

Calling all artists & sensory explorers! Pack a bag or a basket and use some simple stuff to turn your walk into an arty sensory adventure.

Spot a place to play, get creative, feel awesome!

Things to pack

Camera

Squirty bottle filled with water - empty washing up bottles can work well; use slightly warmed water if it's a very cold day

A small plastic pot or tub

A piece of sponge and some old paintbrushes

2 wooden spatulas

Some small toy figures - animals, Pokemon, Lego people, etc

A paper boat

A bin bag or carrier bag, string or wool

Optional: bubbles, a small box with a lid



If you find a dry wooden, concrete or paved surface

Create some water art - use the jet from your squirty bottle to draw lines and shapes, you could even try writing your name: don't worry if you make a mistake or if you don't like how your art looks as it'll soon dry and you can begin again.

Pour some water from your bottle into a tub, then use your sponge or paintbrushes to splodge and splatter on your design to create textures, patterns or to add details. You might find leaves, pebbles or sticks nearby that you can add to your design too.

Take a photo of your masterpiece quickly before it dries.

Could you create a message or picture to cheer people up if they are lucky enough to see your artwork before it disappears?

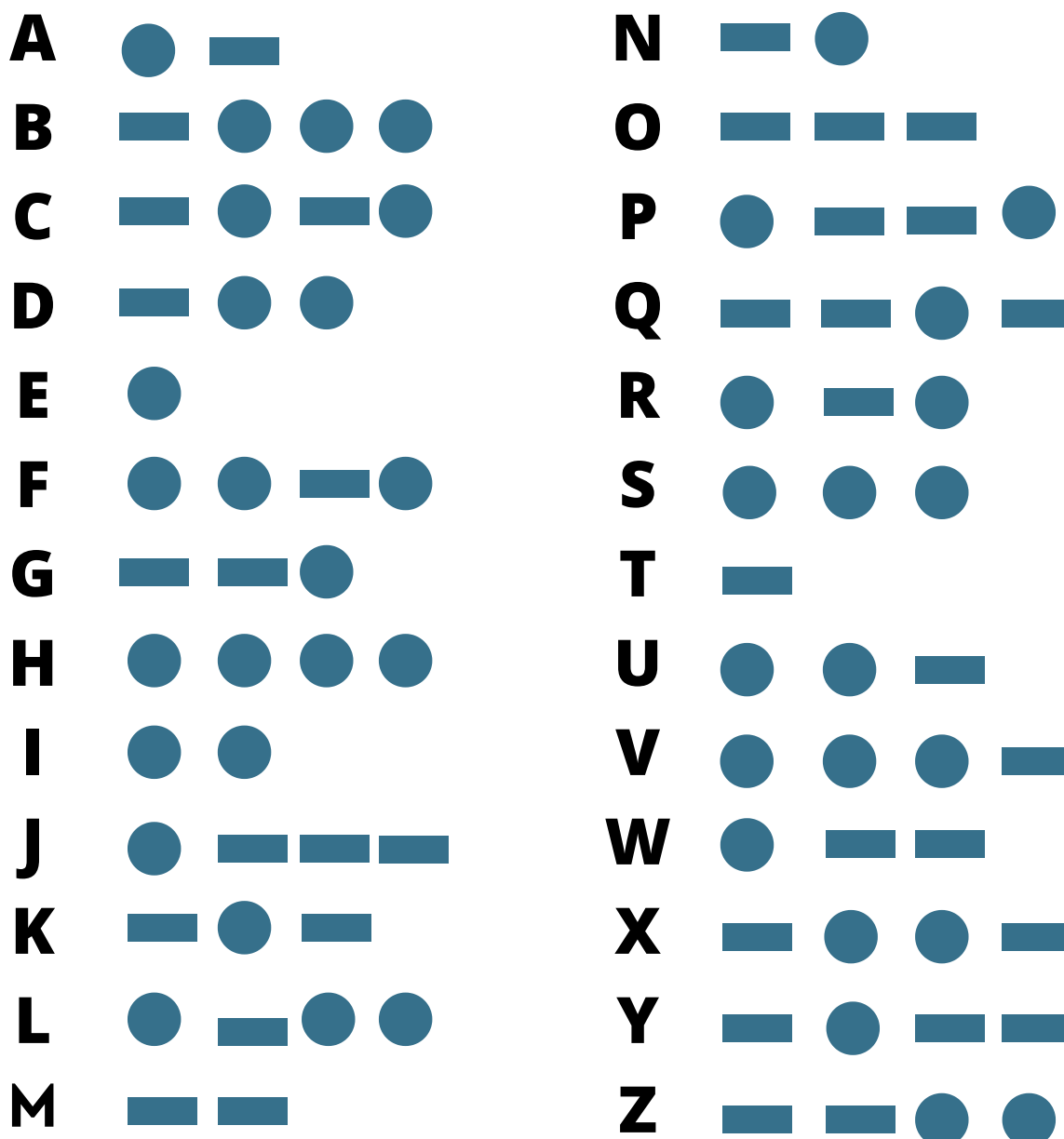
How many pieces of water art can you create in your community before your bottle of water is empty?

Explore surfaces and sounds with sticks

Have a noisy walk and use wooden spatulas like drum sticks to find out what sounds different surfaces make. Can you make noises that ring and jangle, clank and thud? Which sounds are your favourite?

Try drumming on lampposts, bins, street signs, pavements, trees, railings, playground equipment, benches, gates, fences and more!

Try drumming out a rhythm or your favourite song or the syllables in your name. Can you use drumming to communicate in Morse Code by tapping quickly for dots and slowly for dashes? Record your sounds and songs on a video or as an audio file.



Make tiny worlds



Look for places to position your toy figures to create tiny scenes - mossy walls, flower beds, puddles, cracks in the pavement can all be used to make lovely backdrops.

Take photos of your scenes (look up 'depth of field' photography on Google for help with getting the best images). These photos can make great postcards, canvases and social media images.



Go sailing!

Make paper boats and sail them on puddles - flyers and old magazines can make lovely colourful boats.

Create gentle ripples by tapping your toes at the edge of the puddle and to help your boats move if there's no wind.

Sail one, sail lots! Try different sizes too. Take lots of photos...and wear wellies!



Let's go fly a kite!

Use your bin bag or carrier bag to make an impromptu kite. You can create streamers for your kite by cutting lots of strips from carrier bags and tying them on - these make a lovely noise as well as extra visuals. Show your community some love and use your bag on the way home to pick up litter.



Extras

Bubble blowing requires controlled breathing and long, low, slow breaths are brilliant for calming down - bubbles will also add lots of extra fun and visual appeal to any of the activities on your Sense and Create Walk.

Take along a box with a lid to put in any 'treasures' you find on your walk, such as leaves, pine cones, pebbles, twigs, etc. Use your treasures to make collages, to make more water art or tiny world pictures at home, or just as lovely memories.

