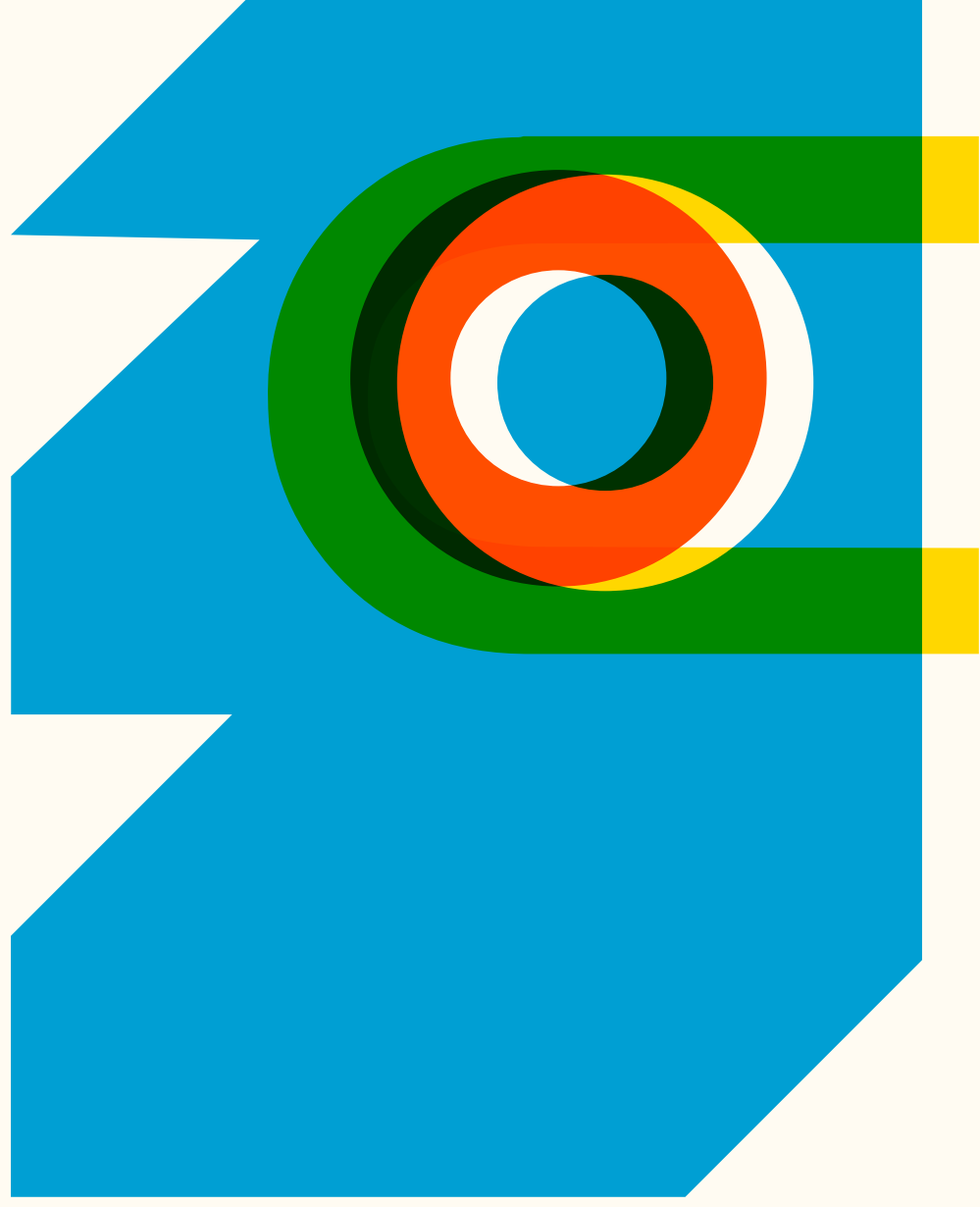


barbie

4 pack



Make a BOAT that FLOATS

You can make a boat out of things from the recycling bin, or fold a paper boat, or tie a collection of sticks together to make a raft. What else can you use to make a boat that floats? What will it look like? Does it have a name? How long will it float for? Whose boat will float for the longest?

You might need to weight it down a little so it doesn't wobble over. Remember to attach a piece of string to one end in case it floats away...

Suggested by Hanover Primary School Junior Editors - Sofia, Cavarley, Olivia R, Anjali, Jessica, Hisham, Rayhana, Ace, Harry F, Arthur, Lee, Hannah, Manas, Honor, Husna, Oliver G, Nathaniel, Mikael, Hannah R, Kaya, Taylor, Emily, Lamine, Adam, Hanan, Felix, Nong-Pa, Cerise, Jerrin, Jacob, Oliver C, Ranya, Zana, Ryder, Alesha, Radha, Abdullah, Tolu.

Flower pressing

3 years and up

If you have access to a garden or space where you have permission to pick some flowers you can press them as a way of preserving them. Make sure what you are picking is not poisonous.



1. Pick a selection of flowers - taking care of any plants with thorns or stings (nettles).
2. Make sure you leave the majority of flowers behind - they're really important for pollinators to make food and for the plants to make seeds.
3. Find several large/heavy books.
4. Place a sheet of newspaper between two pages and place your flower in the middle.
5. Close the book and place heavy objects on

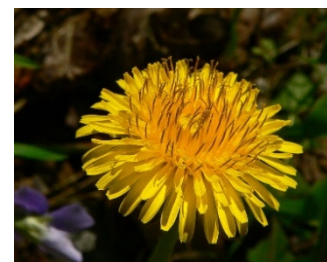
Once you have your dry, pressed flowers you can use them to decorate cards or make a collage which can be framed. Here are some common wild flowers that you may be able to find in your garden.



Daisy



Primrose



Dandelion



Red clover



Buttercup



Rename your Street

Have you ever noticed Street names?

All streets have a name. It helps the postman to find them. Some are named after people or battles or places or mythical beasts.

Rename all the places that you go to.

What is the new name for your flats or your street?
Do some places deserve good names or horrible names?
Do some places have scary names, or funny names?

You could name places for things that happened there or because of what those places look like. You could name a place for how it makes you feel. It's up to you.

Why not make a song about the renamed places and sing it as you walk along?

We would love to hear about the places you have renamed and what the new names mean.

Send your new names for parks and streets and play places to the email below 😊 You could ask an adult to help you.

lucy@islingtonplay.org.uk

Making a Mark

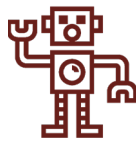
Think about how you might let other people know where is good to play in your area and how to get around. You could make markers, signs or notes to put up in your area to help others find good play spaces.

Be creative when choosing materials, perhaps using eye-catching colours and unusual textures to help people find your clues.

Some good materials that might stand out are:



Wool or Ribbon



Figurines



Coloured or Folded Paper



Luggage Labels



Clothes Pegs



DIY BLACKBERRY FIZZ

If you're bored of drinking the "same old drinks" at home, why not mix up your own soft drink flavours. It's really easy to make your own delicious drinks while testing your family's taste buds.

The blackberries are out, so if you can get to a park or green space where there are plenty of blackberries, you won't need to pick many to make your own delicious, healthy soft drink!

IMPORTANT: When picking blackberries remember... Never pick below the knee or above shoulder height! And look out for those prickles. We recommend wearing full body covering clothing when picking blackberries.

To make your own Blackberry Soda. All you need is:

- Water - still or sparkling
- A cup
- A bowl
- A Sieve
- Some spoons for mixing / juicing
- Sugar 2 teaspoons max, or an alternative like honey
- Fresh lemons or bottled lemon juice, if you like acidity
- Your choice of fresh fruit, flowers or herbs - we're suggesting blackberries as they're easy to find and fun to pick
- Ice and a slice of fruit for serving!



vimeo.com/companydrinks
www.companydrinks.info

INSTRUCTIONS

- Add a generous handful of washed blackberries to a bowl and crush them as much as you can until all the juices have come out. You could use a spoon or the end of a rolling pin to get all that delicious juice out.
- Pour your fruit juice into a glass through a sieve [or similar] to get rid of all the bits.
- To fill your glass, add fizzy or still water to the level you want, then taste - is your drink ready? Or do you need a little something extra to boost the flavour?
- If you think your drink isn't sweet enough, you could try adding up to 2 x small spoons of sugar. Mix it in until it disappears in the water... That's called dissolving.
- Don't forget that most fruity drinks aren't just sweet, some are a little bit sour too. So maybe add a squeeze of fresh lemon, or a teaspoon or two of lemon juice from the fridge. See what happens to the flavour when you balance the sweetness with some acidity?
- Mix it all together in your glass, and add ice or a slice of fruit to serve.
- You could try this again with different levels of sweetness and acidity to see what happens to the flavour.

Notice what colour your drink is? What happens when you pour in the fizz?

Could you come up with a name or a bottle label for your drink invention? You could try using tape and paper or stickers to decorate your cup and show off your creation. Will you name it after yourself?? Have a go at designing it on the next page.



vimeo.com/companydrinks
www.companydrinks.info

DESIGN AND DRAW A
LABEL FOR YOUR DRINK!

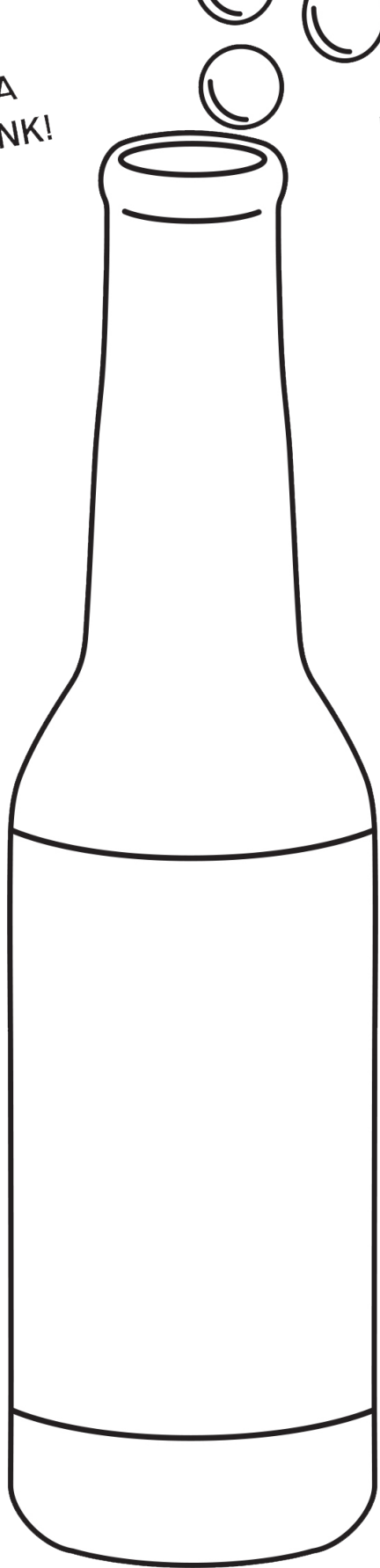
WHAT DRINK
WOULD YOU INVENT?

WHAT FLAVOUR
WOULD IT BE?

WHAT INGREDIENTS
WOULD YOU USE?

WHAT WOULD IT
BE CALLED?

WHAT COLOUR
WOULD IT BE?



COMPANY DRINKS

vimeo.com/companydrinks
www.companydrinks.info



Four season box

Ages 5+

In the UK we get strong seasonal changes throughout the year. This affects plant life cycles and what we see when we look in our garden or local area. Make a four-season box to see what these changes look like.

You will need: A plastic box, e.g. ice cream tub or margarine tub, paper, scissors, pens/crayons, natural materials

Divide a plastic box into four sections using pieces of card and sticky tape. Label the sections spring, summer, autumn and winter.

Look around outside for things that make you think of any one of the seasons and put them into that section of the box. For example, holly leaves might remind you of winter, flowers might remind you of summer and fallen leaves for autumn. It will be easiest to do this for the season that you are in now.

Seasonal bookmark

Make a bookmark with natural materials from the season you are in e.g. an autumn bookmark with lots of different coloured leaves.

Cut out a piece of card approximately 15cm long and a few cm wide. Put a strip of double-sided sticky tape down the middle of the card. Collect some natural materials and stick them onto your bookmark. Don't include anything too big or heavy as it might fall off.

Ideally cover your bookmark with sticky back plastic to protect it when being used as a bookmark.

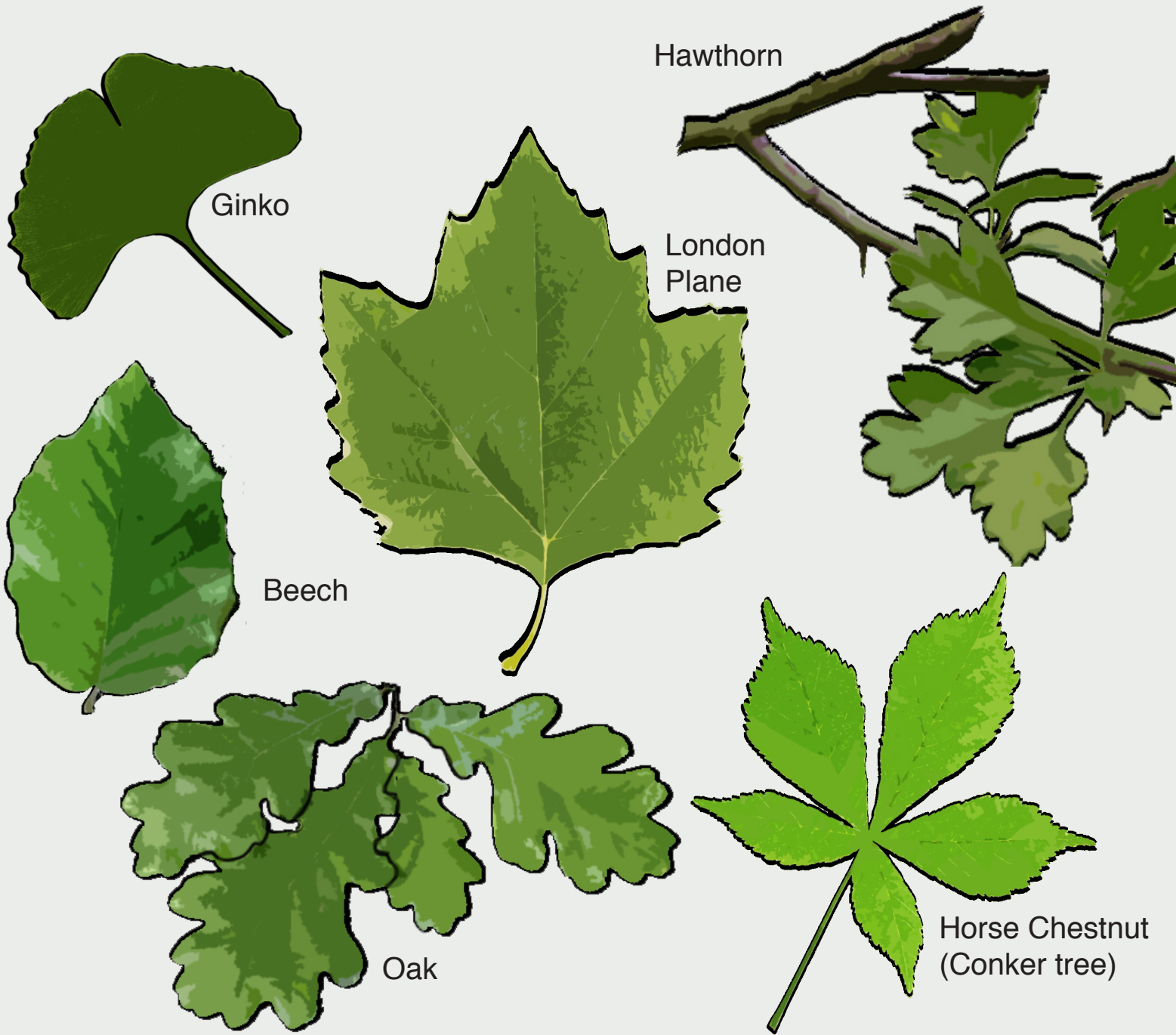


Tips

- If you want to stand something up in your box, e.g. a branch you could use blue tac.
- You could use materials that are not natural but remind you of that season

LEAF HUNT

Can you find these trees in your local park? Maybe you could collect a leaf from each or do a rubbing of the bark? Take some chalk with you and write the name of the tree underneath it so others will be able to see it?



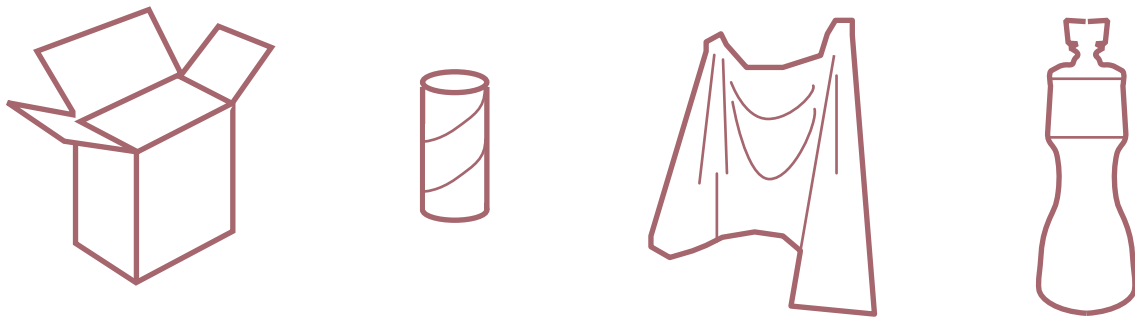
Suggested by Hanover Primary School Junior Editors - Sofia, Cavarley, Olivia R, Anjali, Jessica, Hisham, Rayhana, Ace, Harry F, Arthur, Lee, Hannah, Manas, Honor, Husna, Oliver G, Nathaniel, Mikael, Hannah R, Kaya, Taylor, Emily, Lamine, Adam, Hanan, Felix, Nong-Pa, Cerise, Jerrin, Jacob, Oliver C, Ranya, Zana, Ryder, Alesha, Radha, Abdullah, Tolu.

Build your own play city

Architects and Urban Designers get to make decisions about where and how you play. Now it's your turn! Think about what you would like your ideal outdoor spaces to be like in the future, design your best outdoor play-space on the other side of this sheet.

Use items you can find around the house, in the park or in your garden to make your own play environment. You could create a building, a street, or a whole city district.

Get creative with what you use, you can up-cycle many materials with or re-use common household items. Below are a few items that children have used before:



and some photos of creations from last year's Culture Mile for inspiration:



REWILDING YOUR SENSES

Some animals have developed particular senses and are very good at using them out in the wild. We can learn to develop our own senses a little more by learning from them. Think about owls. Owls have great eyes! They fly around and spot food from far away and can even see at night! They need to look forward when they fly, but they're always keeping an eye on what's happening either side of them.

To practice re-wilding your eyesight like an owl;

1. Stand outside - alone, or with friends or your household in a circle
2. Gaze forwards, you could try focusing on a tree or flower
3. Put your arms straight out in front of you, and start wiggling your fingers, [like you're playing a far away piano]
4. Slowly move your outstretched arms, and wiggling fingers, out sideways, never taking your eyes off the tree or flower straight ahead of you
5. You should still be able to see your wiggling fingers even when your arms are out either side of you
6. Have a play with moving your arms further out, and wiggling your fingers at different heights and seeing where you lose sight of them
7. You may think you look silly, but this is a great way of testing how far your peripheral vision goes

Next up, try carefully taking a few steps around your garden or park, always looking forward, and see what extra details or things you spot when you're looking forward but taking in all the new details in your peripheral vision.... Be more owl!

Think of another animal and what super sense it has?



COMPANY DRINKS

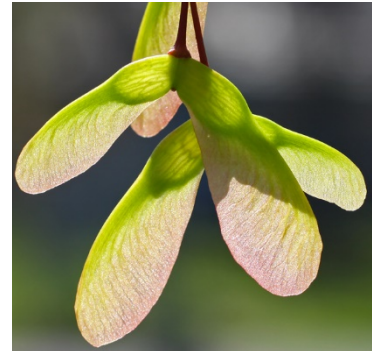
vimeo.com/companydrinks
www.companydrinks.info



Spinning helicopters

5 years and up

Seeds such as sycamore and maple have wings attached to help them to be dispersed (scattered) away from their parent plant, we often call these helicopter seeds.

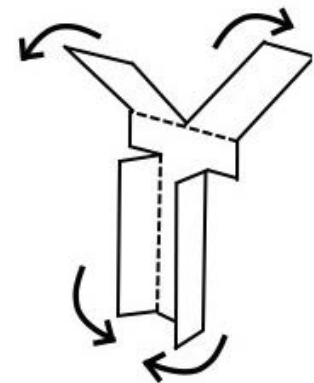
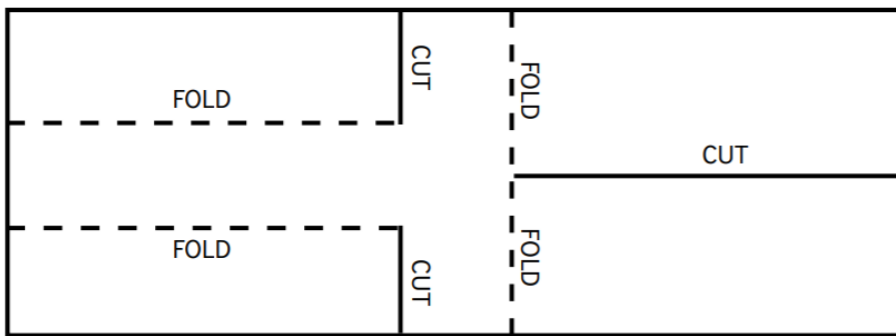


Have a go at making two different types of helicopter seeds from paper to see which can travel furthest.

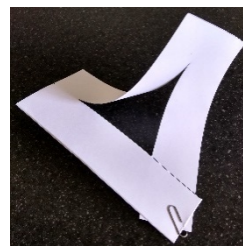
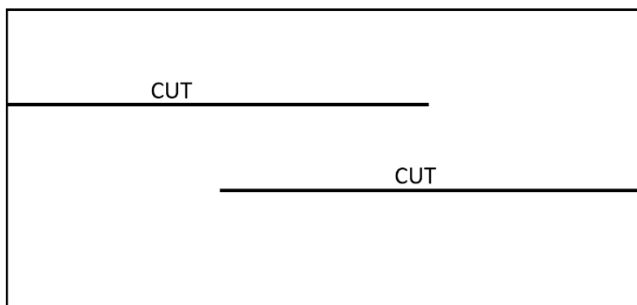
You will need: Paper, scissors, paper clip, timer

Make the two different designs of helicopter seeds as shown below.

Design 1



Design 2



Drop each helicopter seed from the same height 5 times and time how long each takes to land.

Record your findings in a table (to find the mean average add up the times and divide by five).

Time taken to land	Test 1	Test 2	Test 3	Test 4	Test 5	Mean average
Design 1						
Design 2						

all

Which seed could travel furthest from its parent tree?

Why do seeds need to travel away from their parent tree?

Beastly challenge

Animals have played an important role in shaping London's history. Each challenge below will ask you to move and dance like an animal. Challenge your family and see if they can guess the animal!

LION

Can you pace like a lion?
Take really big strides.
Look left and right, up and down.
Can you do a big yawn and stretch?

RAT

Can you scurry like a rat?
Dart left and right, across the room.
Twitch your nose.
Can you pretend to nibble some food?

ELEPHANT

It's time for an elephant dance!
March with your family.
Left, right, left, right!
Can you pretend your arm is a long trunk?

DOG

Can you scamper like a dog?
Pad your paws up the slope.
Pretend to chase a ball.
Can you sniff around as you explore?

CAT

Can you pounce like a cat?
Pretend to chase a pigeon.
Can you jump up and down on the spot?
How else might a cat move?



Beastly challenge

Animals have played an important role in shaping London's history. Each challenge below will ask you to move and dance like an animal. Challenge your family and see if they can guess the animal!

PIGEON

Can you fly like a pigeon?
The pigeon is flying away from the cat!
Fly around the room, dancing and twirling as you go.
Can you bob your head like a pigeon?

HORSE

Can you gallop like a Horse?
It's time to stretch your legs.
Imagine you're pulling a carriage.
Can you gallop with your family?

What's your favourite animal?

Make up your own animal dance and see if your family can guess what it is!



GO ON A MINI BEASTS SAFARI

There are so many tiny workers living in our gardens and parks, and they all play their part in keeping everything growing and looking beautiful, we welcome a manner of life in our city's green spaces, we just have to look a bit closer....

Step outside and check out the deeper natural world beneath your feet in your nearest garden, park or green space.

If you can, we recommend trying this activity barefoot so you can really feel all the life that's happening under your feet....

CAN YOU SPOT:

Ants

Bees

Spiders

Millipedes

Snails

Slugs

Earwigs

Beetles

Caterpillars

Butterflies

What do they look like? Can you have a go at drawing them?

What else can you identify outside for yourself, on your own Mini Beasts Safari?

TIP: Get low and see what you find crawling around your nearest patch of grass or inside a hedge [p.s no need to get too close - some hedges have prickles and some mini-beasts have stingers].



COMPANY DRINKS

vimeo.com/companydrinks
www.companydrinks.info

Scavenger Hunt

Take a walk in a park with your family or friends. You could go with another family too. Can you collect things that fit these descriptions?

Prickly

Gritty

Tickly

Smooth

Crumbly

Sticky

Flexible

Long

Silky

Furry

Rough

Tiny

Red

Lacy

Soft

Shiny



You could get into teams and see who finds them first or you could do it together.

Once you have found the things, you could make a piece of art from them using some of the wool from your pack. Perhaps hang your art in a tree and leave it for people to see.



Changing the City ~ Children's Ideas!

It was strange when no-one was allowed out. The streets looked different. We changed the way things were for a while.

What if we could change the streets in other ways? How would you change your neighbourhood to suit you better?

Walk around your neighbourhood. Draw a map of the places you go to. Now imagine making your neighbourhood great for children and make a map of the place you imagined. If you don't want to draw a map, draw a picture or write some words or a poem about your neighbourhood.

We want to show people your ideas about your city. We think that a city that is good for children is good for everyone.

Please send photos of your maps, pictures and words to the email below (even if you think they're rubbish. We know they're not) 😊

You can ask an adult to help you.

lucy@islingtonplay.org.uk

Neighbourhood Play Map



An alien lands, who is your age and needs to know the local area. Draw a map of where and how you play in your neighbourhood, starting with your front door!

WINDOW WEDNESDAYS

Did you know that when you are finished with your shop bought veg, you can regrow them? Neither did we! But once we found out, we had to try this out. It takes about 2 weeks to start growing again!

So far, we have enjoyed having something to tend to at home, and knowing that we might get fresh food at the end of it is a bonus. (Please get help from an adult for the chopping tasks.)

- We started with Celery, Pak Choi, Lettuce and Spring Onion but would love to hear what else works (or, doesn't work!) Take your vegetable, making sure you've got some of the root end leftover
- Chop your veg down to about 4-5cm length from the root
- If you're trying this with lettuce, we recommend taking a thin slice from the root end too
- Find a jar or small bowl and place your vegetable ends inside standing upright
- You'll need to add about 1-2 cm water
- Change the water every other day and watch for any growth....
- Leave on a windowsill with plenty of light

Have a go with your veg offcuts and see what shoots up! PS We call them Window Wednesdays so that you remember to check them once a week.



vimeo.com/companydrinks
www.companydrinks.info



Micro journeys & maps

7 years and over

You will need: String or wool a few metres long, masking tape and a pen to create small flags for landmarks, a varied landscape indoors or outside

Mark out your own miniature route from an ant's point of view and make a map of its journey.

Take a length of string.

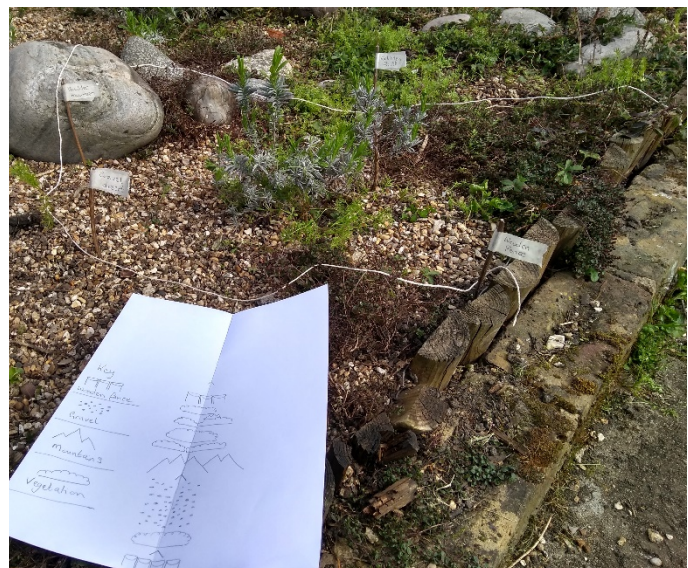
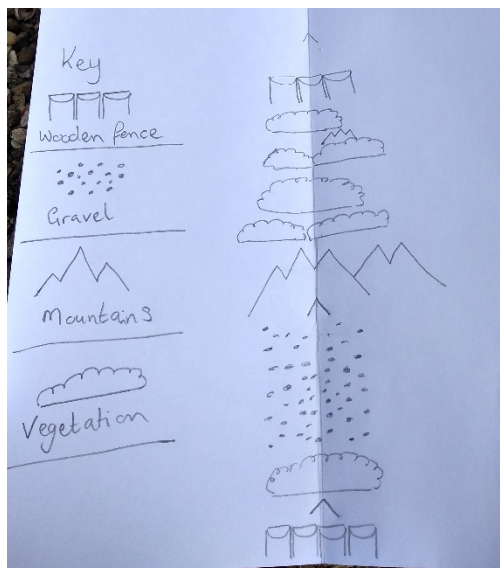
Lay the string out across a small stretch of varied terrain.

Get down low to the ground and examine the 'route' that the string takes from an ant's point of view.

Use your imagination to give landmarks interesting names, marked with short twigs and masking tape labels.



Can you make a line map of the journey, using symbols of what is seen along the route?



Write or record an account of the ant's epic journey.

Make your own playdough...

If you are stuck inside today maybe you could use some playdough to make some sculptures, build your own mini playground, or how about being a chef making some tasty-looking treats? (Remember not to actually eat them though...)

Playdough is easy to make at home, just follow this recipe:

You will need:

- A big bowl
- A cup
- A spoon
- A chopping board
- A pinch of imagination

Ingredients:

- 2 cups of flour
- Half a cup of salt
- 2 cups of warm water
- 2 tbs of vegetable oil
- Food colouring

1. Check you have permission to use these ingredients.

2. In the bowl, mix the flour & the salt together with a spoon.

3. Mix in the water and oil (you can use your hands here).

4. Choose how many different colours you want to make and divide the dough into the same number of pieces.

5. Put a few drops of the food colourings onto each bit of dough (the more drops the darker the colour).

6. On the board, knead the bits of dough until you have an even colour and it feels smooth.

7. Finally, leave it to cool and then get creative!

8. *ps, if you put the playdough in a bag or tupperware in the fridge it'll keep fresh and last much longer...*

Playing out!

Children have been playing outside for years and years. For London's children in the past, the street and the games they played with their neighbours and friends there were an important part of their lives every day. For many children who lived in small cramped houses, and without many playgrounds in the city, the street was the place that children could play freely.

Children today share the same need to play freely outdoors. It is how you can learn about the world, make friends, and use your imagination!

This activity is all about playing out in the street - learning about some popular games from the past and choosing your favourite games today.



1. Age old games

There were many popular games in London in the past. More than a hundred years ago the writer Norman Douglas asked children playing on London's streets to write down the play-rules of their games. The result was the book *London Street Games*, which listed 950 different street games and songs and celebrated the imagination of London's children in making up so many ways to have fun with very few toys or play materials.

Some of the most popular games included:

- Hoop and Toys
- Skittles
- Hide and Seek
- Tag or Tig
- Stuck in the Mud
- Hopscotch
- Skipping
- Conker battles
- Flick Cards
- Marbles
- Homemade Go Karts, scooters, and trolleys

Can you find an older person you know and ask them what street games they used to play? Do they remember playing any of these games? Maybe they can teach you how to play them? Do they know any other games they can tell you about? Do you and your friends still play some of these games today?



Photographs (c) Henry Grant Collection / Museum of London



2. Draw a game

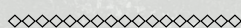
What is the best game you've ever played and who did you play it with? Make a drawing and share it with that person and see if they can remember it too.

3. Your Play Street

Have a look outside your house. What is your street or estate like? Is it good for playing in? Does it feel safe and friendly? What could make it better?

If you were in charge for the day, how would you change your neighbourhood to make it the best place ever for you to play out?

You could draw how you would like your street or estate to look like, or try describing your perfect play street.



We would love to see your pictures. If you want, you can take a photo of your drawing and send it to us, with some words about what it is.

You can get in touch with your pictures and ideas online at:
info@culturemile.london

A note for grown-ups:

Today, 80 percent of our public space in London is made up of streets, yet little of it is accessible to the city's more than 1.6 million children. The rise of the car combined with other factors such as parental safety concerns and complaints about noise and anti-social behaviour from neighbours have contributed to the disappearance of children from London's streetscape.

The charity London Play has been working to bring children back out into London's streets. They support residents to set up regular street play sessions in their street through their Play Street scheme which is supported by many local councils.

If you'd like to know how to set up a free Play Street in your street go to www.londonplay.org.uk for more information.



Culture Mile Play Streets, produced by Museum of London in partnership with Islington Play Association and ZCD Architects. Photographs (c) Culture Mile / Annie Harmeston



New Signs

A lot of public spaces have signs that aren't very child friendly. Some examples are shown below:



What signs would you like to see? Draw signs that you would like to see around your neighbourhood.



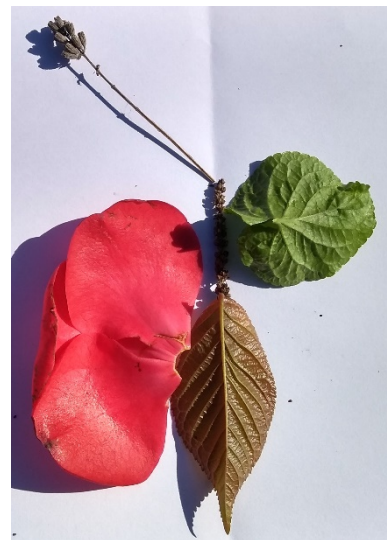


Symmetry in nature

7 years and up

You will need: a range of natural or household items, a piece of paper, colouring pencils

Make a picture or pattern using natural or household items which is symmetrical. You can also make part of a picture for someone else to complete.



Another fun way to learn about symmetry is to complete a mirror leaf drawing.

Find a leaf, cut it in half and stick it onto a piece of paper and draw the missing half.



Share your pictures with us using the hashtag #suntrapathome

INVISIBLE INK

Leave a secret message for someone using invisible ink.

1. You can use a white wax crayon on white paper or
2. You can use baking powder mixed with water

Write your message out in either crayon or baking powder mixture and leave to dry completely and then give it to someone to discover.

Using felt tip pens, highlighters or watercolour paints, paint over the message completely and watch it reveal itself.

Suggested by Hanover Primary School Junior Editors -Sofia, Cavarley, Olivia R, Anjali, Jessica, Hisham, Rayhana, Ace, Harry F, Arthur, Lee, Hannah, Manas, Honor, Husna, Oliver G, Nathaniel, Mikael, Hannah R, Kaya, Taylor, Emily, Lamine, Adam, Hanan, Felix, Nong-Pa, Cerise, Jerrin, Jacob, Oliver C, Ranya, Zana, Ryder, Alesha, Radha, Abdullah, Tolu.

BOTANICAL COLOURING IN

The natural world is full of beautiful shapes, colours, smells and textures. We had fun creating these black and white line drawings from plants and flowers that we can see around us at this time of the year. Can you make your own?

There are so many ways to paint a picture. You could copy the illustrators of the past who chose accuracy and studied the form and colour in a time when photography wasn't yet that common. Or what about releasing your inner kaleidoscope and experimenting with bright and vibrant colours?



Dog rose
(*Rosa canina*)



COMPANY DRINKS

vimeo.com/companydrinks
www.companydrinks.info

Sweet woodruff
(Galium odoratum)



COMPANY DRINKS

vimeo.com/companydrinks
www.companydrinks.info



Chamomile
(*Matricaria chamomilla*)



COMPANY DRINKS

vimeo.com/companydrinks
www.companydrinks.info

London knowledge quiz

Test your London Knowledge with this quick family quiz.

- Choose 1 member of your family to be the quiz master and ask the questions.
- See who can get the most correct answers.
- When you've done the quiz, why not write your own quiz and challenge your family?

1. What do the letters DLR stand for?

- A) Docklands Light Railway
- B) Docklands Line Railway
- C) Docklands London Railway

2. What year was the Great Fire of London?

- A) 1866
- B) 1686
- C) 1666

3. In which area of London was the Bourbon Biscuit invented? Also known at the time as Biscuit Town!

- A) Bermondsey
- B) Southwark
- C) Islington



London knowledge quiz

Test your London Knowledge with this quick family quiz.

4. How long did it take to rebuild London after the Great Fire?

- A) 50 years
- B) 66 years
- C) 110 years

5. At the 2012 London Olympics and Paralympics what was the name of the mascot for the Paralympic games?

- A) Garfield
- B) Mandeville
- C) Someity

6. What was London called in Roman times?

- A) Londinium
- B) Lundenwic
- C) Londonjon

7. In the 1950s television was brand new to everyone. It was recommended that children only watch per day.

- A) 45 minutes
- B) 1 hour
- C) 1 hour 30 minutes



London knowledge quiz

Test your London Knowledge with this quick family quiz.

8. When did the first motor car taxi appear on London's streets?

- A) 1911
- B) 1903
- C) 1897

9. What was used to decorate the outfits of Pearly Kings & Queens?

- A) Buttons
- B) Pearls
- C) Oysters

10. What caused the 'The Great Stink' in the summer of 1858?

- A) Human poo dumped into the River Thames
- B) Industrial waste dumped into the River Thames
- C) Hot weather



London knowledge quiz

Write your answers below.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



London knowledge quiz

Answers!

1. A
2. C
3. A
4. A
5. B
6. A
7. B
8. B
9. A
10. A, B & C!

