

suffolk**artlink**



Extra Time

# Creative Prompt Cards

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Most of the images in this pack are taken from Suffolk Artlink's wide range of creative community wellbeing programmes.

Credits: Project staff, professional photographers Doug Atfield and Warren Page (PagePix).



Use the QR code to go directly to our website and read more about our work.

# Guidance Notes for the Activities

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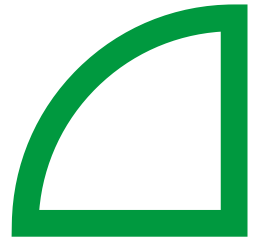
For more of our creative prompts, including short 'how to' videos, please scan the QR code.

The Extra Time Footballing Stories are sorted into six themes, each of which has three printed prompt cards.

These prompts invite you to think about your own experience and share your thoughts, stories and memories.

This is a sharing experience. Some of the prompts may interest you more than others – that's fine. Move through them at a pace that is right for you.

Even if you've never tried sketching or drawing, give it a go! You could even try sketching someone else's ideas; stick figures and doodles are fine.



# Tips for active listening

Carefully watch the person speaking.  
Look for moments of spark in the eyes  
and their expression, the face will light up.

Ask more questions about  
these points, for example;

Who gave you the...?

How did you manage to....?

Why was that so special to you?

## Materials

You may need plain paper,  
writing pens and colouring  
pens; paints or water colours  
are optional.



# Kick Off

First matches, first day at school,  
first kiss—everything starts somewhere.






What was the street like  
where you grew up? Describe it.  
Perhaps you didn't grow up on a street,  
describe where you did grow up.





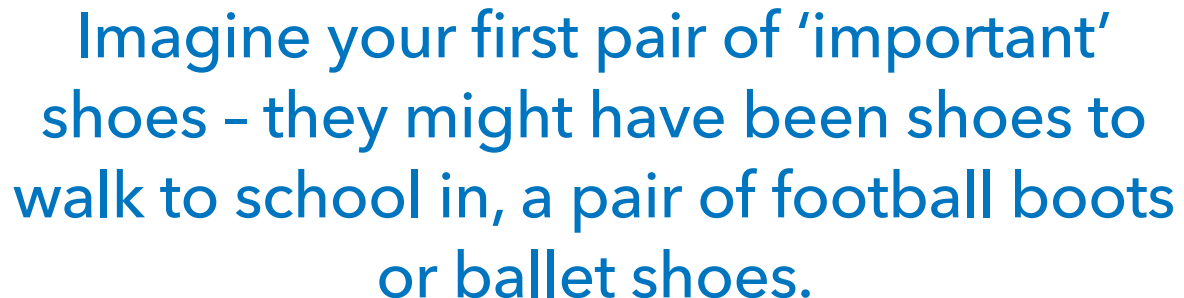




Did you have a favourite  
toy or game as a child?  
Who did you play with?







Imagine your first pair of 'important' shoes – they might have been shoes to walk to school in, a pair of football boots or ballet shoes.



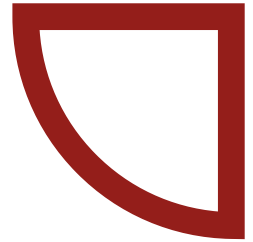
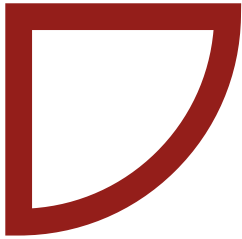




# Teaming Up

Whether it's as part of a football crowd,  
a work's outing or a family gathering,  
spending time with others is  
really important.

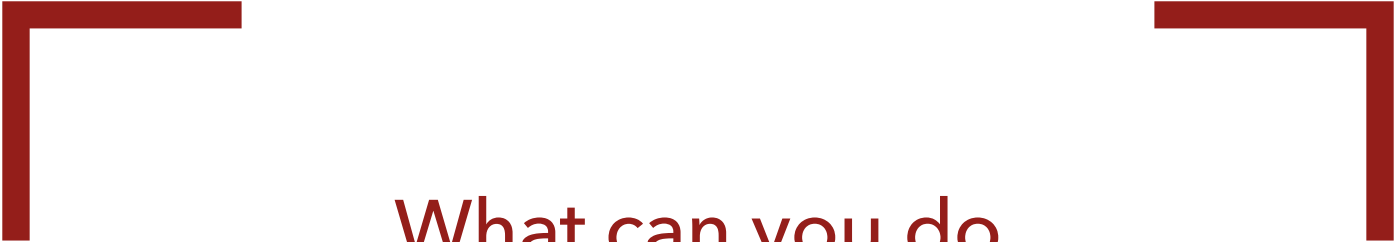





Family meals, from toast in the morning to tea in the afternoon, brings the family together. Did you gather round the table for a Sunday roast, picnic in the park or grill kippers on a Friday night?





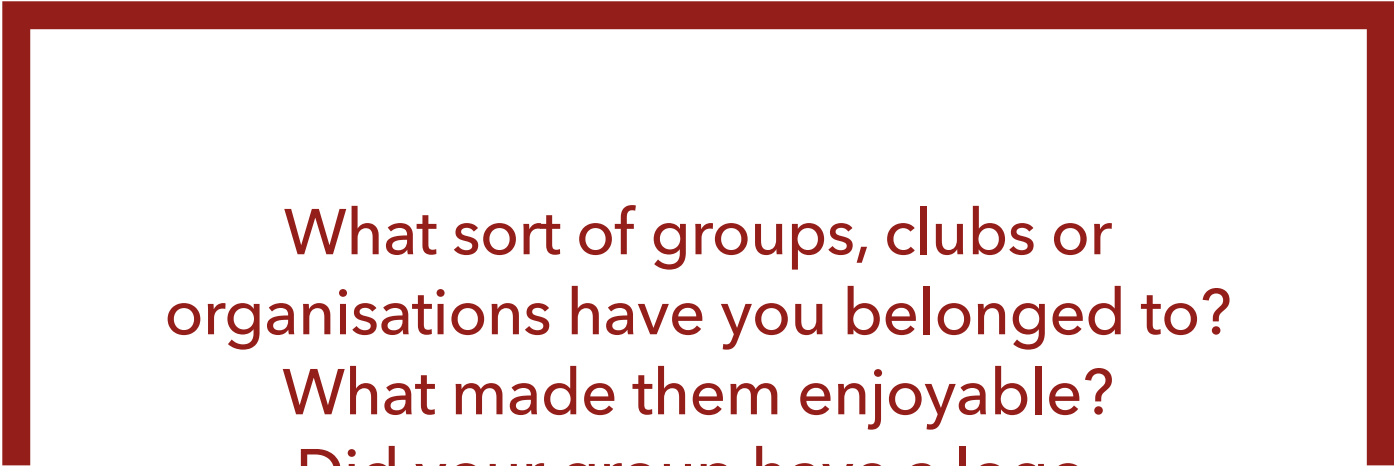


What can you do  
better together than  
on your own?

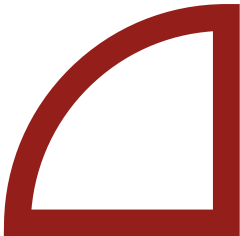
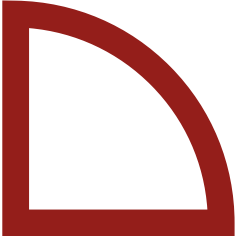








What sort of groups, clubs or  
organisations have you belonged to?  
What made them enjoyable?  
Did your group have a logo,  
motto or group song?  
Do you belong to any  
particular groups now?





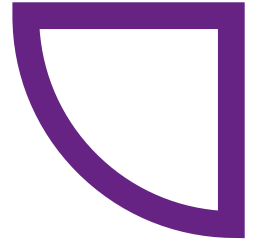
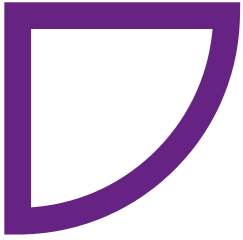




# Match Day

It's not just sights that excite—often it's the sounds and smells that evoke personal experience and achievements.





Sometimes we focus on the big stuff in life, but life is made up of small pleasures. Think of all the small pleasures in life that bring you joy. Make a list of your small pleasures. You could try sketching them.









Try writing your own sensory poem:

Home is the smell of .....

Home is the sight of.....

Home is the sound of.....

Home is the taste of.....

Home is the feeling of.....









Recalling a big event in your life, can you describe that day? What was the weather like?

What shoes were you wearing?

What feelings did you have in your body?

Who were you with? Can you remember the smell of that day?





# Star Players

Celebrity footballers, famous actors  
or the person in the corner shop  
who is generous and kind;  
there are many ways to be special.



her ELLIS wedding dress  
she made her self

SUFFOLK  
Junior won  
by Halsworth  
1905-6  
Aspor

Medal = in broad form

2017

THE  
Halsworth

Clever Ever  
One tortoise keep


Emelia, weird finger  
te ee jointer

GOAL

Extra  
time

Sophia

Ambitious



Imagine yourself with  
someone special: what are  
you doing together?








Let's talk about someone  
special who is important  
to you now.

What's their name?  
What makes them special?







If your special person were a colour,  
what colour would they be? If they were  
a shape, what shape would they be?  
Can you describe them as a flower,  
an animal or a tree? Are they a  
gentle breeze or a howling gale?  
A mountain range or a green valley?








# Goals

Some people have to work hard to achieve their goals, whilst others prefer to let life carry them along.  
What about you?

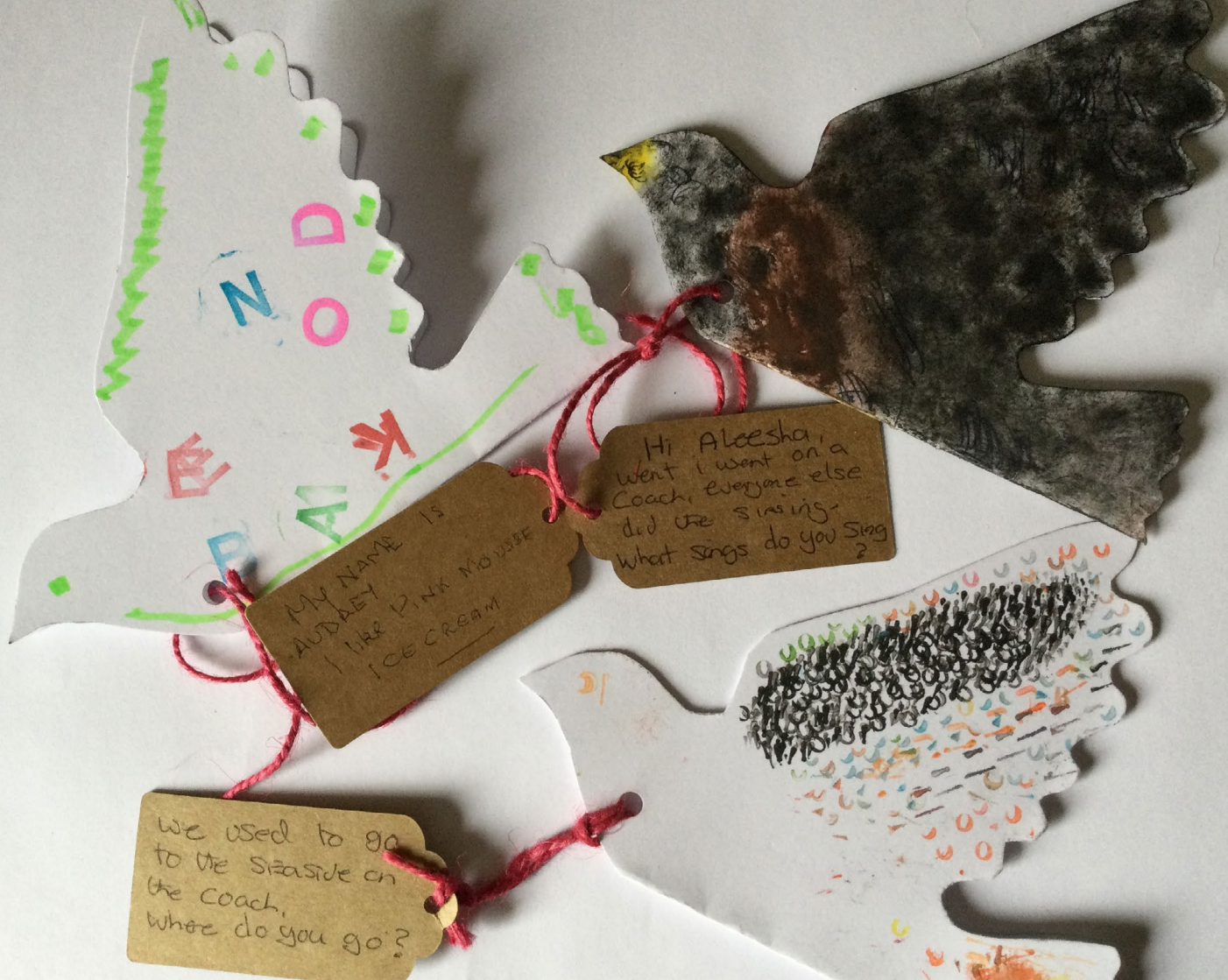




Describe a journey you have taken many times, maybe to work or to school. Where did it start and how long did it take?



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Hi Alesha,  
Went i went on a  
Coach, everyone else  
did the singing-  
What sings do you Sing?

My Name is  
AUDREY  
I like PINK MOUSSE  
ICE CREAM

We used to go  
to the Seaside on  
the Coach,  
Where do you go?





Imagine you can do  
anything, from dancing  
the tango to riding a  
Grand National winner.  
What would you do?

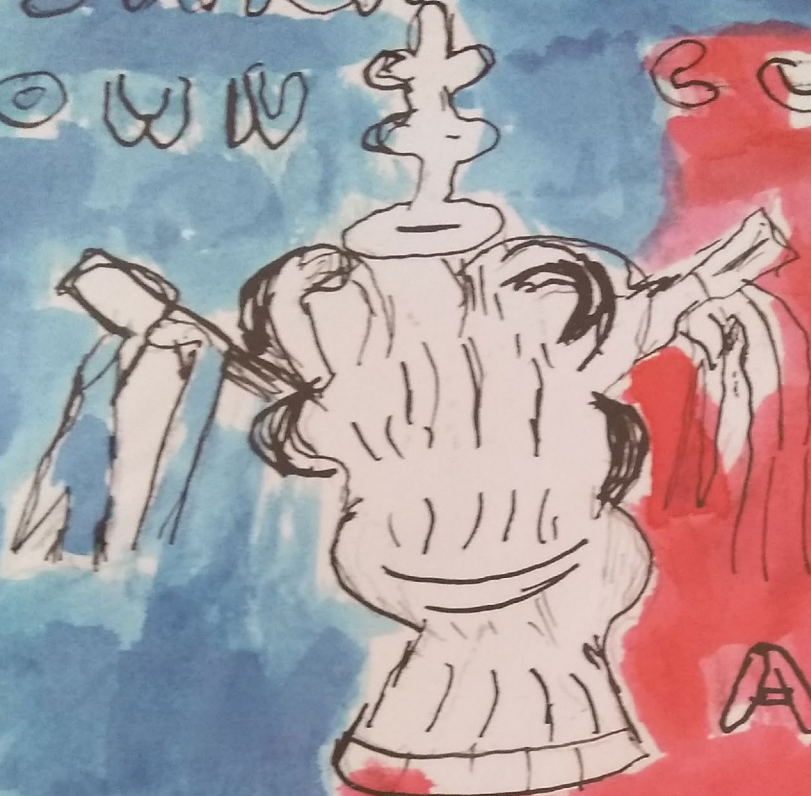
IPS WICH  
TOWW

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IPS WICH TOWW

Four thick pink L-shaped brackets are positioned at the corners of the slide. The top-left and top-right brackets have their inner corners rounded. The bottom-left and bottom-right brackets have sharp corners. They frame the central text.

Think of something  
you're proud of achieving;  
it might be a job, a home,  
a garden or something you  
make. What were the first  
steps that started you off?



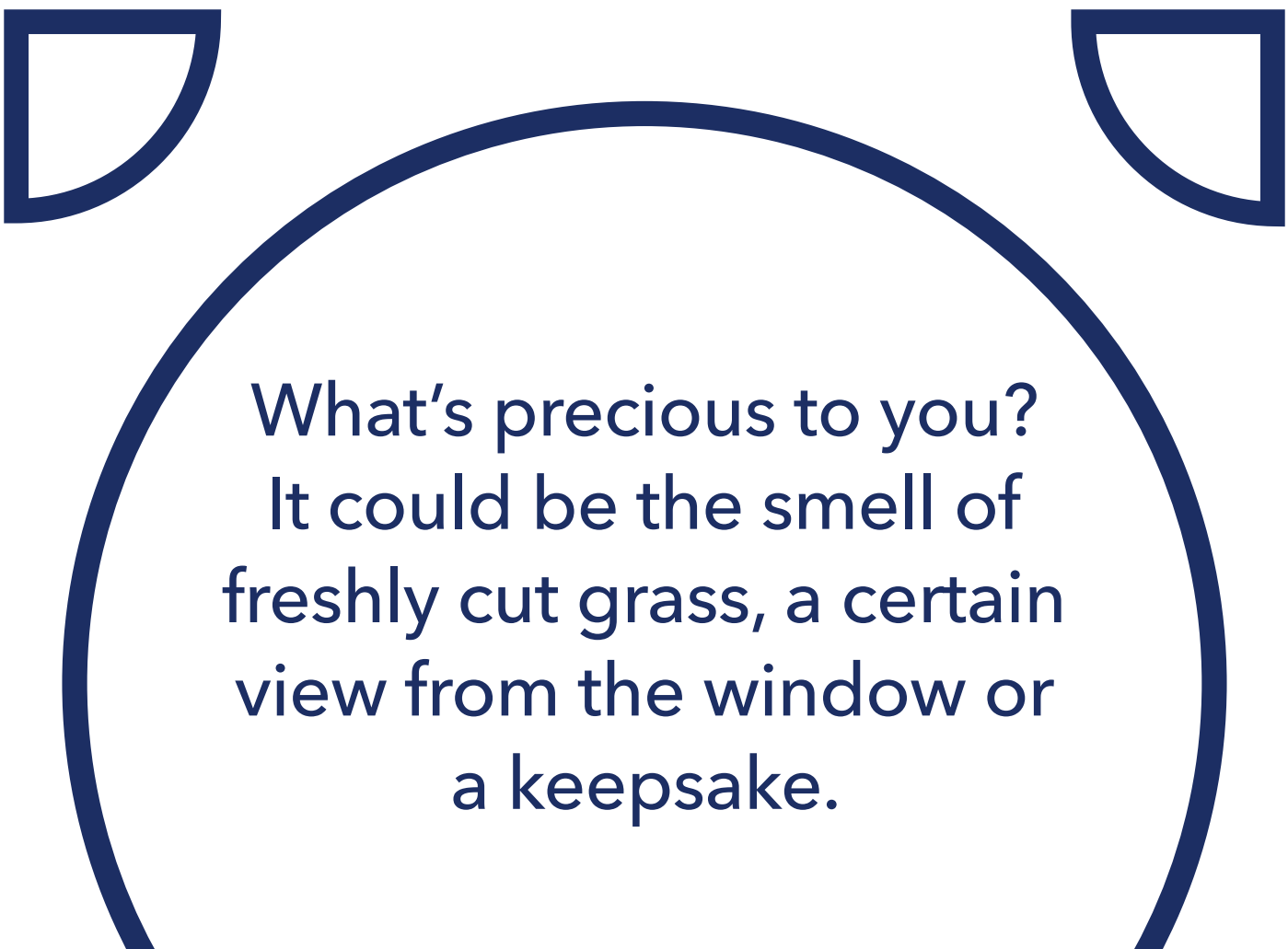




# Prize Possessions

It might be a sporting trophy or a handmade birthday card; things don't have to be expensive to be precious.





What's precious to you?  
It could be the smell of  
freshly cut grass, a certain  
view from the window or  
a keepsake.







Stan adds the blue of his uniform, the roar of the aircraft,  
and the weight of the rifle on his shoulder,  
as he patrols the perimeter fence.

Lowestoft, Lowestoft, Lowestoft



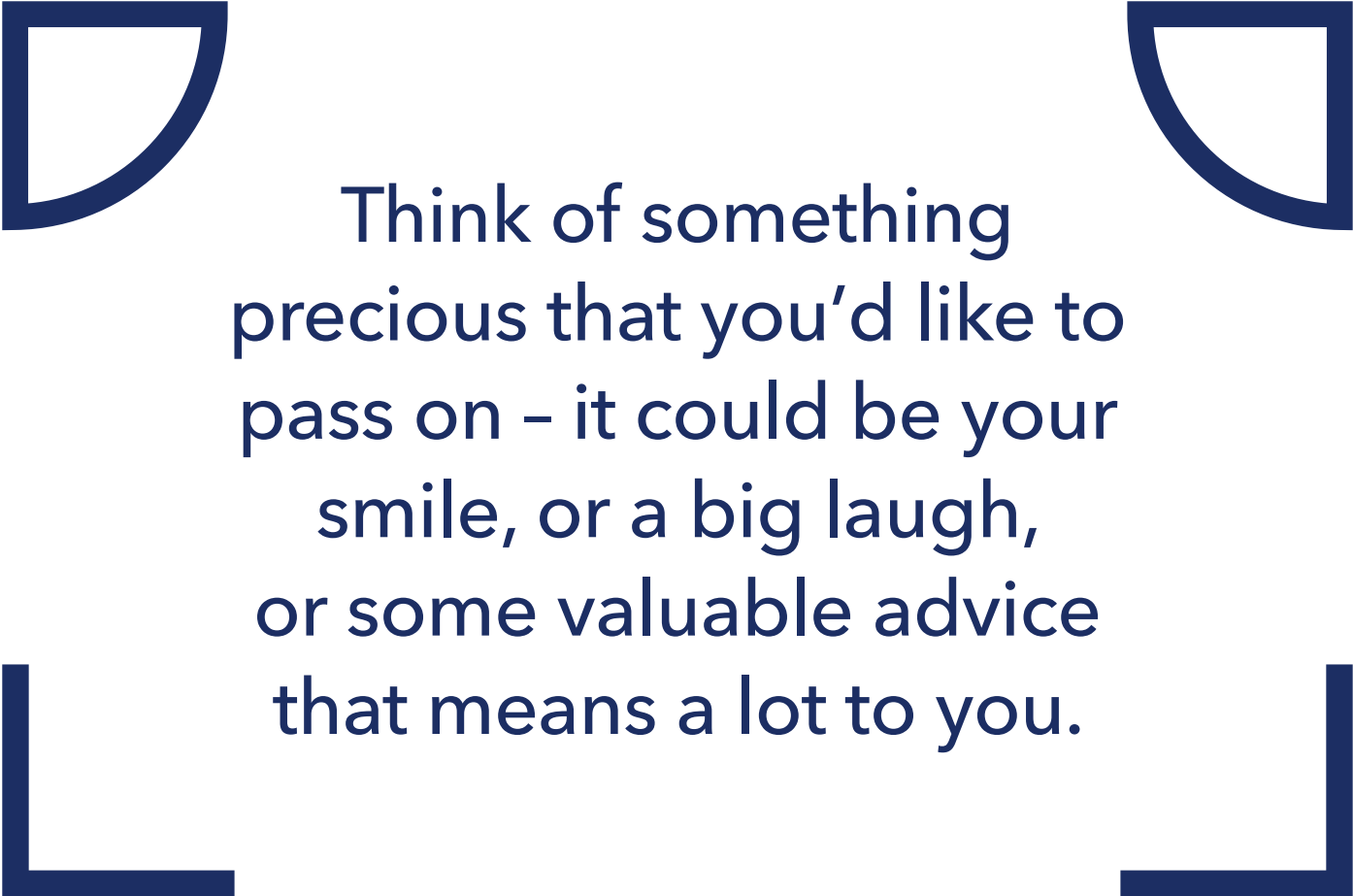


Look at the image on this card.  
What does it conjure up for you?  
You might like to jot down any words  
or phrases that come to mind.



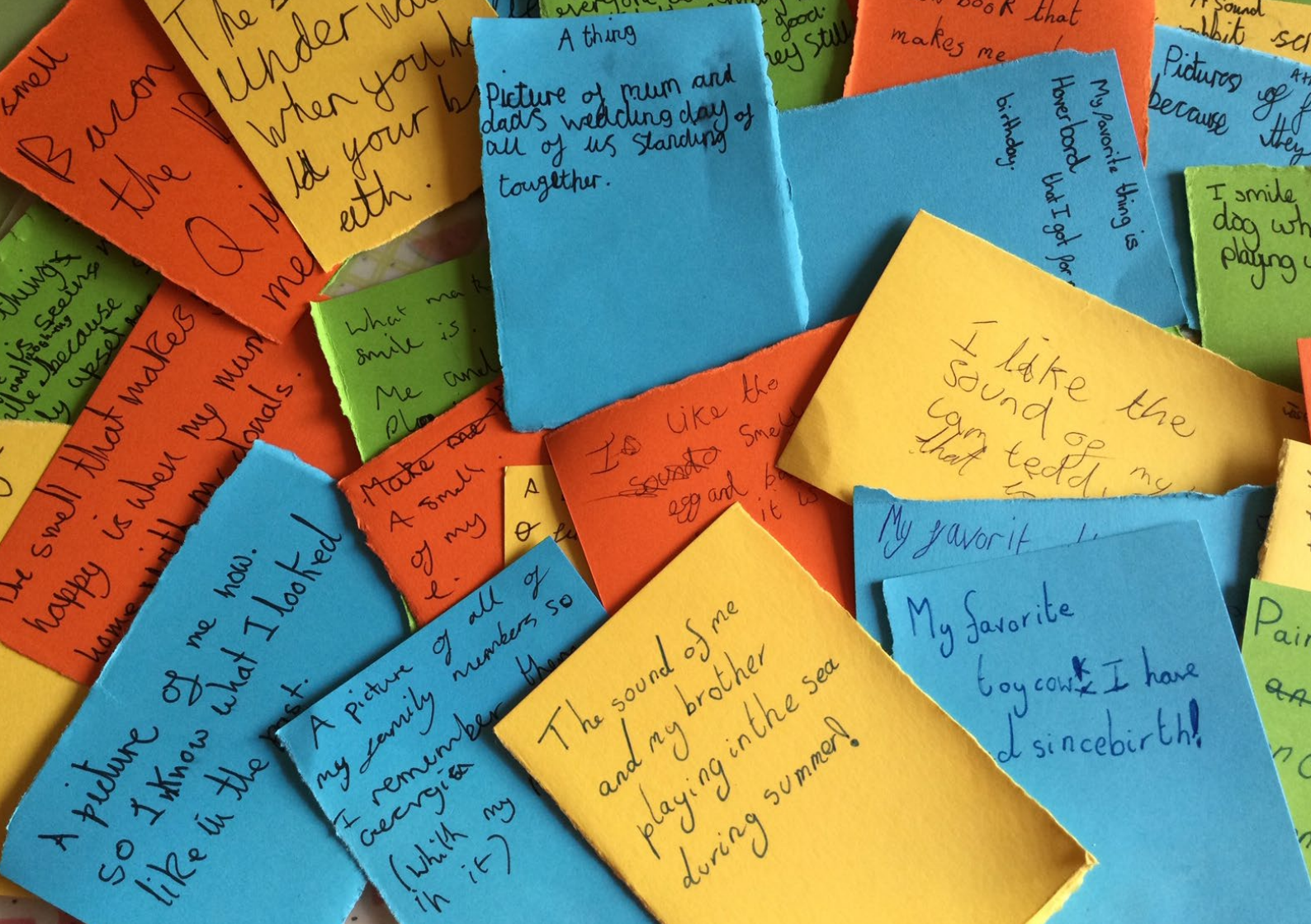
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Four dark blue decorative corner brackets are positioned around the text: top-left, top-right, bottom-left, and bottom-right.

Think of something  
precious that you'd like to  
pass on – it could be your  
smile, or a big laugh,  
or some valuable advice  
that means a lot to you.





smell  
Bacon  
The  
Under  
when you  
all your  
eth.

Q is  
me

Things  
and is  
feeling  
because  
by upset

The smell that makes  
happy is when my mum  
home with McDonalds.

A picture of me now.  
So I know what I looked  
like in the past.

A picture of all of  
my family members so  
I remember them  
(With my  
in it)

What makes  
smile is.  
Me and  
Plum

A thing  
Picture of mum and  
dad's wedding day of  
all of us standing  
together.

ever to  
good  
they still

book that  
makes me

My favorite thing is  
home bread  
that I got for  
birthday.

Pictures  
because  
they

I smile  
dog when  
playing

I like the  
sound of the  
car that teddy has

My favorite  
boy cow I have  
since birth!

Pair  
an  
no



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