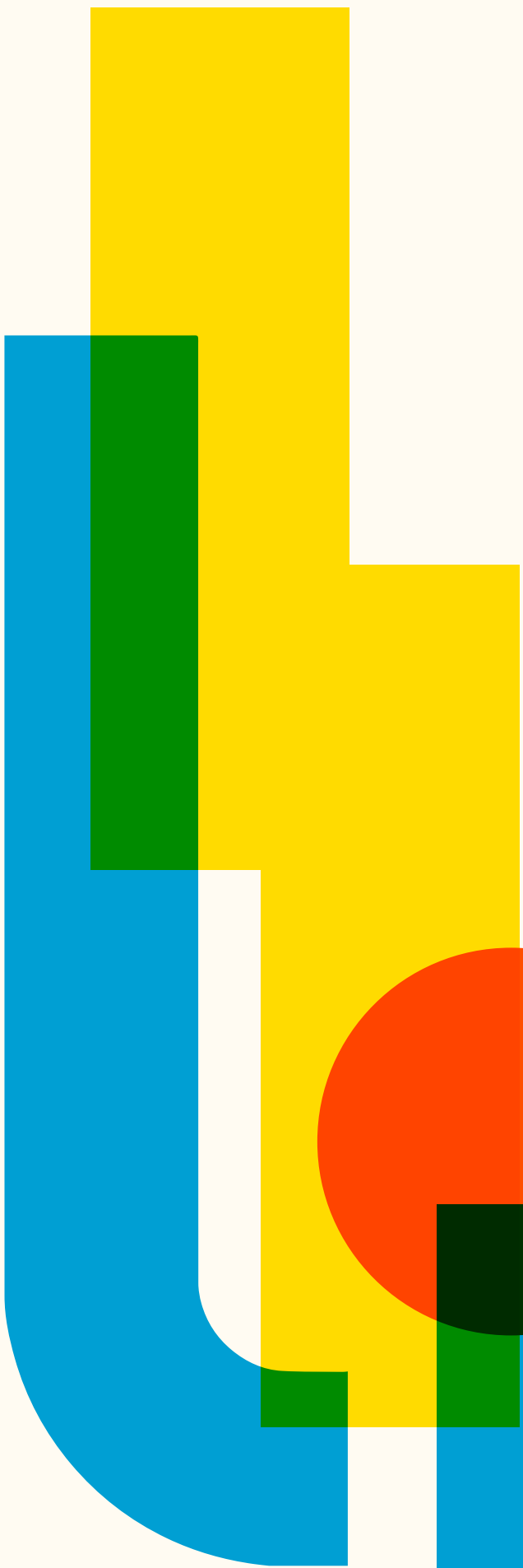
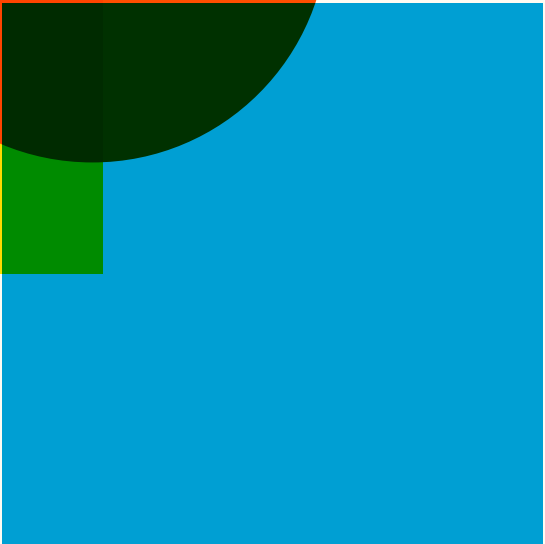


markham



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2



The 'Lockdown Boogie' challenge!

Its always good to keep active and moving, especially while we are all together at home. Here's an activity for you to create your own signature dance sequence on your own or with your family. On the next page you will find our ACTION FILE, with all the letters of the alphabet, next to each letter is a description of an isolated movement.

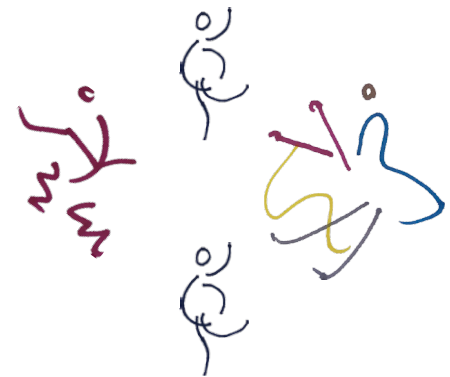
Take the letters of your name and each action that is attached to it from the list, and put them all together to build your own signature dance! For example ZARA would be;

Z - Touch the floor

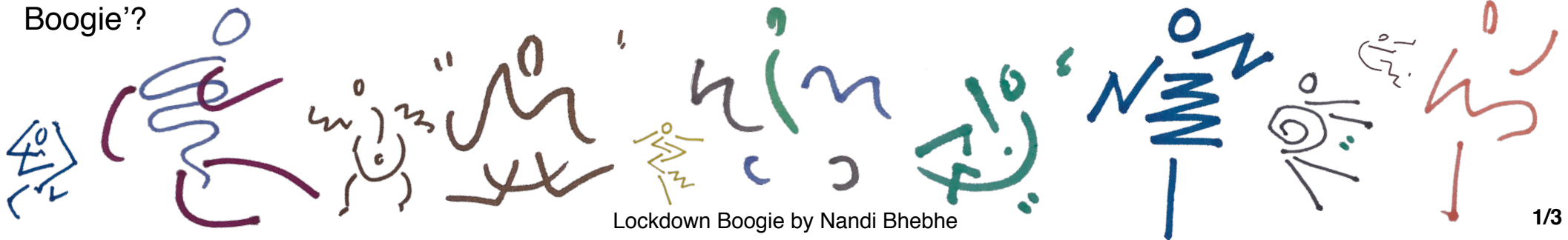
A - Raise right shoulder

R - With the left hand, tap the right shoulder and then the left shoulder

A - Raise right shoulder



You could do it with the names of everyone in your house? What if you put all the names together to make one big dance? Or get them to make their own and dance them together? What other words could you make dances from? Your street name? Your favourite colour or animal or day of the week? Or try 'Lockdown Boogie'?





ACTION FILE



A - Raise right shoulder

B - Raise left shoulder

C - Nod your head

D - Lift right knee

E - Lift left knee

F - Look left

G - Look right

H - Reach both arms in front and cross one over the other

I - Slide (or step) to the right

J - Slide (or step) to the left

K - Look up

L - Jump!

M - Turn around!

N - Roll the hips

O - Clap hands once!

P - Dab elbow to the left

Q - Dab elbow to the right

R - With the left hand, tap the right shoulder and then the left shoulder

S - With the right hand, tap the left shoulder and then the right shoulder

T - Reach both arms up to the sky

U - Reach both arms out to the sides

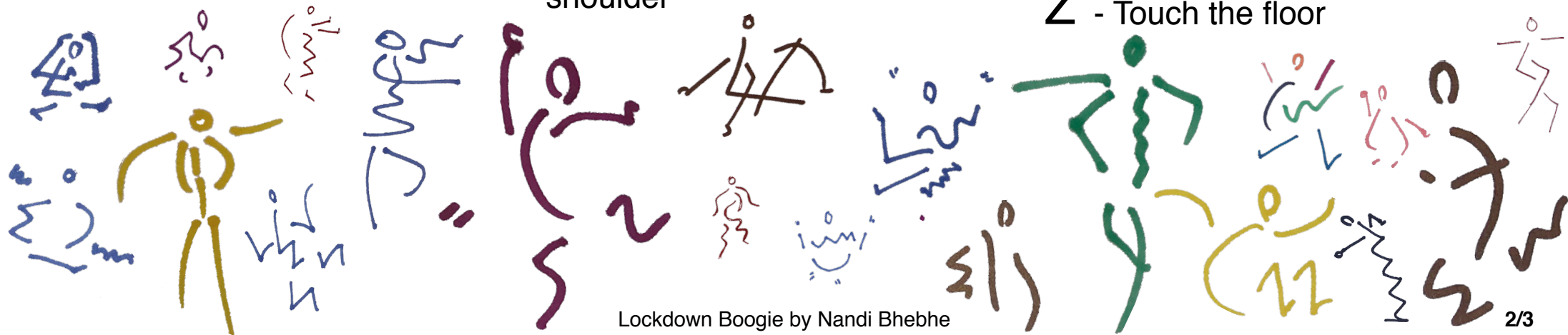
V - High 5 someone!

W - Clap hands twice!

X - Stamp left foot

Y - Stamp right foot





Z - Touch the floor






Can you make your own ACTION FILE? Put fun moves you like doing next to each of the letters, it could be flossing or dabbing or wriggle your toes or do a star jump.

Do you know any other alphabets? Could you write one for those too?



A - 
 B -
 C -
 D -
 E -
 F - 
 G -
 H -
 I - 
 J -
 K -
 L -
 M - 

N - 
 O -
 P -
 Q -
 R -
 S - 
 T -
 U -
 V -
 W -
 X -
 Y -
 Z - 

What are your favourite songs playing in the house at the moment? Can you do your dance to the music? See what it feels like to different songs, fast or slow, pop or rock. You could surprise a family member by performing their signature dance to them using their favourite song?!





MAKE A MOSAIC

.....

- : A mosaic is a piece of art created by arranging small :
: pieces of coloured glass, ceramic or stone into a picture. :
- : Mosaics sometimes showed stories about what was :
: happening at that time, with people and places in, and :
: sometimes they were just beautiful patterns. :
-
- : People around the world have been making mosaics for :
: at least 4,000 years. In Roman times, having a mosaic :
: floor in your house showed how wealthy and important :
: you were. :
-

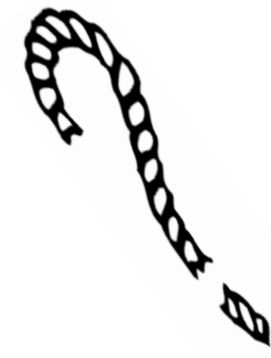
.....

- : Create your own mosaics! You can use small :
: squares of paper, foil or card, or why not try :
: creating patterns and pictures with dried pasta, :
: lego, or even sweets! Arrange them on a bit of :
: cardboard or paper until you are happy with it. :
-

Slow your breath and stare at the small mark* in the centre of this circle until your mind is totally empty. Try and enjoy it!
 *It's not just a mark, it's a tiny image of a 4,000 year old axe head in the Museum collection.



Can you draw your feelings about today?



Choose someone to watch for a while, do it so they don't notice! Imagine what they're thinking as they move around. Stop when they notice you!

Barry Sykes'

Activity

(& Inactivity)

Sheet*

#InActivityFUN

A MOMENT OF SELF AWARENESS:
 TO DISCUSS WITH OTHER PEOPLE...

- How long can you balance on one foot?
- What blood type are you?
- How long can you plank for?
- How do you feel when you've got nothing to do?
- Where is your sanctuary, where you go to escape?
- Which item of your clothing makes you feel great?
- How do you kill time when waiting for something?
- Can you think of a joke? And practice telling it?
- What do you collect? How many do you have?
- How do you get changed on the beach?
- Could you enjoy a week without talking?

Find 52 words or phrases about doing nothing, distraction and disengaging. Or don't...

DOING & NOT DOING

(A large word search grid follows)

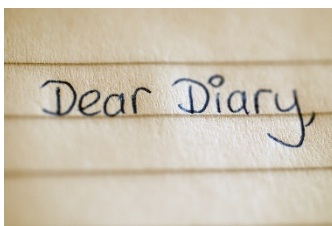
PHOTO CHALLENGES! #InActivityFUN

- TAKE A PHOTOGRAPH OF SOMETHING YOU DON'T UNDERSTAND. #UnderstandFUN
- PHOTOGRAPH THE GAP BETWEEN TWO THINGS. #ThingsGapFUN
- PHOTOGRAPH THE BACK OF YOUR HEAD AS YOU LOOK AT SOMETHING INTERESTING. #HeadBackFUN



93
 95 94 .92
 96 18 91
 97 20 17 .90 87 88 86 85
 21 98 16 15 14 13 12 11 10 84
 22 23 99 15 24 25 26 27 28 29 9 .82
 109 108 107 100 101 102 .72 81 .7
 38 39 37 36 35 34 33 103 80
 40 41 56 57 58 59 106 105 79 .6
 42 43 55 54 53 122 123 124 125 .61
 44 45 114 119 52 120 121 126 .5
 46 .115 116 117 118 .51 63 .127
 47 48 49 50 64 .129 .128 .4
 78 77 .3 76 .2
 75 .1
 65 .130 66 .131 67 .132 68 .133 69 .134 70 71 72 73 74

A day in the life of...



Starter activity:

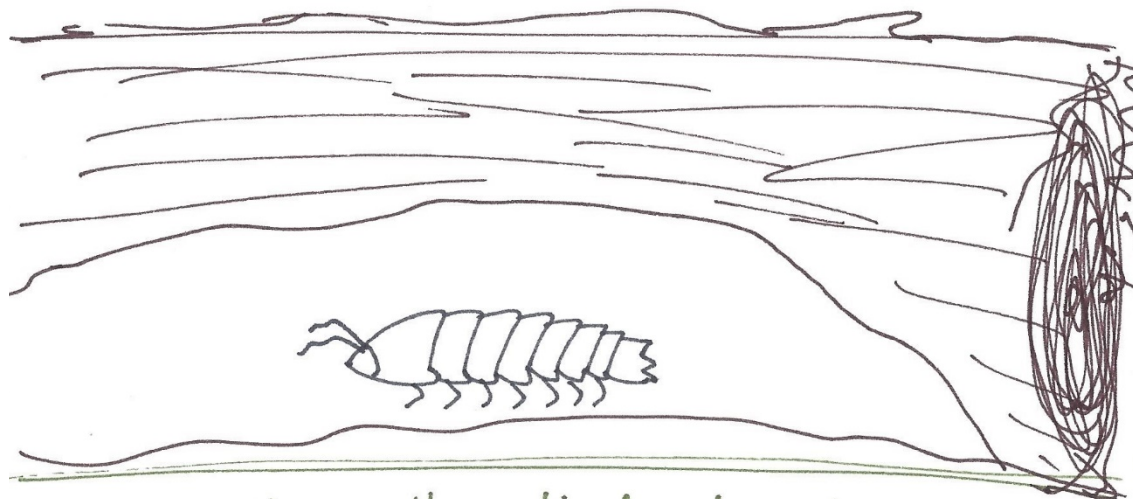
Choose a plant or animal that lives in your area or in Epping forest and find out a bit about it. (You may be lucky enough to have one visit or live right by your house so you can watch it too.)

Main activity:

Write a pretend diary for your subject. Perhaps you could write a year in the life of your favourite tree or a day in the life of an animal. What does it do, where does it go, what does it see and how does it feel? Some of the trees in Epping forest are hundreds of years old, so just imagine what they have seen?!

Bonus activity:

Draw your subject or a scene from its diary. Maybe you could even take a photograph.



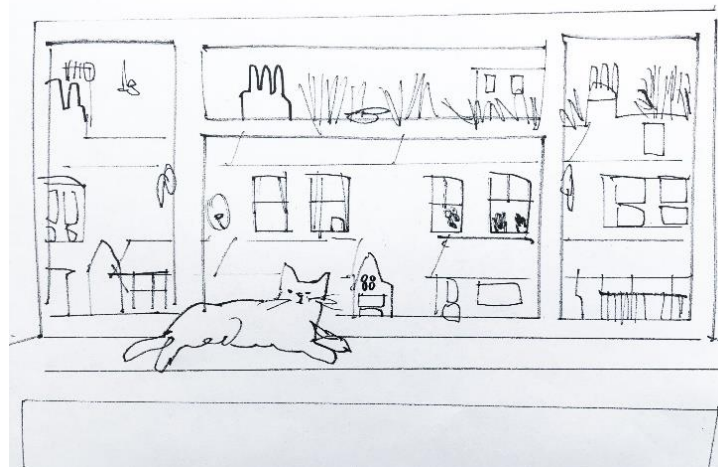
Mr woodlouse lived under a log.
One day...

Picturing London

It may not be possible to visit the places that you enjoy but we all have a view that looks out onto a piece of the city, framed by our windows at home. Looking and drawing can help you to see things you might otherwise not notice!

Have you noticed the way that windows on a tower block form patterns? Look carefully at people's front doors! They vary more than you think and are often personalised with a colour, door knocker or buzzer, letter boxes high or low. How many different chimney shapes can you spot? What is the furthest building you can see from your window? Try to notice the changing sky as it passes by.

There is always something to see, even if at first your view doesn't seem interesting!

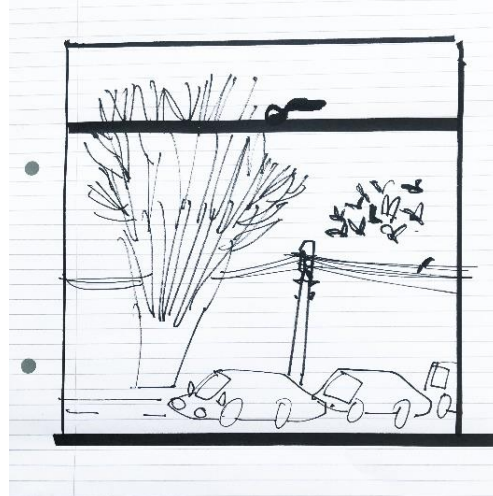


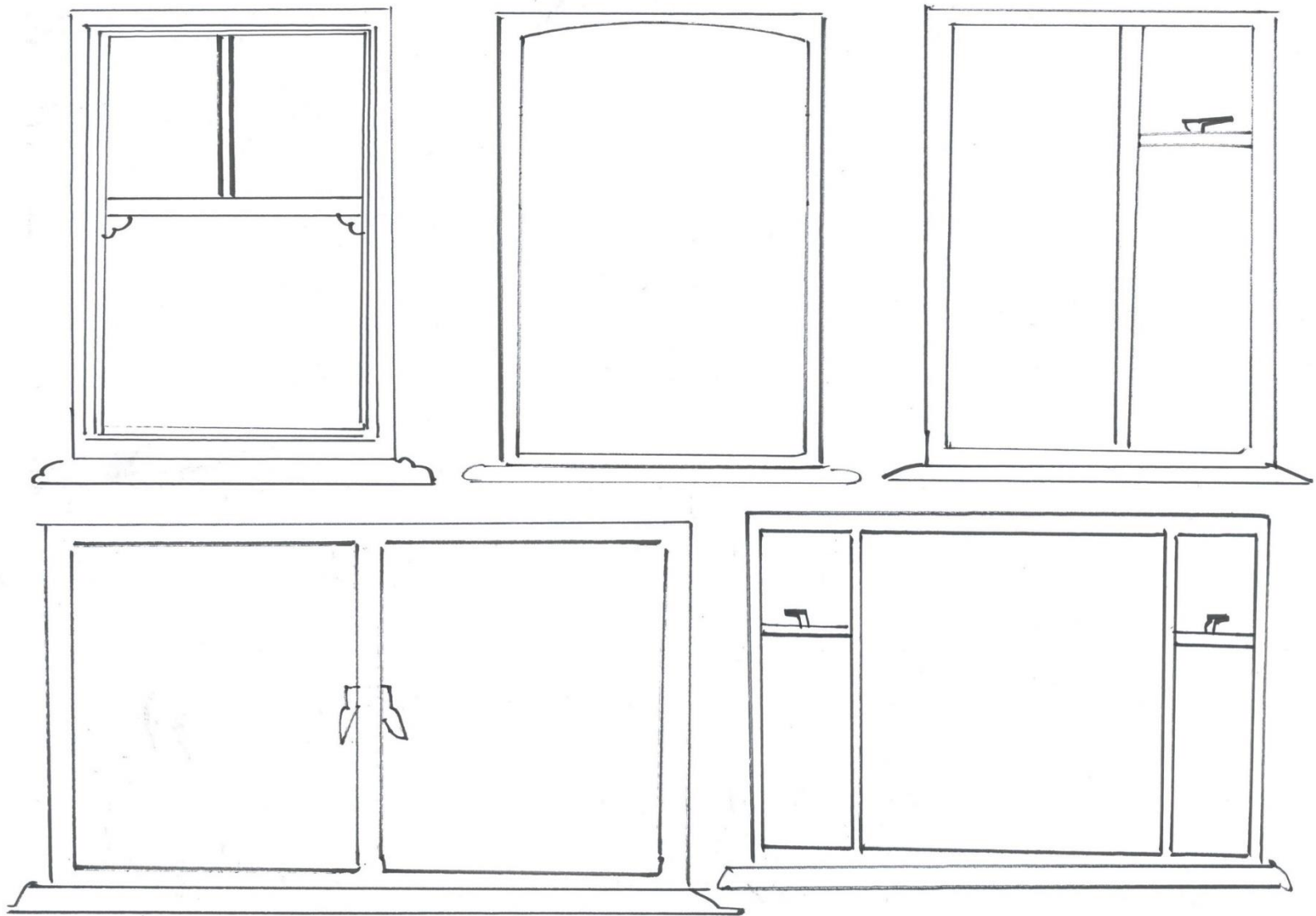
Picturing London

Draw the view from your window and discover something new, curious or beautiful. What will you see the next time you look?

Materials

- If you don't have drawing paper you could use the back of envelopes, the inside of cereal packets, old receipts, lining paper, or the cover of an exercise book you no longer need!
- Use pencils, pens and crayons to make your marks and lines.
- Try collage with building blocks or Lego on paper so you can move shapes and colours about.





Use a window frame template or draw your own. A simple rectangle is a perfect way to start, then draw your view inside.



Picturing London

Display your views on your very own gallery wall at home to create a colourful kaleidoscope!





MUSEUM IN A BOX presents

Time Capsule Ideas

Commissioned by the
Museum of London

SHARE YOUR WORK?

Email
info@culturemile.london

Instagram
@CultureMileLDN

Twitter
#culturemile

Museum in a Box
History that speaks for itself!
museuminabox.org

See

Hear

Feel

Smell

Write

Photo

Smelly Collages

What has your kitchen smelt like recently? Maybe you're trying out different meals or eating your favourite treats. Take some veggie peels, fruit pits, colourful packaging, and make some smelly collages! Or you can turn them into homemade ink for some drawings. (These will get smelly and not last long, so take a photo to keep them. And remember to recycle / compost!)

Exciting Things Ahead

What have you missed while being at home? Write about or draw 9 things you're excited to go back to when we can all be out in the world together again.

New Sounds

Record 9 sounds that are part of this time at home and tell us about them! Maybe it's sounds from nature outside, the people in your house sharing a meal or the door opening on your way to a walk.



Travelling by Touch

We don't have many places to go to. Try to find 9 cool textures at home. When you feel them, where else could you be? Could you be feeling the snow of a far-away mountain on your feet? Or the shell of a funky animal in a forest? Or a rock on a different planet?

Ch-Ch-Changes

What are 9 positive things you think should change when we go back outside? It could be new fun ways to greet each other from a distance, more pen-pals and paper planes, free soap everywhere or a big homemade bread competition.



The Internet

How is the Internet keeping you company? Tell us about 9 digital objects – YouTube series, Tik Toks, tweets, video games, online events, programmes, playlists, audiobooks – that have brought you joy and connected you to your friends, family and the world.

Your Own Virtual Reality

Look around your house. Which 9 objects look like they could turn your house into a magical land? Feature them in a fantastical story: maybe they're part of a spaceship, or were made in an underwater civilisation! Use them to record some funky sound effects, as if they were instruments. Play or read out your story to your family, and get them to feel the objects and hear the sounds as you go. *(Sleeping masks / eyes closed for maximum VR experience recommended!!)*



Learning Journal

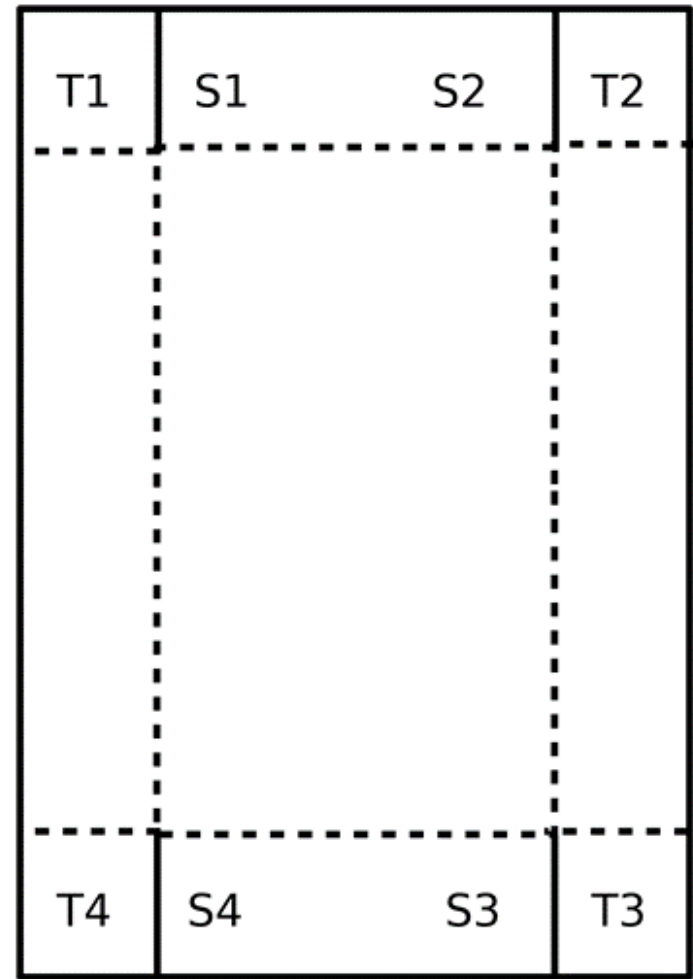
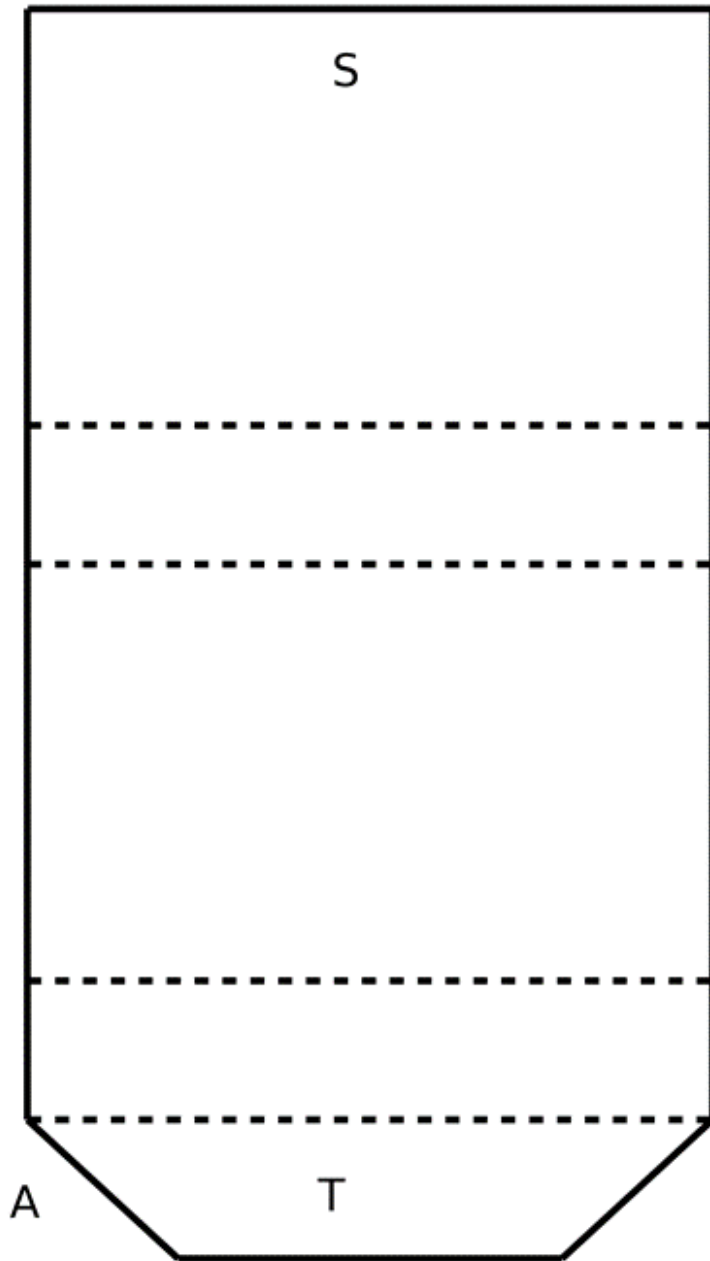
What are 9 things you've enjoyed learning - about yourself or the world in general - during lockdown? Maybe you discovered that you really enjoy drawing, playing video games, or baking. Maybe you're finding out more about essential jobs, the beauty of the postal service, or the toilet paper supply chain?

Memory matchbox game

Make your own memory matchbox game and play with your family! You could use an empty matchbox, or any other small box. Or use the template to make your own.

1. Cut up some pieces of paper to fit inside your matchbox.
2. Ask each other questions about memorable things, people or events. Who is the first person you remember from when you were little? What is the first place you remember going? What are your favourite memories of a place?
3. Write or draw the memories on your pieces of paper and collect them in your box.
4. Shuffle the pieces of paper or shake the box.
5. Pick a memory and see if you can guess whose it is!
6. Do any of your memories match anyone else's?





Cut all solid lines and fold all dashed lines. Put glue on tabs, these are marked T. The tabs stick to the S. Piece A makes the sleeve for the matchbox and piece B makes the tray.

Pharmacy Jar

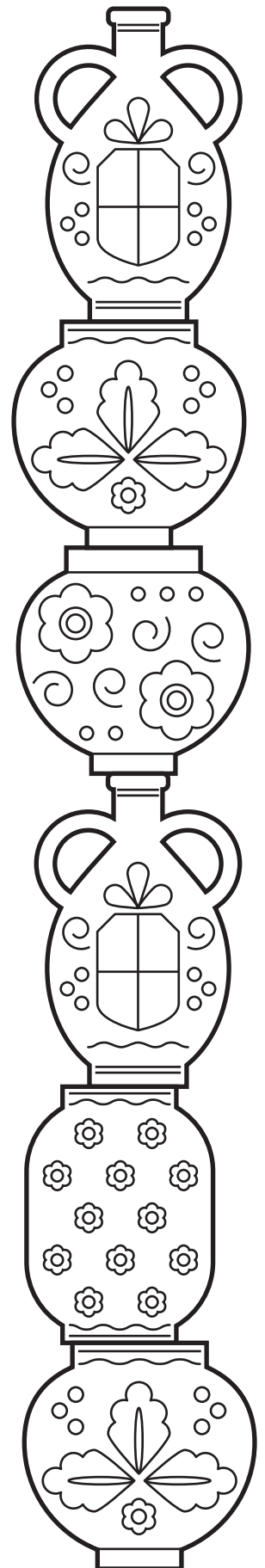
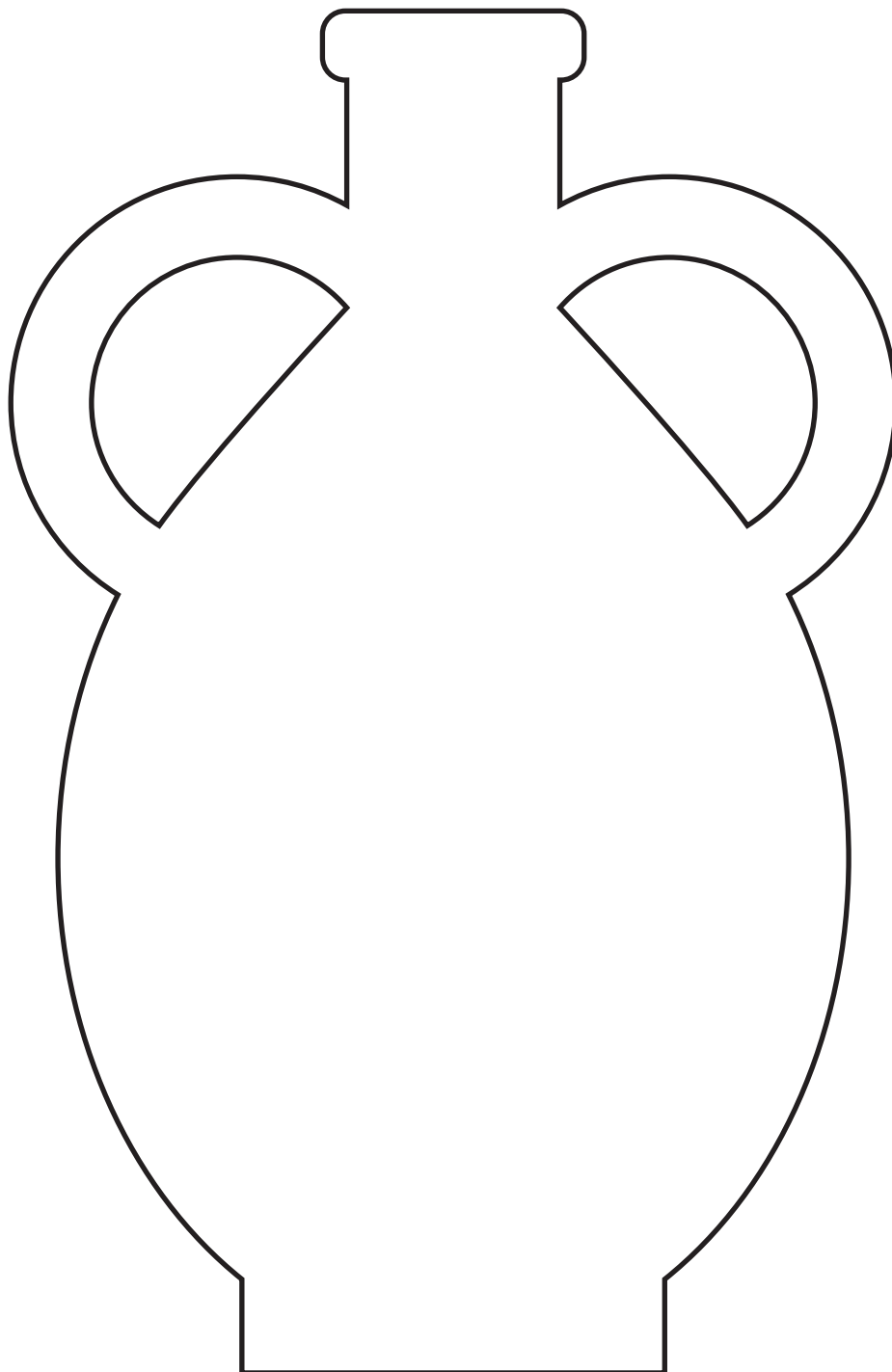


Museum of
THE ORDER OF
ST JOHN

Medieval pharmacists stored the dried herbs for their medicines in large ceramic jars. Painted on some jars were symbols which told the pharmacist what the herbs were and how they could be used.

Can you design your own pharmacy jar?

What herbs would it contain and what would they do?

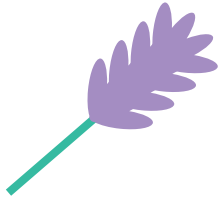


Healing Herbs



Museum of
THE ORDER OF
ST JOHN

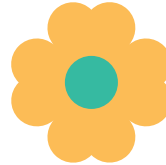
Can you guess how each of these plants helps people to feel better?



A. Lavender



B. Peppermint



C. Primrose oil



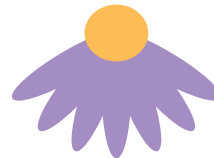
D. Thyme



E. Chamomile



F. Rose petals



G. Echinacea



H. Ginger

A__

B__

C__

D__

E__

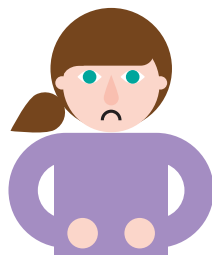
F__

G__

H__



1. Stops people from feeling travel sick



2. Helps to stop stomach ache



3. Can be used to heal burns



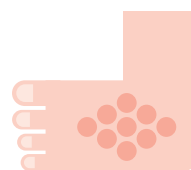
4. Is very calming



5. Is used to prevent winter colds and flu



6. Helps you to sleep



7. Soothes skin conditions like eczema



8. Can help get rid of colds

Answers: A6, B2, C7, D5, E4, F3, G8, H1

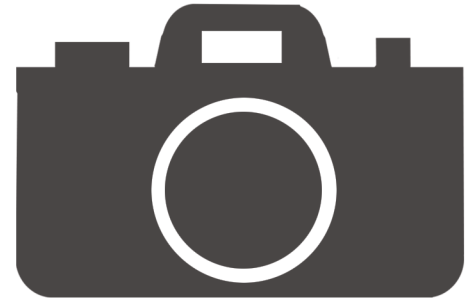
The Museum of London is capturing what life is like for families in London during this time



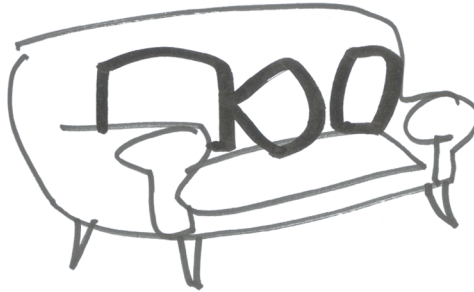
Become a photographer and tell your story

Take photos to share your lockdown experience using the prompts below. Email them to us to be considered for our virtual gallery – turn over for more details!

If you don't have a camera you could draw or paint a picture, or make a collage instead.



Where are you spending most of your time?



Are you eating anything different to usual?



How are you entertaining yourself?



Who else is in your house?



What is giving you comfort or making you happy during these times?



Who in your family is leaving the house and where are they going?
Is anyone going to the park, the shops, to work?

We are creating a virtual gallery of some of the photographs taken

Email yours to families@museumoflondon.org.uk by 31 July 2020. Why not include some information about the photos you have taken in your email as well.

We may also contact some families to ask for permission to add their photos to our permanent museum collection. These could potentially be displayed in our galleries or used on our website in the future.

By emailing your photographs you are giving the Museum of London full permission to publish your photographs in whole, or in part, in any lawful manner in any medium including, but not limited to, website, in promotional material and on social media. Please include the name of the photographer, if the photographer is a child please also include their age. If you do not want us to feature the name of the photographer please let us know in your email. By emailing you also give consent for us to contact you by email regarding your images if required.

Top tips for photography

Move closer

Your tablet or phone camera can produce amazing pictures but often the quality reduces if you zoom in. To capture details try getting closer and tap on the screen to focus.

Look up, look down, look sideways

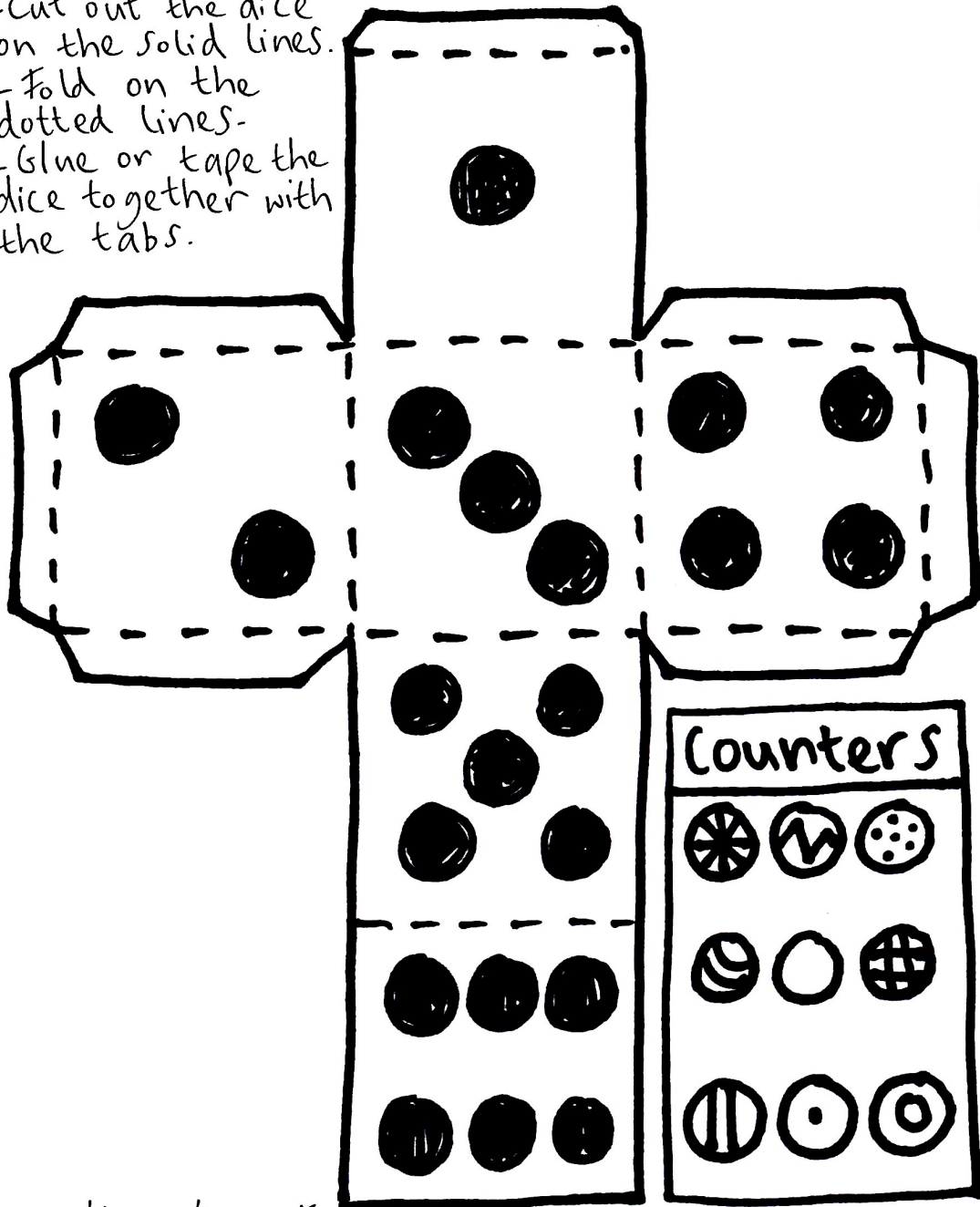
Try changing your point of view. Stand on your tip toes, or ask an adult to help you climb some stairs or onto a chair to take a birds' eye view. Or try lying on the floor for a worm's perspective!

Look for the light

Just before sunset on a clear day there is a lovely warm yellowy light we call 'the golden hour' which is very flattering for portraits. Capture someone in your house, near a window or in your outdoor space, just before the sun goes down.

Fold a Dice

- Cut out the dice on the solid lines.
- Fold on the dotted lines.
- Glue or tape the dice together with the tabs.



www.alineart.co.uk

Instructions

- ① Make the dice.
- ② Cut out the counters and place them on the start of the playing board.
- ③ Each player rolls the dice and the player with the highest roll has the first turn.
- ④ Player 1 rolls the dice and moves their counter along the playing board. Eg, if player 1 rolls a 3, they move their counter 3 spaces.
- ⑤ Players take turns rolling the dice and following the instructions.
- ⑥ First person who reaches the finish is the winner!

Climate Challenge

START!

1 Vote. You get physically active and vote. Move forward 2 spaces.

2 You switch off your electronics when you're not using them. Move forward 2 spaces.

3 Your home is not well insulated. Miss a turn.

4 You put a jumper on instead of turning on the heating. Move forward 2 spaces.

5 You grow your own food and plant a community garden. Follow the vegetable path to space 20.

6 You have a shower instead of a bath. Fill on space 11.

7 You forget your bag for life. Go back 3 spaces!

8 You move to a GREEN Bank. Move forward 1 space.

9 You change your energy bulbs to efficient bulbs. Move forward 2 spaces.

10 Renewable!

11 You eat too much meat. Go back 2 space!

12 You eat too much meat. Go back 2 space!

13 You ride a bike to school instead of going by car. Move 3 forward 3 spaces.

14 You put a wind turbine in your garden. Move forward 3 spaces.

15 You buy new clothes instead of going to the vintage clothing shop. Move 1 space.

16 You start a climate conversation. Move forward 1 space.

17 You take a train not a plane! Move forward 2 spaces.

18 You buy a plastic water bottle. Move back 3 spaces.

19 Move forward 2 spaces.

20 You grow your own food and plant a community garden. Follow the vegetable path to space 20.

21 You move to a GREEN Bank. Move forward 1 space.

22 You put a wind turbine in your garden. Move forward 3 spaces.

23 You buy new clothes instead of going to the vintage clothing shop. Move 1 space.

24 You take a train not a plane! Move forward 2 spaces.

25 You start a climate conversation. Move forward 1 space.

26 FINISH

Remember your Committee to GREEN

Your home is not well insulated. Miss a turn.

You have a shower instead of a bath. Fill on space 11.

You forget your bag for life. Go back 3 spaces!

You move to a GREEN Bank. Move forward 1 space.

You change your energy bulbs to efficient bulbs. Move forward 2 spaces.

Renewable!

You eat too much meat. Go back 2 space!

You ride a bike to school instead of going by car. Move 3 forward 3 spaces.

You put a wind turbine in your garden. Move forward 3 spaces.

You buy new clothes instead of going to the vintage clothing shop. Move 1 space.

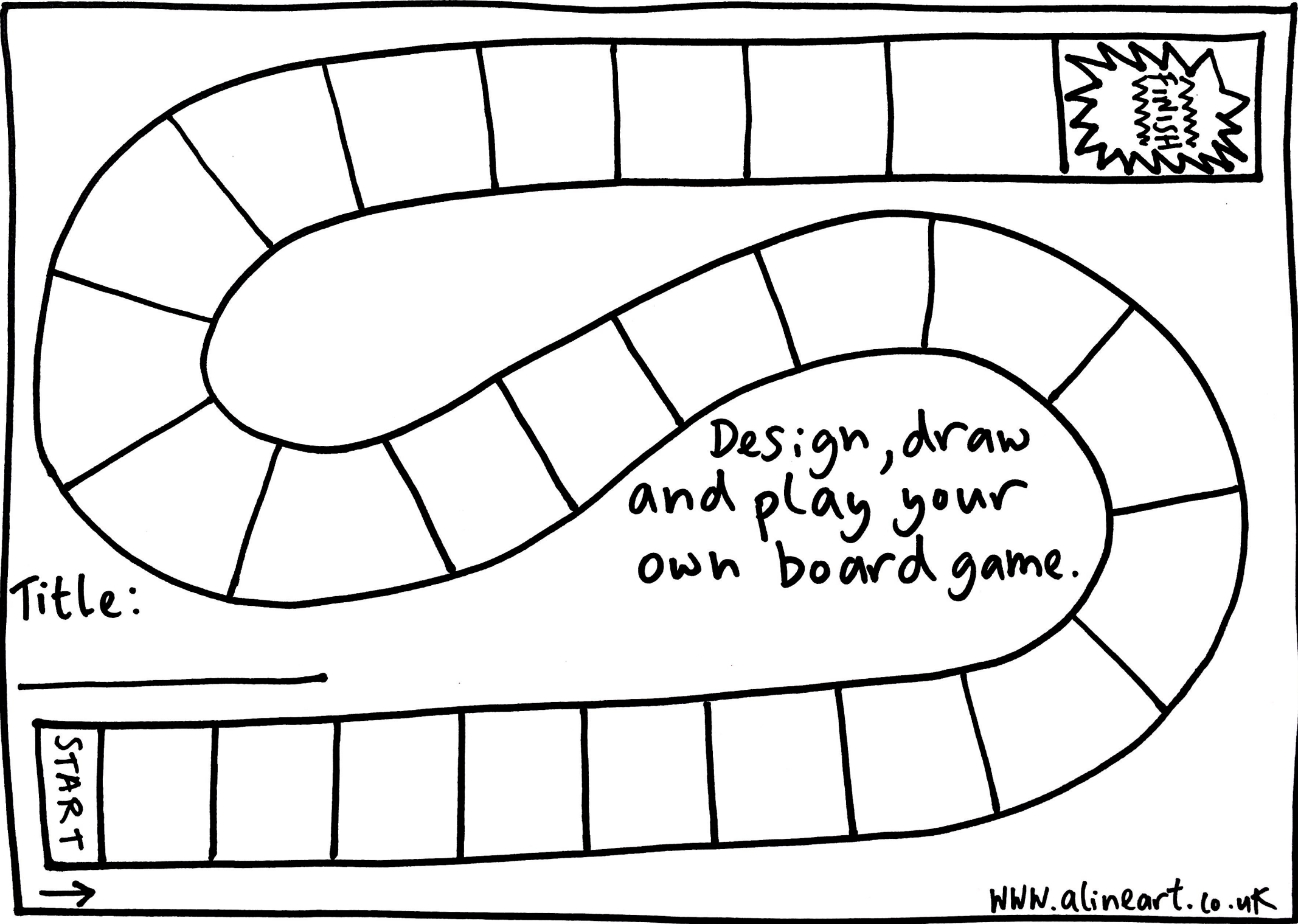
You take a train not a plane! Move forward 2 spaces.

You start a climate conversation. Move forward 1 space.

You buy a plastic water bottle. Move back 3 spaces.

You get physically active and vote. Move forward 2 spaces.

You grow your own food and plant a community garden. Follow the vegetable path to space 20.



Title: _____

Design, draw
and play your
own board game.

START



The background of the entire page is a photograph of dark brown soil with several small green plants growing from it. The plants have rounded, succulent-like leaves. A small, light-colored object, possibly a seed or a piece of soil, is visible in the upper right quadrant of the soil.

Make some soil...

The next activity is about growing things you can find in your kitchen. To do that you need some soil, which can be tricky to find at the moment so we've sent you some. In the bag you'll find a little round soil disc, this is called a soil plug. If you put it in a small pot or jar you can use it as soil. Here's how:

1. Add soil plug to a jar or pot - like an old yogurt pot or a clean baked bean tin
2. Cover with water
3. Follow the instruction on the next activity and watch things grow.
4. Remember to talk to your plant seedlings, it's rumoured to help them grow...



Seeds straight from your fridge

All ages

Investigate which seeds in your kitchen will still be able to grow. Did you know that as well as fruits and vegetables, lots of dried foods that we have in our cupboards are still able to grow?

Seeds have food stored within them to give the new seedling a head start in growing (germination). Sometimes, all these seeds need is a bit of water to wake them up and they can be then planted in some soil.



1. Dried seeds, chickpeas, kidney beans (in fact, beans of any kind) all need to be left to soak for a couple of hours – lentils may take longer.
2. Once the outer casing of the seeds has softened, ask an adult to carefully pierce the skin (unless the seed is very small) – taking care to avoid the “point” on chickpeas and the “seam” on beans as this is where the root will emerge.

While you are waiting for your seeds to be ready – you can make your own plant pot.

1. Take a sheet of newspaper and fold long ways two or three times into a long strip (about 15cm wide).
2. Place an empty jar or glass on its side on the strip of newspaper like a rolling pin.
3. Roll the strip of newspaper around the glass, ensuring that about half overhangs the opening of the jar/glass.
4. When the strip is fully rolled, push the excess into the opening of the jar/glass.
5. Remove the jar/glass and press the crumpled ends on the inside together to make a seal. You can add a small piece of masking tape to stick it together, but it shouldn't be necessary.



Once you have made your pot, you can add a small amount of soil or compost and add a few drops of water. The soil should be damp, not wet. You can then add your seeds and place in a sunny spot like a windowsill. It is best to only plant two or three seeds per pot – a different pot for each kind of seed. Below is a list of other seeds you may have in your kitchen to try. Remember, they need to be soaked first. (If the seeds have been roasted, they won't germinate.)

Mustard seeds	Poppy seeds	Star anise	Sunflower seeds (whole not hearts)
Cardamom	Nutmeg (whole not powder)	Cloves	Cumin seeds
Caraway seeds	Fenugreek seeds	Coriander seeds	Kidney beans

The Enchanted Interior for families

Guildhall Art Gallery



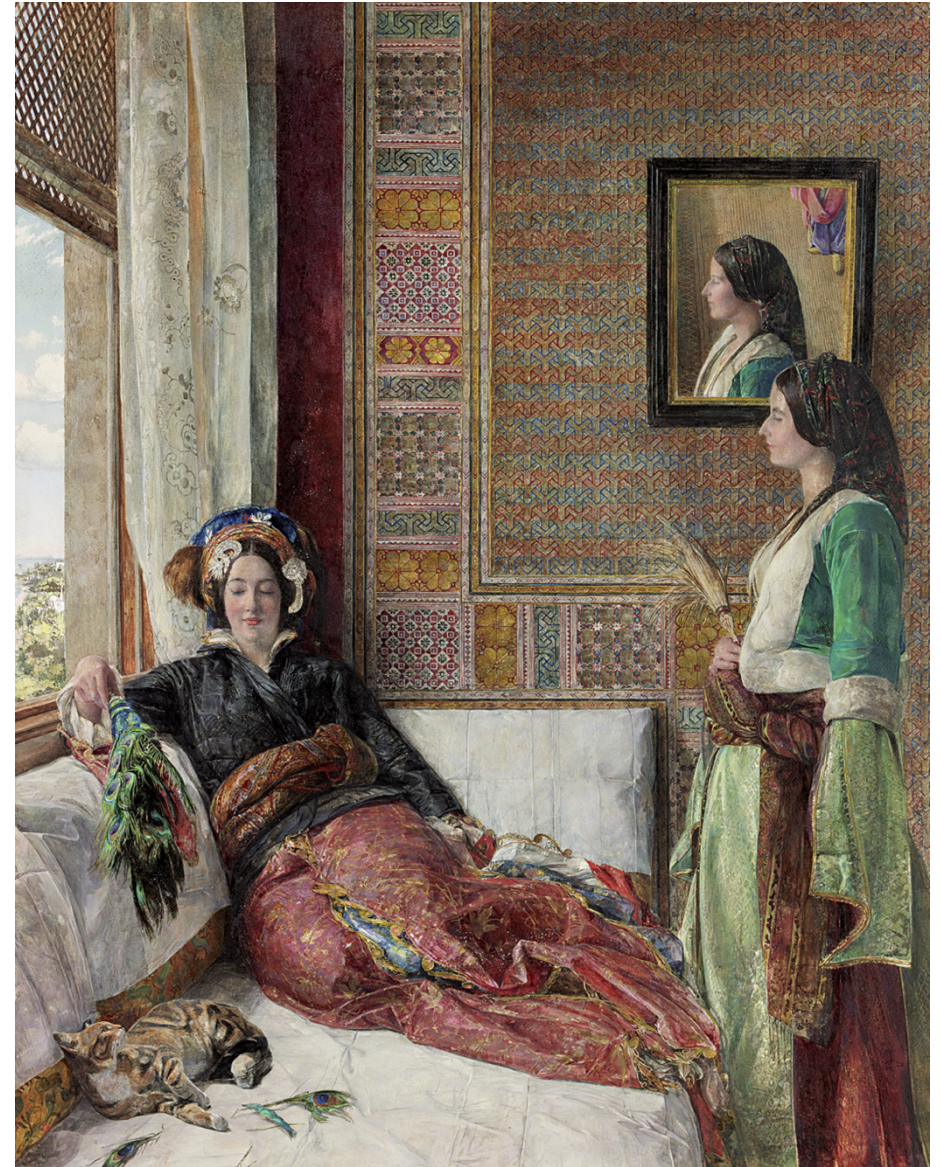
Hi, I'm Ethel Sands. The art galleries might be closed but I thought I could help bring some of the art in our exhibition into your home. We're going to look at some art, find out the stories behind the artworks and you'll get a chance to create your own artworks.

Take a look at this painting.

Do you think it is beautiful - what do you like about it?

Take it in turns to name all the things you notice. How many things can you find?

Where do you think it is set? Are there clues it could be this country? Is there anything that reminds you of another country?



Hhareem Life, Constantinople, 1857

John Frederick Lewis (1804-1876)

Watercolour - Laing Art Gallery

©Tyne & Wear Archives & Museums, Bridgeman Images

The painting was made 162 years ago, it is Victorian. Wealthy Victorians created very decorative interiors, mixing patterns, objects and materials from countries around the world. At the time, Britain was an empire. It had taken land and supplies from many countries, and more British people than ever were travelling overseas. People were inspired by other cultures but they didn't always take the time to understand them so often got the details wrong.

Go on a treasure hunt around your house. Find 6 things:

- Something old
- Something from this country
- Something from another country
- Something colourful
- Something patterned
- Something textured

Write down what you found:

Create an artwork using the objects. Arrange them so they look good. So you can remember what you have created, draw a picture on the right-hand side of this page or take a photo.



Girl Sewing, Auppegard, France, c. 1920s
Ethel Sands (1873-1962)
Oil on canvas - Guildhall Art Gallery, City of London

I (Ethel, in case you'd forgotten) didn't marry, I lived with another artist, Nan Hudson. We were lucky enough to have our own money and house. Our home was like an artwork to me, I filled it with things I loved and made it a place to enjoy my hobbies.

This is one of my paintings. When I started to paint my home in the 1920s my artist friend Walter Sickert said I should stop painting decorative drawing rooms and instead stick to the kitchen! Of course, this didn't stop me.

What are your hobbies?

Draw things into the picture that you would like in your dream home.



What do you think this woman is thinking and feeling as she looks out the window? Look closely for clues:



Can you see the two different birds in the painting - what are they doing?

Describe the people inside, and how they are different to the people outside?

In the past women were not treated equally to men. It was hard for them to earn money; they were expected to stay at home and be the 'angel of the house'.

Most women married, and when they did they had to give their money and house to their husband! So the woman in this artwork is dressed in fine robes and surrounded by nice things but she doesn't own any of them, they belong to her husband sat beside her.

Many artists painted women to look beautiful and decorative like the objects around them. Some say the women look like exotic birds trapped in gold cages.

Evelyn De Morgan (1855-1919)

The Gilded Cage, 1900-19

Oil on canvas - courtesy of the De Morgan Foundation

© De Morgan Collection



Nele/Nellie, 2013

Fiona Tan (born 1966)

Digital video - Laing Art Gallery

Courtesy the artist and Frith Street Gallery, London.

We hope you enjoyed these activities – we would love to see your artworks, please share them on social media with the tag [#guildhallartgallery](#) or email them to us learning.artgallery@cityoflondon.gov.uk

This image is taken from a piece of digital art. It is a 3 minute 9 second film, that was created 7 years ago by Fiona Tan an Indonesian-born artist and filmmaker.

Fiona likes history and searches through old documents in libraries and archives to find pieces of history that people have forgotten. This film is inspired by the life of Cornelia van Rijn, the secret daughter of Rembrandt (a famous artist). Little is known about Cornelia's life; no portraits of her are known to exist but we know she moved to Jakarta, the capital of Indonesia, and married when she was 16. Fiona imagines what life was like for this woman who could have been forgotten.

Create a film or a short play so that people can remember the piece of history you are currently taking part in.

Try to show how you and your family are feeling in your home at the moment.



Roll a story

What you need to create your own story: one die and your imagination



How to roll your own story

1. Select the **main character** in your story by rolling the die and finding out which character from the first row of the story grid matches that number.
2. Roll the die again to find the **setting** of your story from the second row of the story grid. The setting is where the story takes place.
3. The final roll of the die will reveal the **problem** of your story. This is what needs to be resolved by the ending.

How to tell your story

Stories can be told in many different ways. Here are some ideas of how you can share your story:

- Write it on paper to make your own book (you could even add illustrations to make it a picture book)
- Read it aloud to anyone who will listen (including on the phone)
- Act it out (with family members or with toys)
- Record a video or audio of you telling your story (you could even film pictures you have drawn)

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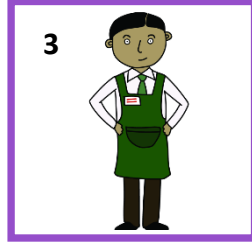
Story grid



chef



scientist



shopkeeper



builder



doctor



journalist



bookshop



castle



forest



cellar



desert island



volcano

1 There is a lost item that needs to be retrieved

2 Someone is trapped and needs help to escape

3 Someone is being chased by an enemy

4 A day where everything goes wrong

5 A magical item is a portal to another location

6 Items keep going missing and the mystery needs solving

The Museum of London tells the story of London, and of the people who live here. Objects help us to share these stories with our visitors.



Make a museum display to tell the story of your experiences at this time

Think about what objects have been important to you during lockdown and why.

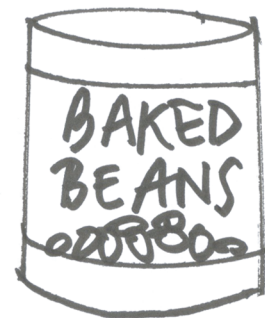
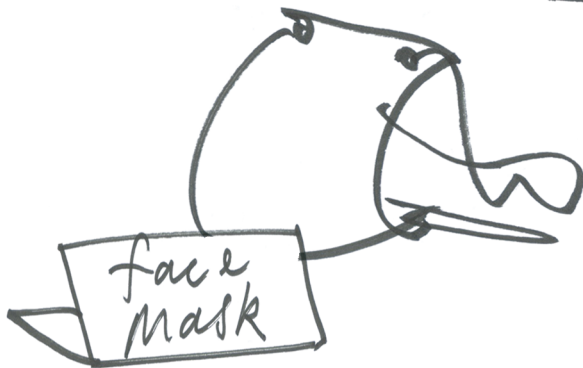
If someone in the future wanted to learn what lockdown was like, what objects would you choose to show them?

The Museum of London would like to collect some of the objects selected by families – turn over for more details!



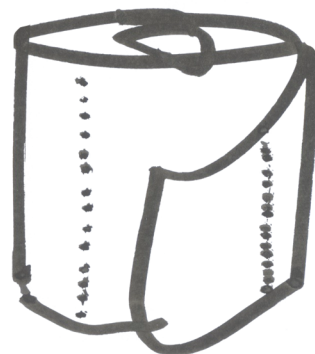
How will you arrange your objects – you could group similar objects together, or position them in a timeline.

Will your objects have information labels?



Will any parts of your museum be interactive? Can your visitors touch any objects, or take part in an activity?

Why not give your family a tour of your museum!



Do you think any of the objects in your museum should be collected by the Museum of London to tell the story of experiences during lockdown?

These could potentially be used for exhibitions or on our website in the future.

If you would like to suggest an object to donate to the museum please email us on families@museumoflondon.org.uk
Tell us what the object is and why you think we should collect it.
We won't be able to collect all objects but we will respond to all families who get in touch either way.



(illustrations: © Salvatore Rubbino)