

This Activity Box has been put together by Suffolk Artlink for groups to use with or without a group leader.

We hope that you enjoy the activities. If you would like to write to us with any questions contact kasia@suffolkartlink.org.uk.

We would love to see your creations!

Send images to the email above.

Enjoy getting creative!

**.... if you have more ideas for activities,
why not add them to the Activity Box !**



This project has been made possible by the generous support of



Welcome to your Activity Box! Let's get started!

Welcome, this Activity Box is for you to explore whether you have popped in for a cuppa, a chat, some company or, perhaps you are a group leader, the contents are for you to enjoy, with others in your space or by yourself.

This box contains 12 activities, each activity can be found on the activity cards in the box. Each activity card gives you the instructions and the materials that you will need to complete each activity. All the materials needed are supplied in this box.

This box contains :

A set of Activity Cards

Willow Owl Kits (Bundle of sticks + eyes and beak)

Pack of pen markers (assorted colours)

Pack of black fineliner pens

Pack of graphite pencils

Box of charcoal

2 erasers

Brown kraft paper

Pack of sugar paper

Selection of herbal tea infusions

Self-fill tea bags

**.... finished all the activities
.... we have more online**

If you complete all these activities and would like to do more, you can find plenty more activities here on our website :

<https://www.suffolkartlink.org.uk/session-type/diy-sessions/>

or scan this QR code to take you directly to the webpage :





me and my mug

Activity : Some things we share with a mug in our hands :

a moment to wake up
a laugh with a friend
a snuggle with a pet
a moment to reflect
a moment to cry

Note down, sketch or chat through the following with someone sitting nearby :

Do you have a favourite mug?

What does it look like; feel like; where did it come from?

How do you make the BEST cuppa; what is the recipe?

Is it tea, coffee, hot chocolate or something else?

What is the best view you share with a mug in your hand?

Can you draw it or describe it?

You will need :

Grab a pen or pencil and paper from the Activity Box

This activity was supplied by artist Carrie Phoenix and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



Home is...



"no one leaves home unless home is the mouth of a shark"
From Warsen Shire's poem, Home

A powerful reflection on what home is as a Somali refugee.

Home is...

You will need :

Grab a pen or pencil and paper from the Activity Box

Activity : Create your own poem, by reflecting on what home is to you, use the prompts to help.

E.g. Home is the smell of fresh washing on a Sunday morning.

Home is (a taste)

Home is (a sound)

Home is (a sight)

Home is (a smell)

Home is (a feeling)

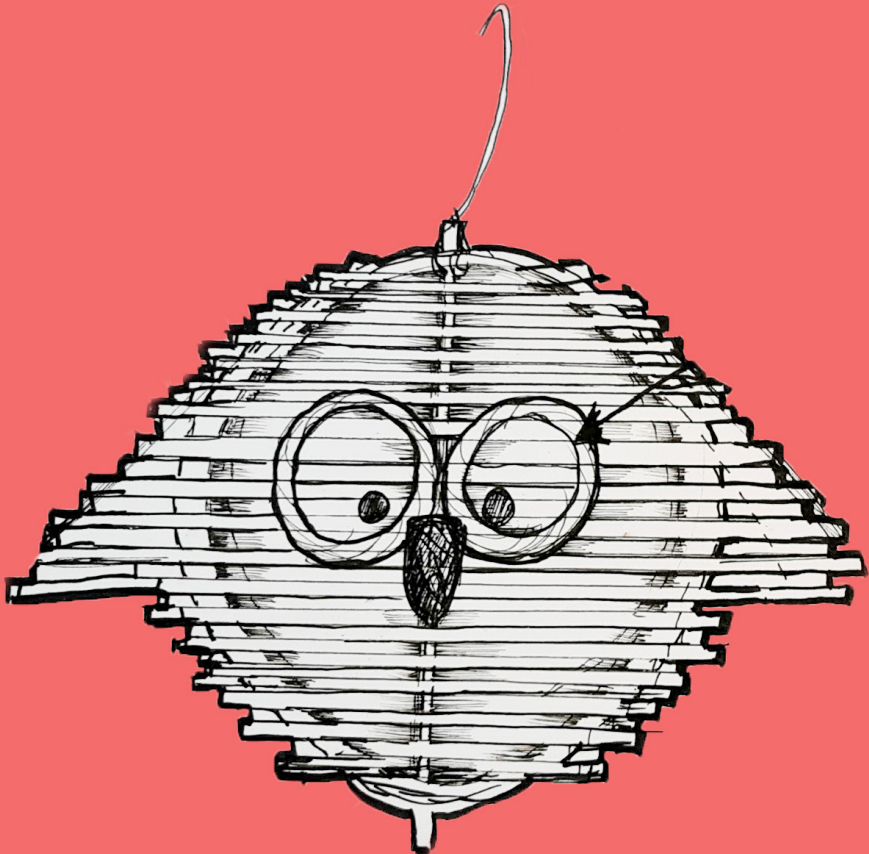
This activity was supplied by poet Arji Manuelpillai and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



Make a Willow Owl

You will need :

Grab 1 bundle of willow, 1 hoop, 1 small double hoop, 1 beak and a pair of eyes from the Activity Box.





Activity : Use the QR code above for a video tutorial or follow the steps below to make your own Willow Owl !

Step 1. Work from the middle with the thickest sticks

Step 2. Weave your sticks through the frame
over-under-over
then
under-**over**-under

Step 3. Thinnest sticks top and bottom

Step 4. Fix the eyes and beak by poking the wire through and twisting it

Step 5. Add the pupils to bring your owl to life!

Step 6. Tie a loop of string at the top to hang it up.



my reset recipe

Put on comfy shoes and walk to a patch of grass.

Sit down and place my hands flat on the ground.

Breathe deeply and feel the textures between my fingers.

1 min counting all the different shades of **green** I can see.

Then 1 min of looking up and
following the shapes of the skyline.

Return home.

my reset recipe

You will need :

Grab a pen or pencil and paper from the Activity Box

Activity : What do you do, or where to you go to clear your head and take a moment to reset? Is it a regular dog walk, a bench by the beach, a cosy café or somewhere in your home.

Note down a beautiful walk you enjoy.
Where is it, what will people find?

Draw your most treasured spot to sit when life gets full on.
Why is it so special?

What can you feel, see or smell when you go to your favourite place? **Note this down** or tell the person next to you.

Write your own reset recipe using your answers from above, use the recipe on the front on this card for an example.

Share your favourite reset recipe for others to try.

This activity was supplied by artist Carrie Phoenix and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



Colourful Life Recipe

You will need :

Grab a pen or pencil from the Activity Box

**Activity : Pick four different colours – how about
green, red, blue and purple?**

Write a sentence about something
of that colour that comes to mind –

Green as a growing leaf in spring

Red as my old school jumper

Blue like my Dad's Ford Cortina

Purple as the scarf I lost on the bus

Choose your colours and write your poem

1.....

2.....

3.....

4.....

**Why not grab another piece of paper
and write another poem?**



This activity was supplied by poet Dean Parkin and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



suffolkartlink

Risk it for a Biscuit!



You will need :

Grab a pen or pencil and paper from the Activity Box

Use the template on reverse.

Go on...you know you want to...

Draw your favourite biscuit on this plate.

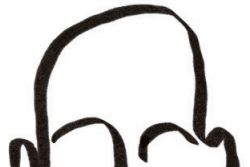
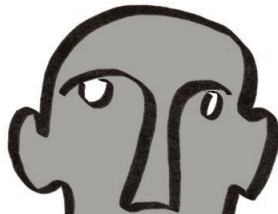
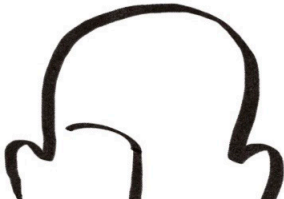
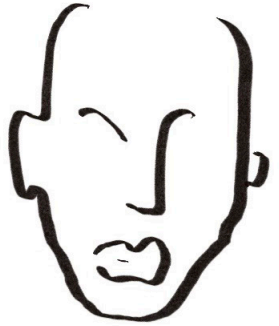
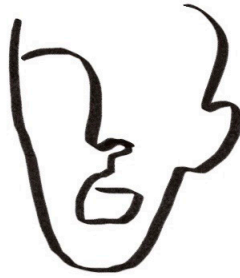
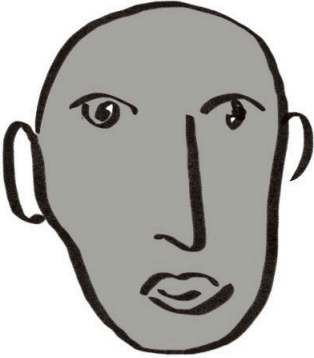
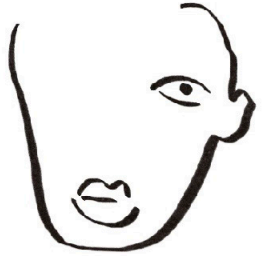
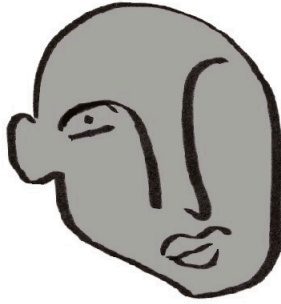
Try to capture the patterns, logos and textures,
biscuits have a lot going on!

This activity was supplied by artist Jac Campbell and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



suffolkartlink

Toasty Tuesdays Hair Salon!



Toasty Tuesdays Hair Salon!

You will need :

Grab a pen or pencil and paper from the Activity Box

Use the template on reverse.

Take inspiration from the hairstyles around the room to add a touch of style to these hairless heads.

Maybe keep drawing and add some facial or fashion features.

Want to do more?

Draw some faces for someone else, ask them to add their own unique hair styles to your drawings!



Wonderful Word Lists

You will need :

Grab a pen or pencil from the Activity Box

**Word list poems are fun to say –
try reading out these words...**

zip, tang, zing, bliss,
diesel, weasel, freckle, treacle
steeplejack, stickyback, stickleback, smokestack
bubblegum, bladderwrack, scattergun, bubblewrap

**Use the reverse of this activity card to write your
own word list of your favourites –**

these can be short words, long words,
words you like the sound of,
words that are fun to say or made-up words!

Why not write another poem on the paper below?



This activity was supplied by poet Dean Parkin and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



What's at the edge of your village or town ?

You will need :

Grab a pen or pencil from the Activity Box

Think of small things you'd find at the edge of your village or town –

footprints, feathers, crisp packets or what's there at particular times of the year or the day – ice, stars, a bridge or a conker or a spider's web.

Make a list on the lines below to create your poem.

.....

.....

.....

.....

.....

.....

**Why not grab another piece of paper
and write another poem?**



This activity was supplied by poet Dean Parkin and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



Time For Tea

You will need :

Grab a tea pouch, your chosen ingredient(s) from the Activity Box.

Find a mug or a brew pot, you will need hot water.

Use the pick and mix matrix to consider your perfect infusion flavours.
See list of possible ingredients on reverse

FRUITY SPICY HERBY FLOWERY (or FLORAL)

Take a couple of good pinches of an ingredient,
or a small pinch of several.

Place your selection into a tea pouch and pop the bag into a mug
or a brew pot, leaving the top of the bag folded over the pot rim or mug.

Carefully add hot water (80 – 90 C)

If using a mug, leave to steep for 7 minutes.

(If using rose, steep for 3 minutes as it has a strong flavour)

If using a brew pot, put the lid on and leave to steep for 10 minutes.
(giving you time to try out another activity while you wait).

Lift your mug or open the lid of the pot, breath in the aroma,
pour out the tea if using a brew pot, relax and enjoy.

Time For Tea

Elderflower

Rose

Orange Peel

Yarrow

Pine Needles

Cinamon Bark

Dried Ginger

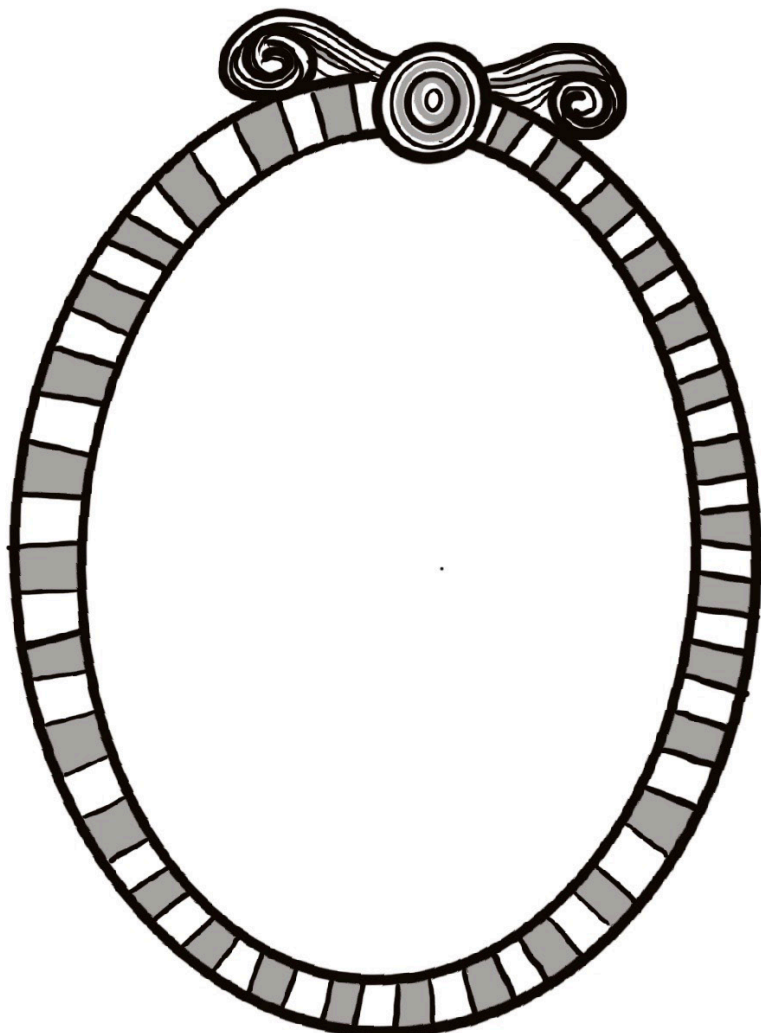
Write down your preferred mix here :

.....

This activity was supplied by forager Jon Tyler and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/



Small is
beautiful!



Small is beautiful

You will need :

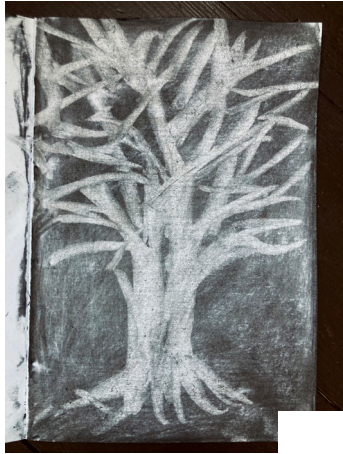
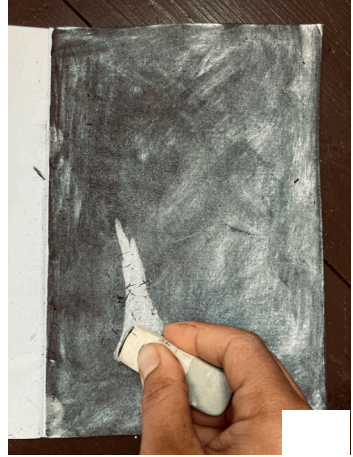
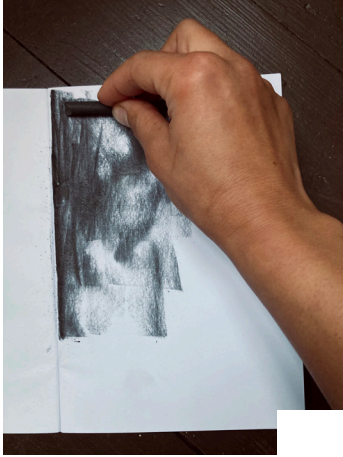
Grab a pen or pencil and paper from the Activity Box

Draw a mini portrait of someone who deserves to be fancy in a frame.

Pets and stick people are totally ok!

This activity was supplied by artist Jac Campbell and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/





Drawing with erasers!

You will need :

Grab a thick stick of charcoal, a piece of paper and an eraser from the Activity Box.

Activity : Draw a tree using charcoal and an eraser.

Or maybe you would like to draw something else from your imagination.....? Or perhaps you can see something in the room that you would like to draw, a tea cup, a person, an unusual object, a window?

Instructions :

1. Hold the charcoal on its side.
2. Cover your paper in charcoal.
3. Use the eraser to make your marks by rubbing away the charcoal.
4. Experiment and enjoy creating!
5. Admire your artwork! Now you have the hang of it, perhaps you would like to make another one?

This activity was supplied by artist Kasia Posen and is part of our Friends Around the Table project. www.suffolkartlink.org.uk
contact kasia@suffolkartlink.org.uk For more DIY Activities visit :
www.suffolkartlink.org.uk/session-type/diy-sessions/

