Ruler

Instructions

1. Go and collect some leaves. Try and get a good variation and some flowers too!
2. Get a piece of card from a cardboard box, like a cereal box. Get something circular to draw around, like a big plate. Draw around the plate so you have a large circle that fills up your piece of card.
3. Take a smaller plate and draw another circle in the inside of the large circle so that you have a circular band about 8cm wide. (See picture 1)
4. Cut out this band - you might need a bit of help from a grown up for this.
5. Start to stick your leaves onto your cardboard ring in an arrangement that you like. Overlap them so you don't see any of the cardboard ring.
6. Find a toilet roll tube and cut it up into small cardboard rings. You can get about 10 from one tube. (See picture 5)
7. Glue the rings together edge to edge all the way around until you get a flower shape.
8. Tie some string through the flower and attach it to your wreath.
9. Tie some extra string around the wreath so you can hang it in your home or give it to someone else as a lovely spring time gift.



Make your own bugs and beasties from the natural things that you find on a walk. What bugs could you make? A spider, a dragonfly, a grasshopper, a ladybird, a butterfly, a stick insect or a bee. Can you think of any more?



If you collected any pine cones in autumn then you could have a go at a pine cone bug too:

1. Take a pine cone and two petals, feathers or leaves. Glue the leaves to the back of the pine cone as wings.
2. Use seeds, rocks or small twigs for the eyes.
3. Add smaller twigs for legs and attach with glue.
4. Bring your bugs to life by flying them around or make a bug display. See how many different types of bugs you can make using all of your natural materials.



Nature Bugs & Beasties

You will need

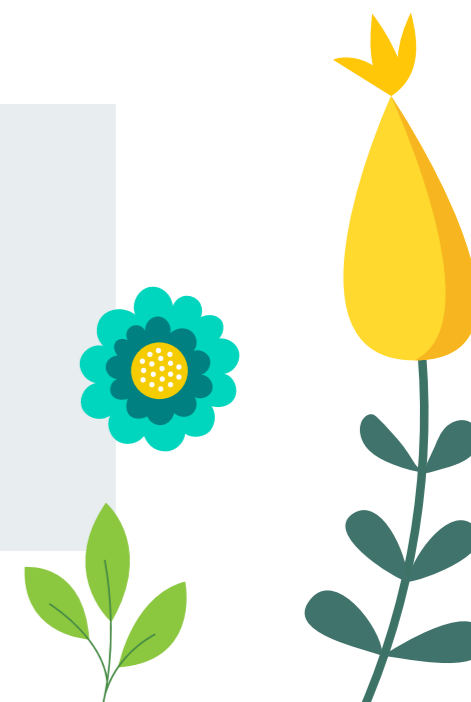
- | | |
|----------|-------|
| Glue | Card |
| Scissors | Ruler |
| Leaves | |

Instructions

1. Go on a walk in the woods or to the park with a grown up. Explore the area and collect some interesting, natural objects. These might include sticks, feathers, twigs, leaves, tree seeds or bark, stones, acorns, grass, or anything else that is natural and could look great as part of your nature bugs. Make sure you include a few sticks and pine cones if you can find any.
2. Place some paper or newspaper onto a table and lay out your found objects.
3. Take one of the sticks and two leaves. The leaves could be wings. Attach these to the stick with a dab of glue.
4. Use small twigs as legs. Stick them on with glue. How many legs does your bug have?
5. Stick on small stones or seeds from fruit to make eyes and two pieces of grass for antennae.

Things to find

Things to use as eyes, things to use as wings, things to use as legs, things you can use as antennae, things to use as body. If you find a twig that already has legs or arms, that's great!



Sun & Rain Mobile

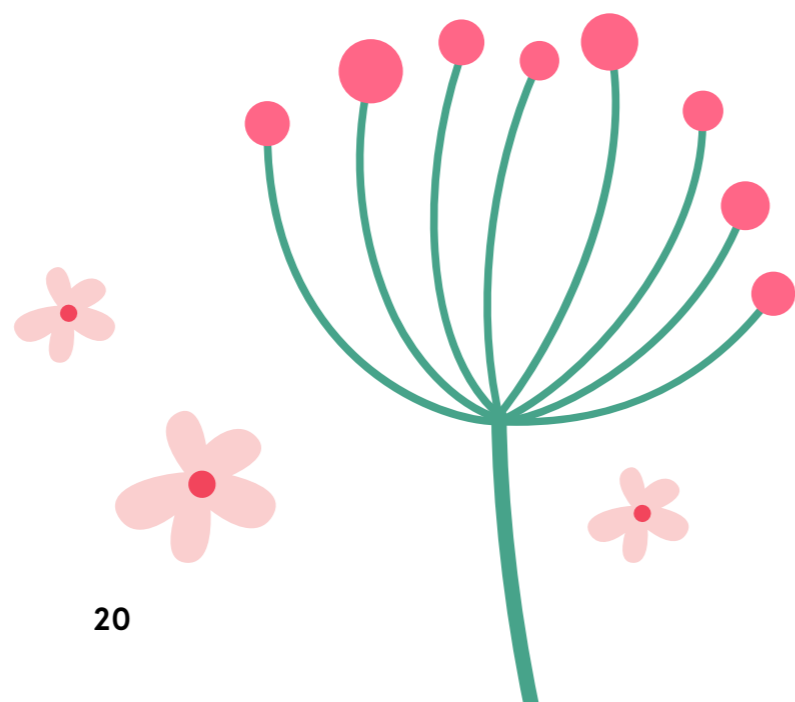
You will need

Paper
Pens or Pencils

Sticks
String

Instructions

1. Copy or trace the templates on the opposite page onto your paper and colour in your sun, rain and clouds. Do this as many times as you like.
2. Cut out your drawings. Colour in the back as well, so it is coloured on both sides.
3. Gather some sticks from outside and bind them together with string (you might need a grown up to help you with this bit).
4. Add string to all of your drawings at different lengths. You can poke a small hole in the top and attach the string or use sticky tape.
5. Hang all of your drawings from the sticks. Space them out at different heights so they don't all knock into each other.
6. Attach string to the top so you can hang this in your home – or why not give it to a friend to hang in theirs!





Did you know During the Second World War the cherry blossom became a symbol of hope and comfort in Japan. It is now a famous part of the Japanese Cherry Blossom Festival, where their blossoming around April time continues to be a symbol of renewal and hope.



Cherry Blossom Branch

You will need

An egg box (ideally a light colour, or pink)

Red and white paints (or felt tip pens)

A paint brush

Scissors

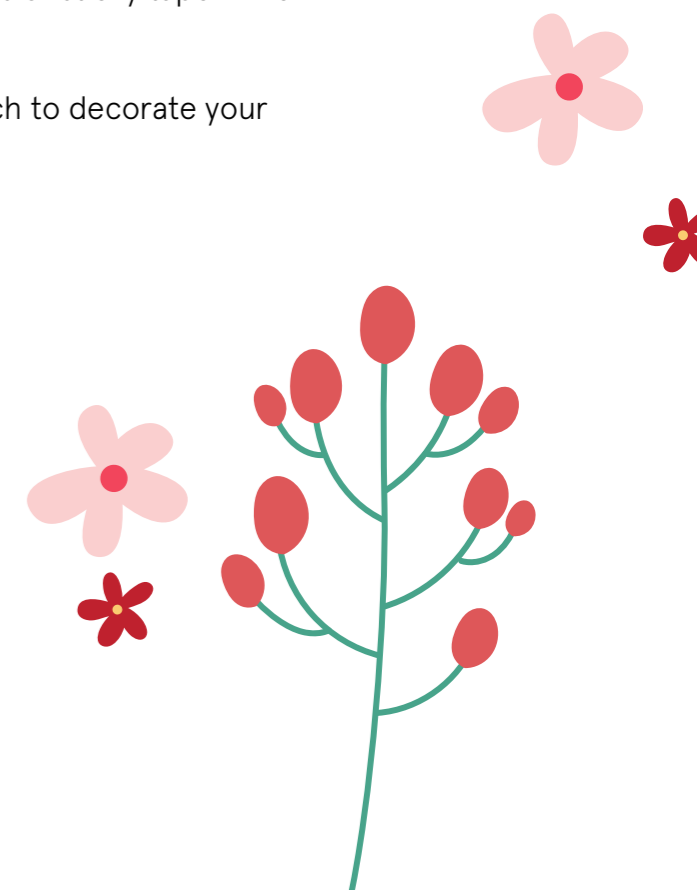
Glue

Sticky tape

A small tree branch from outside with a few arms coming from it. Go out into the garden or go on a short walk with your family to find the perfect branch.

Instructions

1. Take the egg box and cut out the six cup shaped egg holders. Cut them into flower shapes.
2. Mix some white paint with a small amount of red to make pink. Using the paintbrush, paint the egg cup flowers pink and leave to dry. Don't worry if you don't have paints at home, you can use your felt tip pens.
3. When they are dry, place each of the flowers at different points on your branch and stick with glue.
4. You might need to hold them in place with pieces of sticky tape while they dry.
5. You now have a springtime cherry blossom branch to decorate your bedroom and give a great feeling of spring.



Challenge O'Clock

You will need

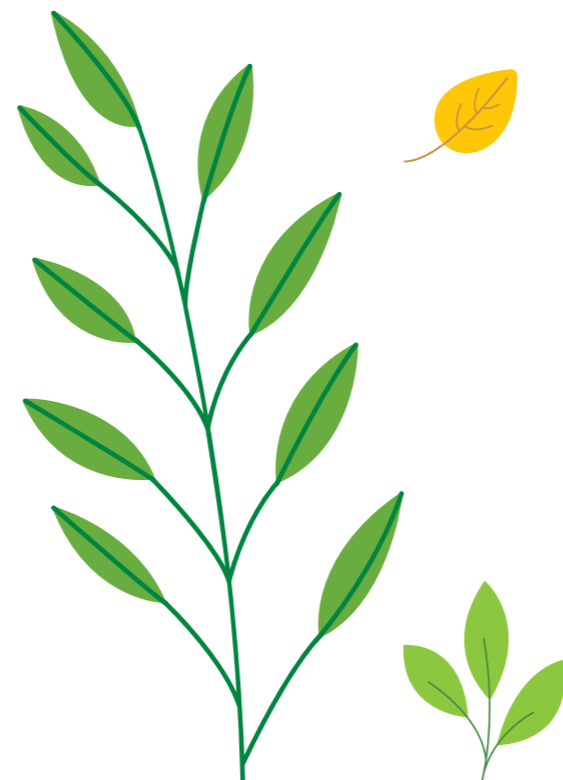
The challenges on the next page

A bowl/hat/container

A timer

How to play

1. Copy out the challenges (or print the page and cut them out), fold them in half and put them into your bowl/hat/container.
2. Get into teams and give yourself a team name (you can be a team of one).
3. The oldest player takes a challenge from the bowl and reads it aloud.
4. Set your timer for the allotted time (or a stopwatch where the fastest team wins) and when everyone is ready press Go!
5. Complete the challenge!
6. The team that completes the challenge first/best reads out the next challenge.
7. Keep playing until there are no challenges left.



EACH TEAM CHOOSES A PLAYER TO:
FIND AN OBJECT THAT LOOKS LIKE YOU!
BEST OBJECT THAT LOOKS LIKE YOU WINS.
YOU HAVE **2** MINUTES STARTING NOW!

EACH TEAM MUST:
GET THE MOST THINGS INTO A SHOE!
MOST THINGS IN A SHOE WINS.
YOU HAVE **1** MINUTE STARTING NOW!

EACH TEAM CHOOSES A PLAYER TO:
FIND 3 THINGS BIGGER THAN YOUR HAND!
FASTEST WINS.
YOU HAVE **1** MINUTE STARTING NOW!

EACH TEAM MUST:
MAKE THE TALLEST TOWER!
TALLEST TOWER WINS.
YOU HAVE **1** MINUTE STARTING NOW!

EACH TEAM MUST:
MAKE UP A SONG ABOUT CHEESE!
BEST SONG WINS.
YOU HAVE **3** MINUTES STARTING NOW!

EACH TEAM CHOOSES A PLAYER TO:
MAKE THE LONGEST NOISE!
LONGEST NOISE WINS.
YOUR TIME STARTS NOW!

EACH TEAM MUST:
TOUCH A TAP!
FASTEST ENTIRE TEAM TO TOUCH THE SAME TAP WINS.
YOUR TIME STARTS NOW!

EACH TEAM MUST:
COME UP WITH A NEW DANCE!
BEST DANCE WINS.
YOU HAVE **3** MINUTES STARTING NOW!

EACH TEAM CHOOSES A PLAYER TO:
FIND 3 YELLOW THINGS!
FASTEST WINS.
YOU HAVE **30** SECONDS STARTING NOW!

EACH TEAM MUST:
SAY 'THE SECRET WORD'
FIRST TEAM TO SAY 'THE SECRET WORD' WINS.
YOUR TIME STARTS NOW!

Think about it!



Wish Jar

You will need

- | | |
|---|---------------------|
| Empty jar | Pencil |
| 1 piece of A4 white paper | Scissors |
| Felt tips (Yellow, Blue, Green, or whatever colours you have) | Material |
| | Sticky tape or Glue |

Instructions

1. Get your clean and dry empty Jar to decorate and place it to one side for now.
2. Using a sheet of paper and pencil, draw 3 Stars and a Butterfly.
3. Cut out your shapes using a pair of scissors.
4. Colour in your stars with a yellow felt tip. Don't worry if you don't have a yellow felt tip, just choose another colour that you like.
5. Colour in your butterfly using bright colours. Now you should have 3 stars and a butterfly all coloured in and cut out ready for sticking.
6. Take some white paper and write 'WISH JAR' on it using a yellow felt tip.
7. Cut out around your letters being careful not to cut too close to the letters.
8. Take off the lid of the Jar and with a thin piece of old cloth wrap it around the neck of the jar, tying in a loose knot at the side. Do this again on the other side of the Jar so you have 2 knots, one on each side of the jar.
9. Using glue or sticky tape, stick your 'WISH JAR' and Stars cut outs onto the front of the jar.
10. Put the lid back on your jar and stick your butterfly on the top using glue or sticky tape. Now your jar is complete, think of lots of things to put inside it.
11. Cut out or rip thin strips of white paper and write your wishes on them. Then fold them up and put them into your jar.
12. Now wait and see if your wishes come true!

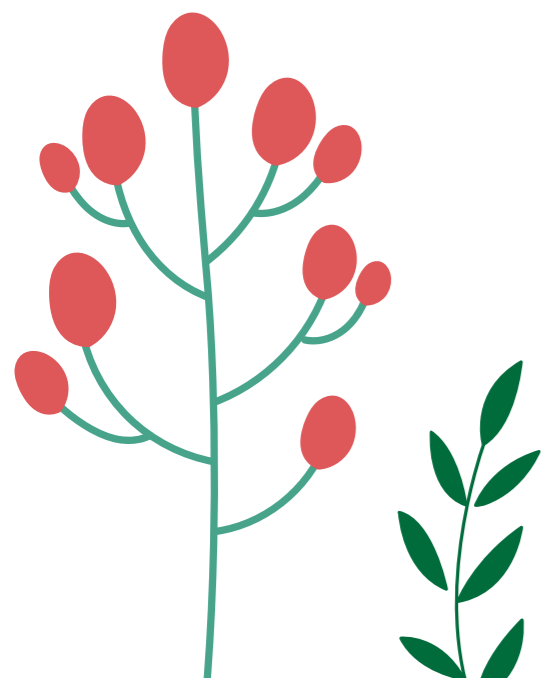
Leaf People

You will need

Leaves
Pens
Paper
Glue
Googly eyes (optional)

Instructions

1. Gather some leaves, sticks and flowers.
2. Take a piece of paper and arrange your leaves, sticks and flowers into shapes of people and animals. Use your imagination and be creative!
3. Once you are happy with their shape, draw out eyes, noses, ears, wings, arms, feet - whatever you have seen in your head onto paper and cut them out.
4. Place your features onto the leaves and around their bodies moving them until you are happy.
5. Create a world for your leaf people by drawing backgrounds onto paper and placing your leaf people on top.
6. Glue them down or start all over again and make a new leaf person.



Make your own Shadow Puppet Show with springtime animals and bugs to create your own stories. Or use your favourite book characters as inspiration!



Ideas:

1. Draw a spider and a fly or cut out lots of paper lines to make up a spider's web.
2. Draw and cut out some big flowers, and then make some bee puppets, to show how they fly from flower to flower, pollinating them.
3. Draw and cut out a caterpillar and show how it eats and eats. Then draw and cut out a butterfly shape and show how the caterpillar transforms as part of your story.



Top Tips

1. Try using your new shadow puppets in a different way. When the sun shines into your house and lights up a wall, put your puppets up to the wall to cast a shadow and bring them to life in your room.
2. Try making shapes with your hands and hold them up to the wall to see what other shapes and types of creatures you could create.



Shadow Puppets

Exploring the Wild

You will need

For the shadow puppet theatre:

- A cardboard cereal box
- Sticky tape
- Scissors
- One sheet of A4 white paper

For the four shadow puppets:

- Black card or card from food packaging (Cereal box etc.)
- Sticky tape
- Scissors
- Four lolly sticks or "straight-ish" twigs from outside
- Ruler

Instructions

Shadow Puppet Theatre

1. Take an empty cereal box and pull it apart so that it is flat.
2. Draw a rectangle on the front section and a curved shape at the top and cut them out. Then draw a large U shape on the other side and cut out.
3. Tape the box back together inside-out so that it stands up.
4. Decorate your puppet theatre as you like, with felt tips and paints.
5. When painted, take a sheet of plain, white A4 paper and stick it at the back of the hole in the stage to make a shadow puppet screen.

Shadow Puppets

1. Using the theme of bugs and beasties, draw some of your favourite characters onto black card, using a pencil. Make them as strange and unusual as you like. Make sure they are small enough to fit into the shadow screen, so between about 3cm and 15cm in size would be ideal.
2. Attach your scenery to the screen with sticky tape. (flowers, web, grass)
3. When you've cut out your puppets, attach them to a lolly stick or twig with sticky tape.
4. Hold the puppets up behind your puppet theatre and shine a torch onto them from behind.
5. Create your story about your characters. What sounds will they make? Do they talk? What do their voices sound like? What would they say? What kind of personality do they have?

Stone Bird Eggs

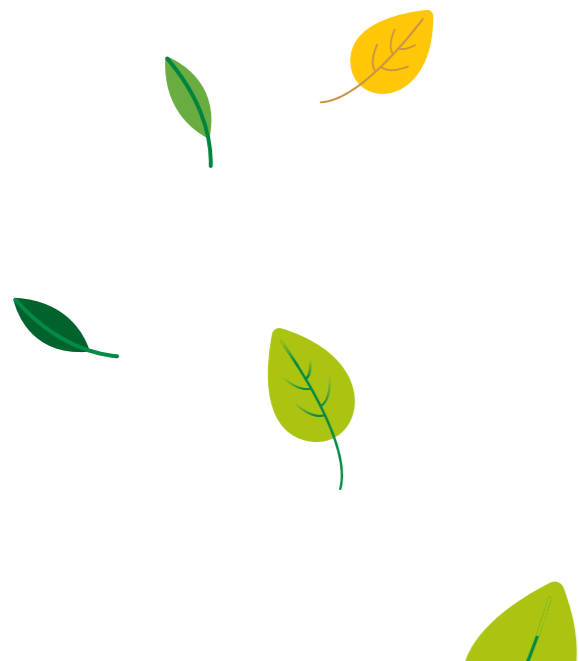
You will need

Some oval stones
Paintbrush

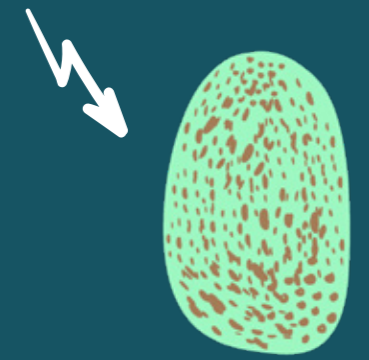
Acrylic paint
(or whatever paint you have)

Instructions

1. On your walks outdoors keep your eyes peeled for oval shaped stones and rocks that you could turn into beautiful eggs!
(see photo 1)
2. Once you have found your stones, take a look at the guide to some of the different eggs that British birds produce - look at all the different sizes, colours and patterns.
3. Choose your base colour and using your paintbrush, cover your stone in an even layer of paint. You will need to wait for the coat to dry before painting another layer or two.
4. Once dry, add any extra details like speckles or even cracks using another paint color.
5. Why don't you...find small twigs to create a nest for your bird eggs?
(see photos 2 and 3)



Blackbird



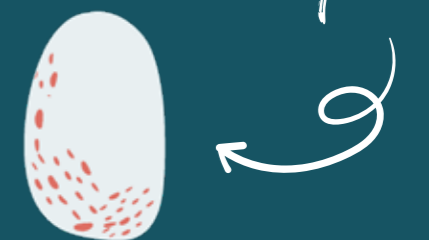
Starling



Magpie



Goldfinch





Dusk Walk

Add a bit of excitement to your daily walk! Grab an adult and a torch and follow the activities below for a sunset adventure!

- When you see a post box jump forward 5 big steps.
- Make a scary shadow under a lampost!
- Every time you see a street-name, walk sideways like a crab!
- Look up! Who can be the first to spot a bat?
- Follow the pattern of the plough to locate the north star in the night sky.
- If you hear an owl hooting the floor is lava for 10 secs. Find something to stand on quick!
- The first person to spot the moon needs to howl like a wolf!

**Now make your way home to bed!
You've had a big adventure!**



Thank you to the artists & creatives who contributed to this pack:

Natalie Linney specialises in eco print & natural dyes. Using natural and man-made objects found outside she creates print & colour utilising ancient dyeing techniques. Find out more at www.talielinseed.co.uk.

Vicky Lomax is a freelance visual artist and puppeteer. She works with schools and community groups of different cultural backgrounds and ages to bring new creative opportunities to all through interactive puppet making workshops and live puppetry performance.

Yan Tan Tethera: Oliver & Charlotte specialise in Storytelling, Environmental Interpretation and Community Engagement. They love stories. They love nature. So they combine the two to engage audiences young and old. Find out more at www.yantantethera.org.

Abi Rogers is an Emotional Support Worker who works on Cartwheel Art' Art for Wellbeing programme. Abi spent the first national lockdown making art videos for the Draw the Day (www.drawtheday.org) – follow along with Abi to Make a Rainbow, a de-stress box and more.

Booklet designed by graphic designer **Chris Marshall**.

