

GLOW Challenge 1: SEEING THINGS IN A NEW LIGHT

Suggested age: 5–7



WAYS OF SEEING

This activity will build imagination and communication skills.

You will need:

- A sheet or light blanket
- One small household object of your choice, e.g. hairbrush, wooden spoon
- The entire family!

Find a space in your home to lay down a sheet or a blanket on the floor.

Stand around the sheet as a family, pick up the edges all together and lift it up as high as you can. Like a parachute, let it fall to the floor. Try this a few times and take it in turns to describe the different shapes you see. Walk around the sheet so you can see the shapes from different places.

Find a household object and take turns to find a new use for it. A spoon could become a microphone or a toothbrush! Show it through an action, without saying any words and everyone must guess what its new use is.

TREASURE HUNT

Inspire your whole family to look at everyday objects in a new way.

You will need:

- Something to shine a light on, e.g. a sheet, ceiling or wall
- A mobile light source, e.g. hand held torch, phone torch, bike light
- Some small household objects that could let the light through, e.g. a colander or strainer, slotted spoon, cheese grater, drinking glass etc.

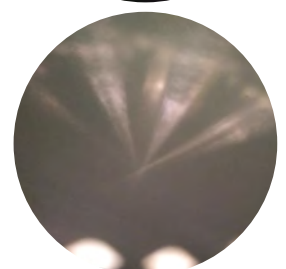
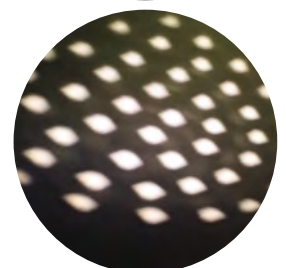
Hunt for things around the home with holes or that have interesting shapes.

Carefully lay them down and make sure your room is dark. Take it in turns to choose an object and shine a light through it, projecting it onto the sheet, ceiling, or wall. The light on a phone is excellent for this as it makes clear sharp shadows. What can you see?

Here are some ideas to spark your imagination:

How big can you make the shadows by moving the light in and out, or, round and round. What patterns can you make? How different can you make the objects look? If you have a second light source, what happens when two members of the family project an object shadow at the same time? Can you make your objects interact with each other? How can you change the colour of the light?

You can also take photos of your projections. Go close up. Play with filters using your phone camera app.



SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.

SHADOW PUPPETS

This making activity encourages you to have conversations about your community and learn about light and shadows.

You will need:

- Pencils, pens and paper
- Card, e.g. cereal boxes and or other cardboard food packaging
- Scissors (supervised by an adult)
- Translucent materials, e.g. coloured cellophane or sweet wrappers
- Sticky tape or masking tape
- Hole punch to make holes. You could also use a sharpened pencil or craft knife (for adults only)
- Sticks (as operating rods) e.g. kebab sticks, wooden spoons and pencils

Think of someone special that you would like to celebrate by making them into a puppet. This could be a special aunty, a close neighbour or someone from the local community.

Create your character by drawing the person on paper. It is best to do a profile (side view) of a face to start with, with arms and legs that you can cut round.

Next, draw your design onto the card. Try to make your character pencil height. With the help of an adult, cut holes with a craft knife to let the light through. You can then stick some translucent sweet wrapping over the spaces to add colour. Hold it up to the window to let the light through.

Attach a 'rod' (stick) to the back of your puppet using tape so that you can hold and move it. Make sure it sticks out from the back of the puppet.

Experiment like you have done in previous activities to make your puppet shadows small and large on a sheet or wall.



Take some time to reflect and encourage everyone in the family to discuss:

- What they liked doing and why?
- What was the best moment?
- What could you do next?

SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Activities created by
Di Jones and Shermaine Slocombe

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.

MAKE A SPINNER

Making a spinner is fun and easy!

You will need:

- Pens, paint, crayons, felt tips or coloured pencils
- A blunt pencil
- Card for the spinner
- Scissors (supervised by an adult)
- A square of drawing paper

1. Make a spinner template by folding your paper in half length ways, then corner to corner diagonally.
2. Using a pen, join the points where the folds meet the edges to make an OCTAGON shape, cut this shape out and mark the middle.
3. Place the paper octagon on some card, and draw around it.
4. Cut out the octagon shape.
5. Divide the octagon into 8 equal triangles by drawing lines from corner to corner.
6. Colour in the triangles using 4 colours – use the same colour for triangles on opposite sides of the octagon.
7. Using a pencil, poke a hole right in the middle of the shape.
8. Keep the pencil in your octagon spinner and give it a spin!



CONNECT THE DOTS

Connect as a family by making and playing your own game.

You will need:

- Card/paper or paper plates to make the dots
- Scissors (supervised by an adult)
- Paint, crayons, felt tips or coloured pencils. You will need the same 4 colours you used to make your spinner.

Cut out lots of paper or card circles and/or use paper plates if you have them. Divide the circles into 4 and decorate each set with the same colours you used to make your spinner. You then need to choose a theme for each colour and tasks for each dot.

Here are some other ideas to spark your imagination:

Your theme for a RED colour could be LOVE

Task ideas: Tell someone in the room why they are special to you. Say thank you to someone for something they've said or done in the last week.

Your theme for a BLUE colour could be DREAMING

Task ideas: Think about your dreams. Where in the world would you like to go and why? Who would you love to meet and why? What do you wish you could change in the world?

(continued on next page)



SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.

Your theme for a **YELLOW** colour could be **CREATE**

Task ideas: Draw a (e.g. banana, cat, a member of your family, a memory, etc). Sculpt a (e.g. a tower, favourite food, a hug, a tree etc).

Your theme for a **GREEN** colour could be **MOVEMENT**

Task ideas: Dance like no-one is watching. Move like an elephant. Find 5 ways of jumping across the room using low, medium and high levels. Dance with someone in the room as if you are both ballroom champions. Stand and move like a superhero!

Once you have decided on the tasks, write them on the correct colour dots. Now you're ready to play the game! Place all the dots around the room and take it in turns to spin your spinner. Whichever colour it lands on is the colour of the dot you must stand/sit on. Once you are there, read the task on the dot and follow the instructions!

BLUE PLAQUES

This activity encourages you to find new things you can celebrate about your family and share with your neighbours. The idea is loosely based on the blue plaques placed on buildings around London, which honour the famous people who have lived or worked in them. Have you spotted any before?

You will need:

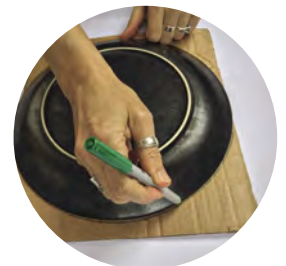
- Card or thick paper
- Blue pens, paint, crayons, felt tips, pencils or wrapping paper
- White paper
- Glue or tape
- Scissors (supervised by an adult)
- A carrot/potato/cotton reel or similar for printing with.

Cut out a circle from card or paper. You can draw around a plate or even use a paper plate. Colour it blue.

Add a white border around the edge of the blue circle.

Cut out a smaller circle from the white paper and decorate the edge in blue. On the smaller circle, write your name or draw yourself. Add 'lives here', 2021, and something that describes you, e.g. artist, dancer, hugger, lego builder!

Once you have finished it, stick your blue disc on your front door or in your window!



Take some time to reflect and encourage everyone in the family to discuss:

- What they liked doing and why?
- What was the best moment?
- What could you do next?

GLOW Challenge 3: MAKE A WORD TRAIL

Suggested age: 11–14



You will need:

- Paper and pencils
- Recycled paper, magazines, empty crisp packets, tracing paper or baking sheets
- Coloured card or empty boxes (i.e. cereal boxes)
- Scissors (supervised by an adult)
- Glue, sticky tape and tack

WHAT BRINGS LIGHT INTO YOUR HOME?

These activities provide an opportunity to work together as a family. You can even encourage your neighbours to join in! We are inviting you to share all the positive things which have helped to see you through lockdown by starting a word trail in your very own window. Why not invite your neighbours to do the same and watch your positivity spread from door to door!

A bit of positivity goes a long way! You never know whose day you'll be brightening up and how much fun you'll have getting creative with your ideas. All you need is a bit of imagination, inspiration and teamwork to bring creativity and wellbeing to your whole neighbourhood!

Have a family discussion and list all the things that helped you remain positive and connected at home during lockdown. Maybe you played games, went to the park, chatted with other family members online, read books, appreciated nature, watched TV or cooked together? Look at your list and choose one or two words that really stand out.

My words:

.....

.....

.....

.....

.....

GIANT LETTERS

This activity requires you to work together as a family to create large words to display in your window.

Now it's time to use your materials, creativity and imagination to create a display of your word(s) in your window! Choose your top key words from the discussion and decide why they are the most important to you.

- How many words will you put in your window?
 - How will your designs reflect the meaning of the words?
 - Think about using colour, patterns, materials and size.
 - Will you design a whole word each or will each person make a different letter of the same word?
 - How will you divide up the jobs? Will one person do the cutting and another do the sticking?
 - Start with some rough designs or jump straight into the real thing!
 - What else can you add to the word to portray your feelings of things that matter to you?
- Discuss what is important to you, such as hobbies and people you're close to and add these ideas to your large letters.

(continued on next page)

SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.

Now you are ready to cut out giant letters of your chosen words to display in your window. Discuss what is important to you, such as hobbies and people you're close to and add these ideas to your large letters. How do you want the word(s) to look? What can each letter represent?

Here are some ideas to spark your imagination:

Draw members of your family or print pictures, cut them out and stick them to your letters. Cut out areas of your letters and fill the areas with recycled and translucent materials like crisp packets and sweet wrappers. Ask everyone in the family to get involved with designing, cutting, sticking and/or putting up the display in your window!



INVITE YOUR NEIGHBOURS

The next stage is to invite people in your street to do the same so they can join the word trail. You could create invitations to encourage as many neighbours as possible by explaining why it's important to take part. Do you know all your neighbours? You may need to introduce yourselves! Suggest that all your neighbours put up their words by Saturday 17th April and share some of your ideas to inspire them. Some households may need longer to make their creations so don't worry if some people aren't ready to take part. They will still enjoy seeing the things you have created, spreading joy!

WALK THE TRAIL

Now you have given your neighbours a date to display their words, go for a walk with your family to discover their creations and learn what words are important to them. Write down all the words you spot in the windows. You might like to include other words you see like building and street names. When undertaking activities remember to follow COVID rules and maintain social distance from those outside your household.

WHAT NEXT?

Now you have gathered all the words, consider what you could do with them next. What could you do next to bring positivity into your community?

Here are some ideas to spark your imagination:

Create a new artwork, craft a puzzle, write a rap, song or a story.

Take some time to reflect and encourage everyone in the family to discuss:

- What they liked doing and why?
- What was the best moment?
- What could you do next?

GLOW Challenge 4: START TAKING NOTICE

Suggested age: 14–16



You will need:

- A pen, pencil and paper
- A phone and a torch or light source

TAKING NOTICE

Your life and story are totally unique and deserve to be shared. Your challenge is to bring your story and neighbourhood to life through creative writing!

Walk around your home, your garden or your street really noticing everything. You might look at these places every day but sometimes in our day-to-day life we are so busy we don't stop to really absorb our surroundings. But writers do. They must. They take in the world around them and then reflect it back.

Ask yourself questions as you go. Here are some ideas to spark your imagination:

- What exact shade are the colours of my bedroom walls?
- What sounds can I hear in my house?
- Who lives with me? Have I ever stopped to wonder what they actually look like?
- What can I see when I step out of my front door? Is there something I've never noticed?
Who lives on my street? Do I know them well? Or do I just see passers-by in my neighbourhood?
- What's my favourite place to go in my neighbourhood? Why?

Take a pen and paper and jot down some of these answers as well as anything else you notice. Now using what you've absorbed, have a go at completing this story.

TAKING NOTICE STORY

Tucked under the _____ duvet, I can hear _____ coming from the _____. It's a familiar sound, and it makes me feel _____. My eyes flutter open and I can see my bedroom. It looks _____ with _____ walls and a _____ floor. My most prized possession is my _____ which I got when I was _____ at _____. I get out of bed and look in the mirror. I'd say my most defining feature is my _____ because _____. I'm feeling _____ this morning, and so I take a moment to look out of my window. It's funny, I must look out of this window every day, but I've never noticed _____. The biggest talker in my house is _____ and this morning, as usual, they start talking to me about _____. While they're talking, I look at them. Not how I always look at them, but a bit differently today. You know when you really look at someone. And I notice their _____. I step out of my front door. I look up at the _____ sky and I stop to take a moment to enjoy this feeling. As I do I notice the sound of _____. The sound makes me feel _____. I live on a _____ street. While I'm walking down my street I can see _____ and _____. The buildings on my street are _____ and look _____. I've lived here since I was _____, so I know some of the neighbours. There are some neighbours you never talk to, but you just see walking around. Like this one person I often see who is probably about _____ years old and is normally wearing _____. The three words that come to my mind when I think of my area are: _____, _____ and _____. The best thing about living here is _____. If you've never been here before, the first place I'd take you to is _____ because _____. I decide to go there

(continued on next page)

SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.

today. It's a _____ walk and on the way, I pass _____ and _____. I see all sorts of people; _____ people, _____ people and _____ people. All living their lives, filling their days, on their way to places, just like me. As I wander home, I think about all the people who make up my community. There's the _____ and the _____, the _____ and the _____. Everyone makes up one little bit of it, and everyone has an interesting story to tell. You don't have to look very hard, all you have to do is take notice.

Well done on completing the story! Take a moment to think about how that felt bringing your experiences and community to life. Read it to someone in your household and see what they think. Ask them if there is anything they've noticed recently about their surroundings or their neighbourhood, that they hadn't noticed before?

EXTRA CHALLENGE

If you are feeling inspired, you could write your own 'Taking Notice' poem or story using your new found understanding of your surroundings.

SHINE A LIGHT

Now it's your turn to truly shine a light on your community and share at least one thing via social media that you've really noticed. How can you document where you live in a unique way? How can you combine your creative writing ideas with visuals?

How does adding a word to an image change the meaning or raise questions? What new ideas start to emerge? How will you inspire someone else to stop and take notice more often, and perhaps even tell their own story?

EXTRA CHALLENGE

Download a free shutter speed photography app to get creative with light trails and long exposure photography. When using an app, the movement from a passing car headlight for example results in streaks of light and creates a 'light trail'.

Experiment with painting the space with a torch and literally draw with light. Capture the movement with your smart phone, this is called 'light painting'. How can you create a visual inspired by your 'Taking Notice' story using your light trail or light painting? Choose a word from your 'Taking Notice' story and try writing words in the air. You can flip the words after so they don't read back to front and experiment using filters.



Take some time to reflect and encourage everyone in the family to discuss:

- What they liked doing and why?
- What was the best moment?
- What could you do next?

SHARE YOUR CREATIONS USING #GLOWFESTIVAL2021

Activities created by
Camille Dawson and Shermaine Slocombe

Posts must be made by people aged 13+. This is a public event – any photos and videos you post may be shared on the internet.