

PLAY PROMPT 1

# Dear Somewhere...

Write a letter to your favourite place in the world.

Tell it all the things you miss about it. Make a promise to your favourite place, telling it all the things you'll do next time you can go there.

When you've finished your letter, open a door or a window and shout it out in the hope that your favourite place can hear you.

ANDY FIELD & BECKIE DARLINGTON, ARTISTS



PLAY PROMPT 2

# Breathe out...

Draw a giant dot on a piece of paper.  
Stare at it for as long as possible while  
listening to your breath. Well done!  
You've just meditated!

**anorak™**



PLAY PROMPT 3



# Cut-Outs

Cut out pictures from old magazines and newspapers and stick together to create your very own artwork.

Give your artwork a title!





# Make a Rainbow

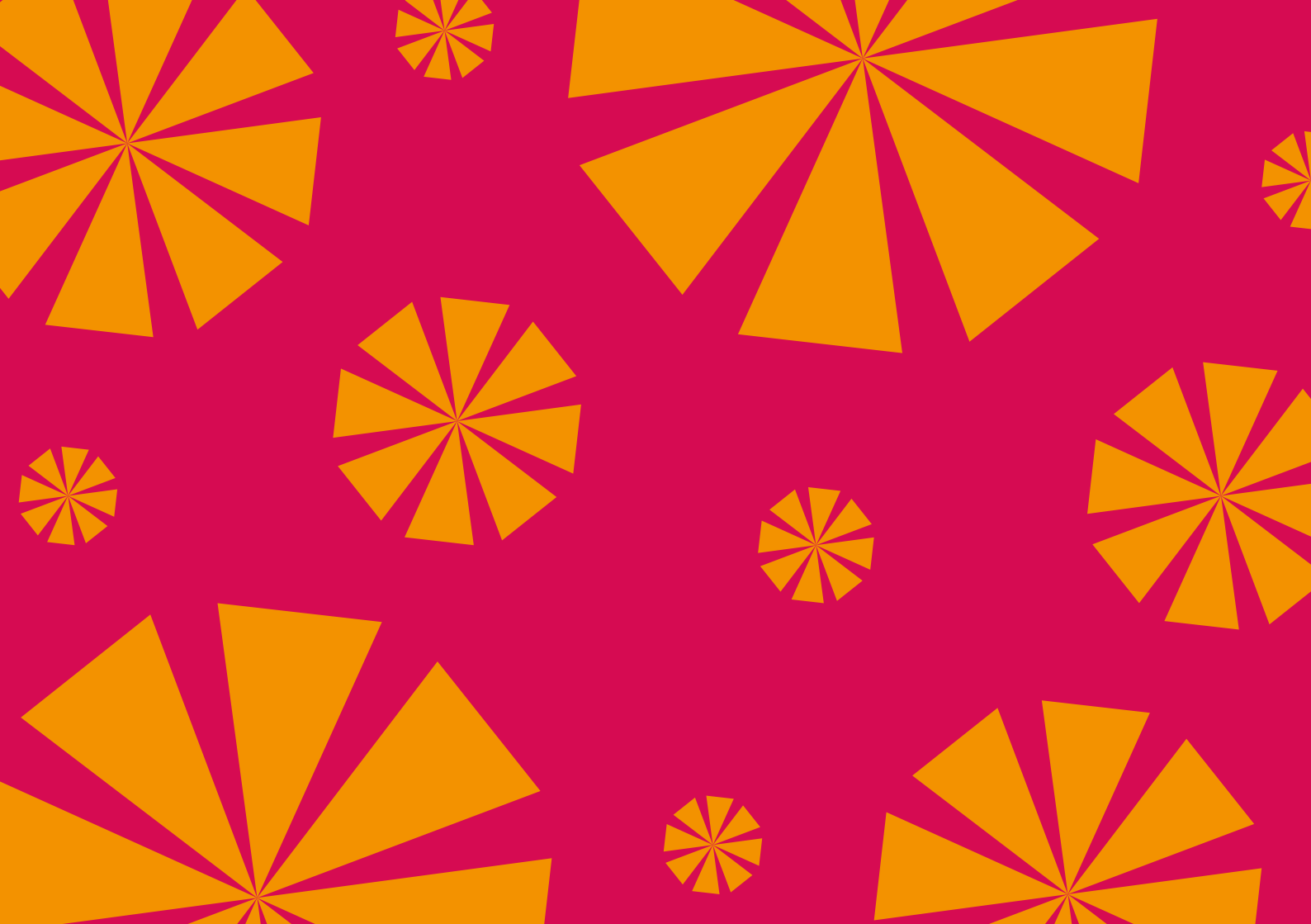
Gather objects of different colours from around your home and make a big rainbow on the floor. Take a picture or make a drawing of it before you make a wish.





# Kitchen Disco

Find some things in the kitchen (saucepans, spoons, metal bowls) which make a noise and start a simple beat. Get others to add to it with another object until you have a nice rhythm going. (Keep this exercise short for your neighbours' sake!)



PLAY PROMPT 6



# We Will Rock You

Use your body like an instrument (stamp, click, pat your chest) and try and sing a song at the same time. A good starter is singing “We Will Rock You” while doing a ‘stamp, stamp, clap’ drumbeat. Try a new song and invent your own beat once you feel confident!



# ABC of London

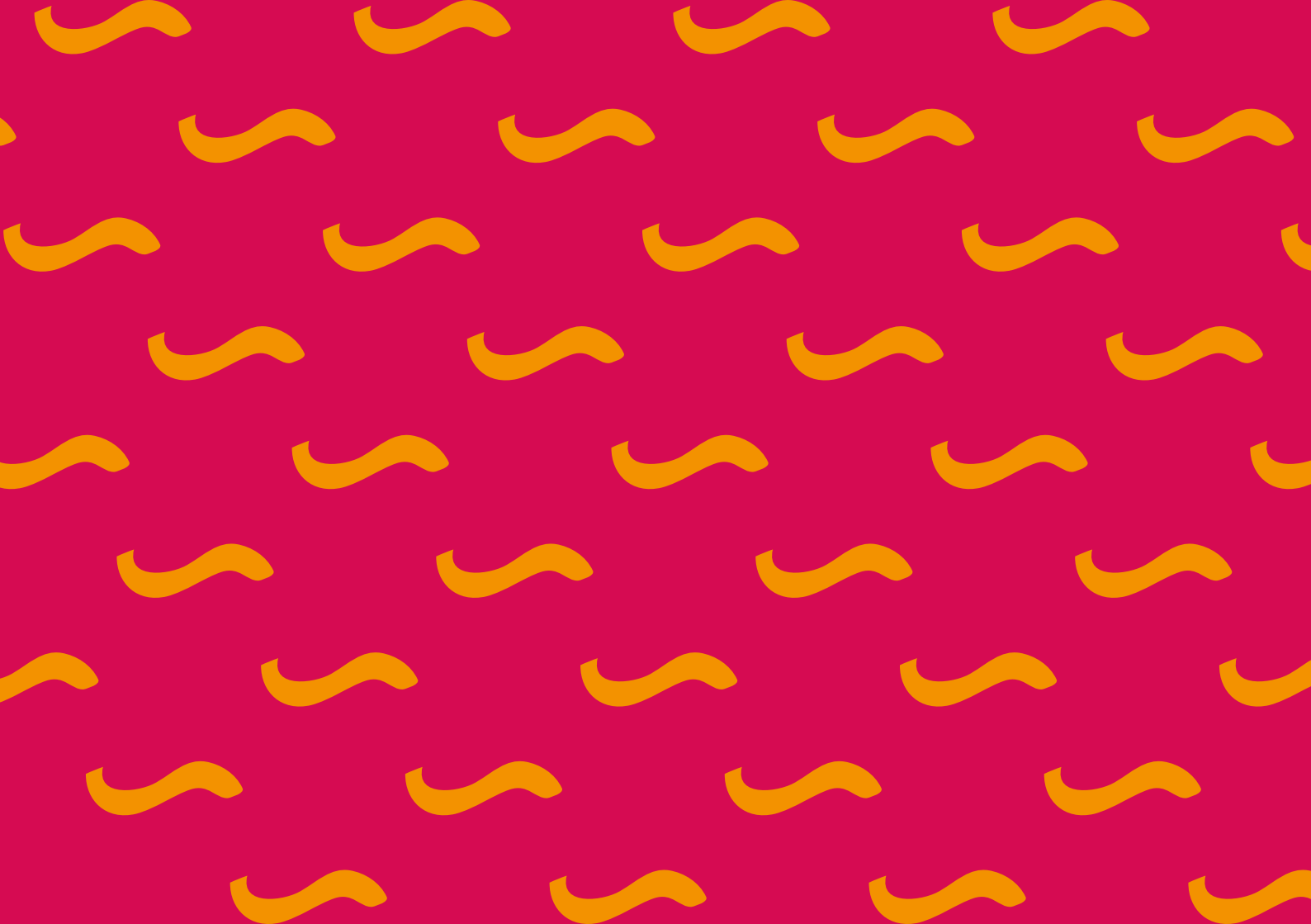
Think of a place in London starting with every letter of the alphabet. You can play this game with animals, people's names, countries – the possibilities are endless!



# Lotions and Potions

Raid the house for all the weird and wonderful ingredients you can find. It's up to you! Mix it all up in unbreakable bowls or pots (metal or plastic) with wooden spoons. Have you made a potion? A new invention?







# And...relax

Adults: Listen to some relaxing music and just do nothing. Let your children do whatever they want as long as they don't hurt themselves or smash the place up. Pretend not to notice what they do, unless they really need you.



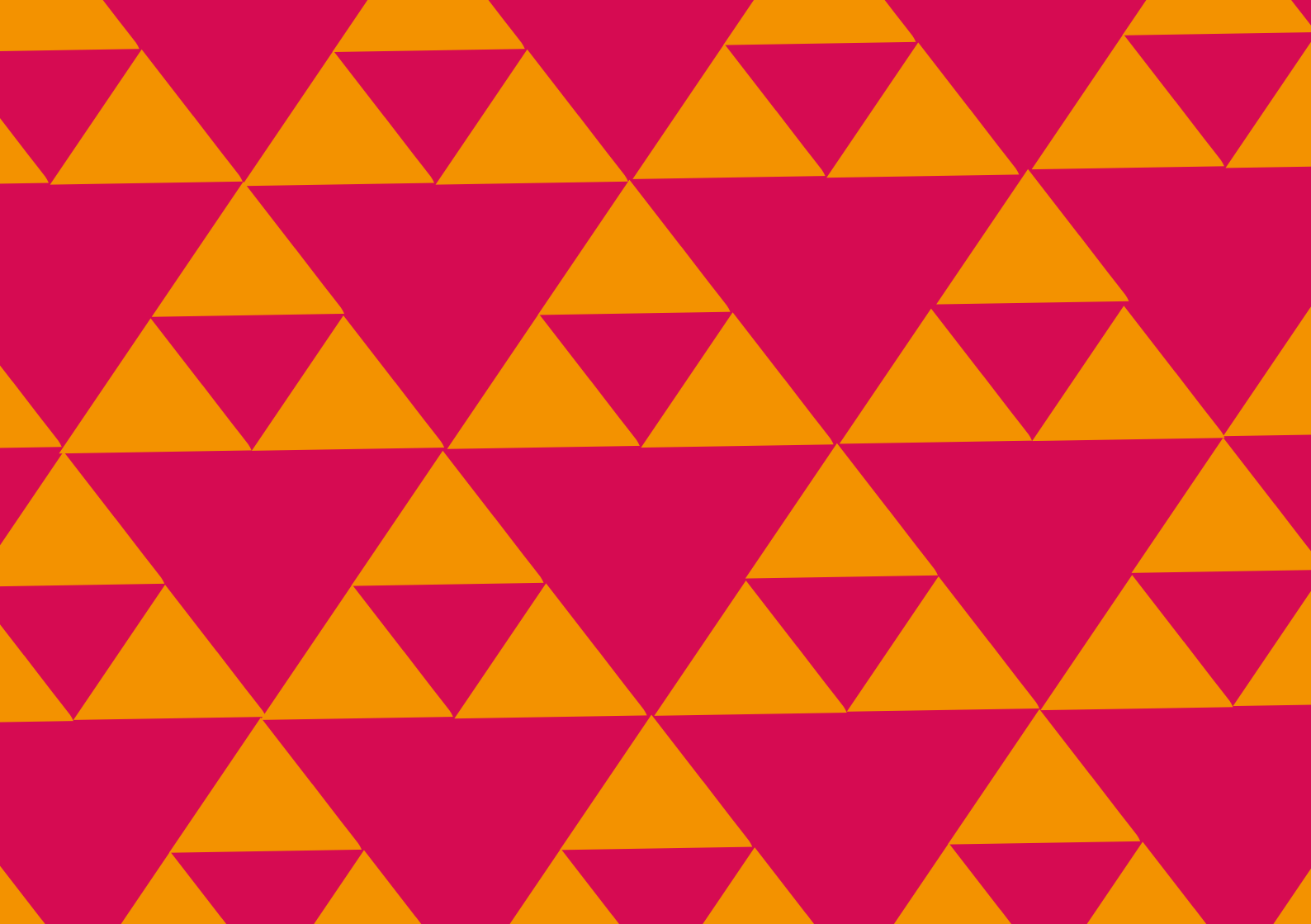


## PLAY PROMPT 10



# Make your own Roman Temple

Make a Roman temple in your own home. Ancient Mithras temples were built to look like deep, dark caves and were lit with torches. People would play music, sing or chant to the god Mithras and feast together. You could gather blankets and cushions and place them around furniture, or sit under a table. What will you do in your temple?



PLAY PROMPT 11

# Magic Words

Choose a magic word. Whenever anyone says that word, you have to freeze like a statue or dance your heart out. It's up to you!





# Changing Places

Dress in each other's clothes for a day. Does dressing like someone else change what you do? Does it change how you talk?







PLAY PROMPT 13

# Imagine

Play with an invisible ball.  
Is it bouncy? How big is it?





# Guess the Object

Close your eyes tight and don't peek! Get someone to pass you something to hold. Now feel it, describe it and guess what it is. What material do you think it is made from? Is the object heavy or light? Does it smell?



# Play with your Shadow

Play with your shadow. Notice the shapes it makes and how it changes as you move. What strange shadows can you make with your bodies and other objects?





# Flat portraits

Create a flat portrait. Use your clothes to make a flattened version of yourself on the floor. Can you make your face? And hair? Can you make a flat portrait of everyone who lives with you?



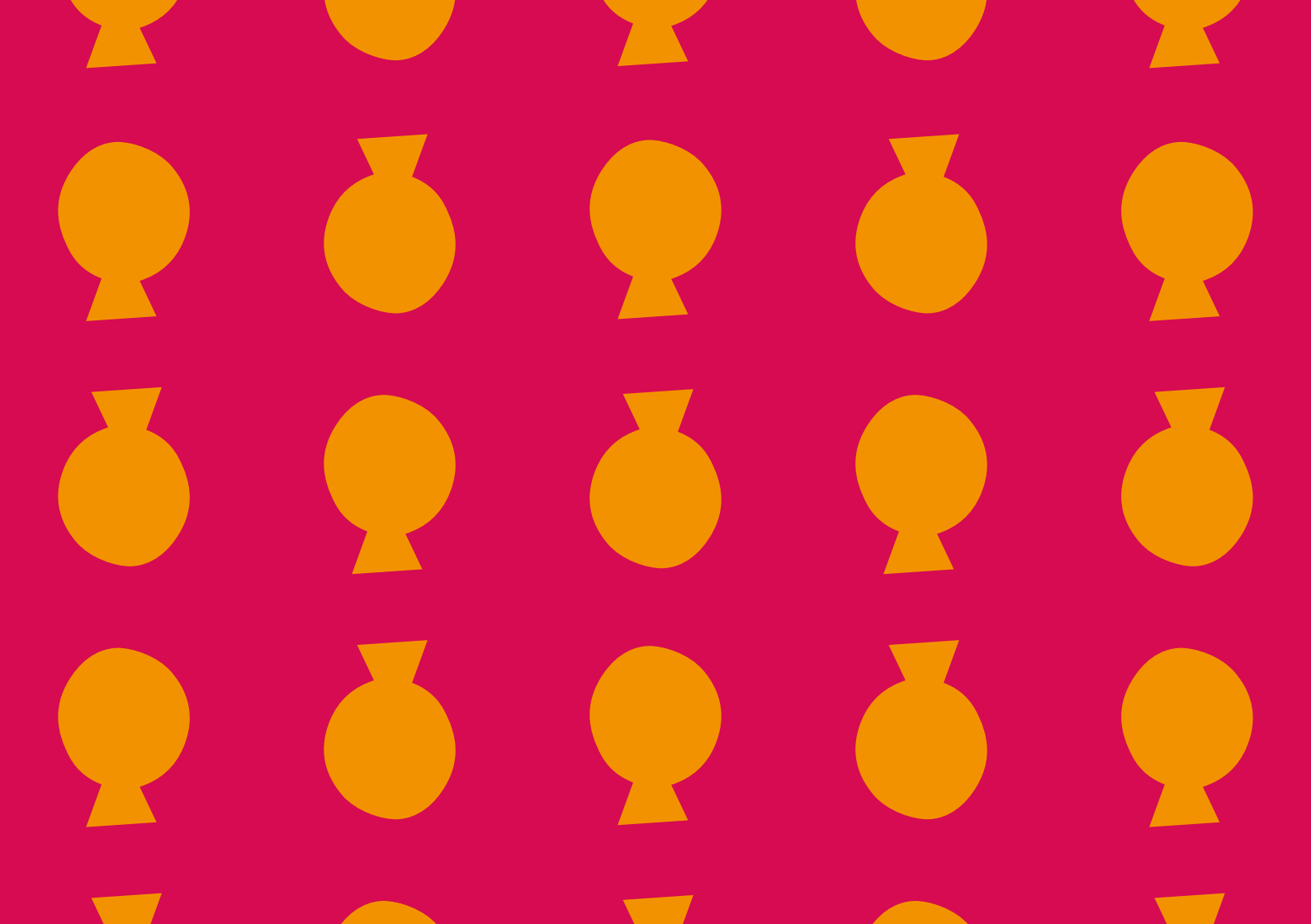






# Happiness Jar

What makes you happy? What makes people you know happy? On small pieces of paper write down some nice things that could make someone happy. Fold the pieces of paper in half and pop into a jar. Each day pull out a piece of paper and do the thing that will make you or someone else happy.



# Make a River

The River Thames is an amazing 215 miles long!  
What's the longest river you can make at home? You can use anything that's blue (clothes, bags, books etc. but NOT water!) and lay them out on the floor to make a river. How many rooms will your river travel through? Can you make some boats to travel down your river?





## PLAY PROMPT 19

# Switcheroo

Draw an object you see every day using your normal writing hand. Then, repeat this process by using your other hand, to see the difference. Try drawing with both hands at the same time.



PLAY PROMPT 20



# Light's On!

Can you find all the light switches in your house without looking? Get someone to blindfold you, then follow you to keep you safe while you're finding them!

