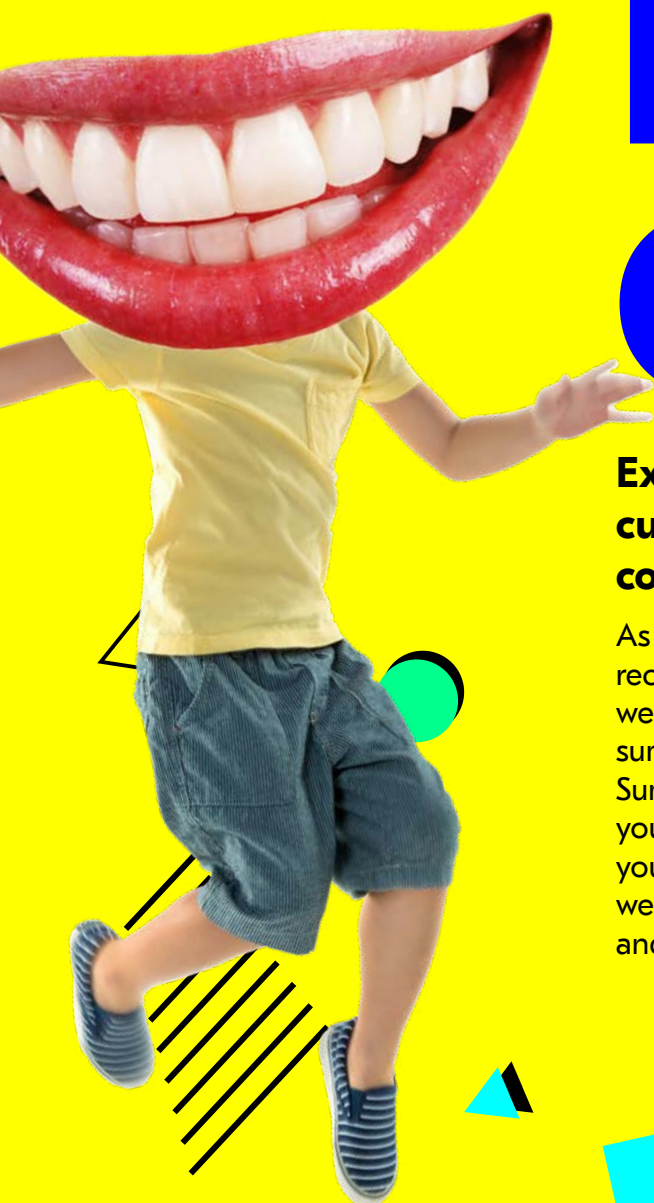


## Summer Arts Boredom Busters



# Feel Good!

**Express yourself, explore culture and celebrate community!**

As London emerges from lockdown and recovers from the COVID-19 pandemic, we're inviting families to celebrate summer and get creative. Our weekly Summer Arts Boredom Busters will help you to keep busy, stay well, and stop your kids bouncing off the walls! This week we invite you to **express yourself** and **celebrate community!**

### About A New Direction

A New Direction is a London-based non-profit, generating opportunities for children and young people to unlock their creativity. We work with partners across education, culture and the creative industries, local government and business, to support children and young people to be creative and experience culture, while identifying areas of inequality and campaigning for policy change.

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DIRECTION**  
We create **opportunity**

## Try...

Dance is a fun and active way to express yourself through movement. Zonation have created a series of Dance on Demand workshops that you can follow at home. From mindful movement with yoga to expressive waacking, have a go at one of their energising dance lessons!

<https://zonation.co.uk/learning/zonation-dance-on-demand/>

## Play...

Battersea Arts Centre's digital PlayKit is full of fun creative ideas and activities to help you explore your feelings and express yourself. You can download the PlayKit for free on their website here:

[https://www.bac.org.uk/content/45803/support/buy\\_a\\_creative\\_playkit\\_for\\_a\\_local\\_child](https://www.bac.org.uk/content/45803/support/buy_a_creative_playkit_for_a_local_child)

## Experience...

While unfortunately lots of our favourite summer festivals and carnivals have been cancelled this year, Mahogany Carnival Arts have created some easy to follow online tutorials aimed at celebrating history and culture at home. Why not have a go at creating a Windrush Hat or a Knight's Helmet!

<https://www.mahoganycarnival.com/workshops/>

## Explore...

The Horniman Museum has created an online resource that uses mindfulness to help you create a 'Museum of Me' at home. Follow the step-by-step instructions to discover how you might tell your unique story.

<https://www.horniman.ac.uk/plan-your-visit/around-the-horniman/the-mindful-museum-of-me/>

## Make...

There are lots of different ways to celebrate your story and share it with others. The October Gallery has created 10 x 10 – a challenge that invites you to turn a 10cm square of cardboard into a work of art that celebrates our collective story of lockdown.

<https://www.octobergalleryeducation.com/10-x-10-project>

## Go Further...

If you've enjoyed the activities above and want to take it further, you can try some of these easy to follow activities:

Create your own Circus at Home by following resources from Upswing and their associates:

<http://upswing.org.uk/about-us/homemade-circus/>

Take part in the Crafts Council's Summer Craft Challenge:

<https://www.craftscouncil.org.uk/stories/summercraftchallenge-here>

Follow the steps in our blog post by Chloe Osborne and Maggie Delwiche who have shared ideas for how you can collaborate creatively from home this summer:

<https://www.anewdirection.org.uk/blog/keeping-creative-at-home-creative-collaboration-from-a-distance>

## Share your creations on social media with the hashtag **#SummerArtsBoredomBusters**

Have you created something that really makes you feel good? After a busy week of boredom busting, be sure to share your creations with us by tagging:

 **@A\_New\_Direction**

 **@anewdirection\_ldn**

We look forward to seeing your brilliant creations!

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