



Make and create

Art & Craft and Music

Our activities this week take us on a night-time adventure as we explore the moon, the stars and the sights and sounds around us which look and feel so different in the dark...

Usually at this time of year, some museums, libraries and galleries invite children and families for sleepovers to experience the excitement of *Museums At Night*.

We can't visit them at the moment, but we can explore them virtually – we love the different tours around the exhibits offered by the Natural History Museum who have shared exhibits and walkabouts online. [Take a look here.](#)

You could try camping out in a different room in your house – what would you need?

Lots of artists have been inspired by darkness and night-time, let's [take a look at these beautiful pieces of art](#) inspired by starry night skies...



Maybe you could create a moon and stars mobile using a paper plate and paints?

Or create a craft to travel into space using paper bowls, plastic cups and straws?

And [take a trip to the moon](#) with Wallace and Gromit...





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Vincent van Gogh created one of the most famous paintings in history when he painted *The Starry Night*.

It has a vibrant colour scheme, waving trees, swirly skies and twirling stars – [you can explore it here](#)

The artist loved this scene so much he painted it over 20 times, at different times of the day.

Maybe you could paint or draw the view from your window at different times – how do the shadows change? Where does the light come from – the sun? the moon? the streetlamps?

Van Gogh used swirls of colours, blues, greys, yellows to represent the skies, stars and moon – could you swirl your paints or pencil strokes to recreate Van Gogh’s style in your work?

Look further down to make and create cheesy rainbow muffins – perfect for sharing outside on a summer’s evening and watch the stars beginning to shine...

Let’s make some music...

Task 1:

Time for some listening!

Listen to [Pictures at an Exhibition](#) by Modest Mussorgsky.

Originally composed for solo piano in 1874, this piece of music written in ten movements was inspired by Mussorgsky’s visit to an art exhibition. It describes a person walking around the exhibition looking at each of the ten pieces of artwork produced by Viktor Hartman.





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Mussorgsky begins his piece with a tune which describes a person walking around the exhibition known as the 'promenade' theme. At first Mussorgsky uses the promenade theme as a link between each picture, but he does not do this all the way through the piece as some of the later pictures have parts of the promenade theme used in the music.

Can you listen out for the Promenade theme used within his piece of music and count how many times you hear this recurring theme?

Further listening: There have been many different arrangements of this piece of music produced by other composers and musicians. Listen to and compare [Maurice Ravel's 1922 version](#) written for full symphony orchestra to Mussorgsky's original piece for solo piano.

Task 2:

Now let's make some music!

In 'Pictures at an Exhibition' Mussorgsky takes you on a musical tour of an exhibition, can you compose a piece of music to describe a tour around your house?

To begin, having listened to the recurring Promenade (walking theme) used in Mussorgsky's piece of music, can you create a short theme to describe the sounds of your footsteps around your house moving from room to room?

You could use the sounds of your feet moving at a walking pace ('pulse' - steady beats equal in length).

Have fun experimenting with playing your footsteps' theme at different speeds e.g. if you are running up the stairs or creeping slowly to the next room and at different volumes e.g. if you are thudding up the stairs or tiptoeing to the next room.

Next, using your body, voice sounds and everyday objects found in the house (as long as you ask for permission first!) create your own musical sounds to describe three different sounds which might be heard when visiting each of your chosen rooms on your journey around your house e.g. in the kitchen you could create the sounds of kettle boiling (whistling sound with your mouth); pans clattering (tapping pans with a spoon); tap water flowing (make a simple shaker to play by filling a container with pasta).

Finally, perform your piece of music to your family beginning with your walking theme and repeating it between each of the rooms which you visit, remembering to vary the speed and volume of it too which you experimented with earlier. Include the three sounds heard in each of the rooms which you visit also.

Can members of your family guess which room in your house you are describing?

We would love to see and hear your musical compositions – please share with us on Twitter and Facebook @EdsentialUK.





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Time to move

PE, Dance and Healthy Eating

Daily

Take part in #EdsentialAtHome Daily Challenge against a member of the Health and Wellbeing Team. Challenges are posted daily on Twitter [@EdsentialUKH_WB](#) Edsential Facebook and our new web page

Weekly Skills

This week's skill is jumping. Jumping is a hugely important skill in most sports, especially sports like basketball. Click [here](#) to watch our jumping video.

Use the video to help practice and improve your jumping. There are 3 different types of jumping in the video to practise. Can you master them all?

Once you are feeling confident, try and link the different types of jumps together. You could even make yourself a jumping obstacle course in the house or garden.

Working Together

Can you work together to create a throwing game? Your game might involve throwing into a goal, trying to throw as close to an object as you can or aiming for targets to hit.

You will need to decide on the rules of the game before you start:

- What are you going to throw? (Socks rolled into a ball always work well!)
- How will you throw? (Underarm or overarm)
- How do you win them game or score points?

If you are not sure, have a go at our throwing challenge [here](#) with a partner.

Health and Fitness

Start your day the right way!

Building being active into your daily routine is so important. For this week, your challenge is to complete a fitness activity EVERY morning. Find a way to add this into your daily routine for the week. Maybe do it before your breakfast, or at a set time each day.

This could be an online workout video (there are lots of good examples on YouTube, or our [Daily Challenge](#) video.)

Resources

Try the following games using these free resources. Choose two cards that you have not used yet and give them a go! [Energy Club Cards](#) for KS1 and [Energy Club Cards](#) for KS2

Eat well to stay active

Our Rainbow Muffins are packed full of tasty colourful vegetables. [Here's how to make your own.](#)





Let's go outside

Using the natural world to learn and play together

You could...



Set up an animal footprint trap.

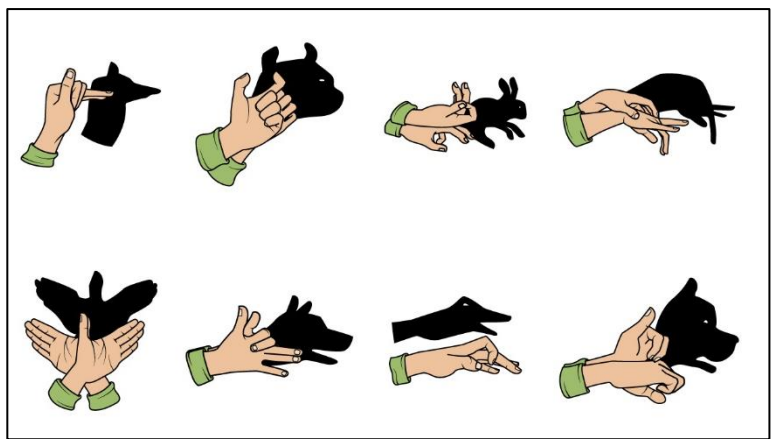
Put a layer of sand in the middle of the garden, approx. 1x1m wide. Place a bowl of cat food in the middle and leave overnight.

In the morning, check to see what footprints are in the sand. Can you identify any of these footprints?

Create shadow puppets.

Using a torch or similar, shine it towards a wall. In between the wall and the torch, you can use your hands to make shapes which will cast a shadow on the wall behind.

Can you make some different animals that you might find in the garden?



After dark, sit out in your garden and listen out for wildlife. If going out at dusk (just after sunset), you might see some bats!

Star gaze – what can you see? Can you spot any constellations?





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Adventures at home

Build resilience, confidence and curiosity with our Residential team

Our #ConwayAdventuresAtHome focus this week is **Curiosity** – “a feeling that you want to know more about something”. What are you curious about?

Adventurer of the Week: Lynn Hill

Climbing is an activity lead by the curiosity of ‘what is up there?’ on the cliffs and in the mountains. Lynn Hill, fed her **curiosity** by becoming the first person to free climb the Nose of El Capitan in Yosemite, an incredible feat in the climbing world.

[Find out more about her adventures here](#)

Adventure film:
Curious about climbing in Yosemite? Red Bull has some [videos](#) to give you some insight!

Activities:

1. Are you **curious** of how it feels to remove your sense of sight and follow a trail, whilst in the DARK! Here we show you how to set up your own Nightline Adventure at home.

This can be done in the garden or the house and you will need a blindfold! [Watch video here](#)

2. Are you **curious** about how people used to navigate before maps were around? Are you **curious** about the night sky?

Before maps, explorers used to use the night sky stars as their map. How many stars can you identify?

[Take a look here to get started](#)

3. Feed your **curiosity** and sleep out under the stars for the night! Summer is a brilliant time to sleep out under the stars in a tent or den that you build yourself!

There are many different designs depending on the space and resources you have available. [Here are some great ideas to get you started!](#)

Why not make [cheesy rainbow muffins](#) to enjoy as a midnight feast?

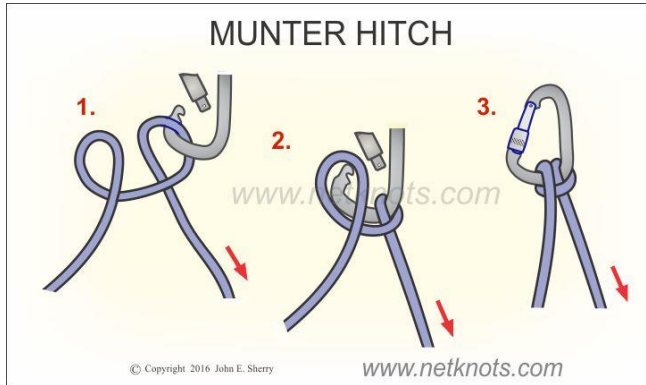




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Knot of the Week:

This week's knot is called the Munter Hitch or Italian Hitch, used predominantly in climbing to belay or abseil with. It's a great knot to feed climbing **curiosity**.



Amazon Audible

Our top literary picks to extend their learning even further
<https://stories.audible.com/start-listen>

Are you ready to explore the world at night? Or to explore historical characters and scientific understanding? We hope these titles will inspire you – or just help you settle down to sleep!

You might enjoy:

- [Twinkle, Twinkle, Little Star: Bedtime songs and lullabies](#)
- [Rivals! Frenemies who changed the World](#)
- [Astrophysics for Young People in a Hurry](#)



Keep in Touch

We would love to see your activities and you can upload images, sound and video recordings of your creative responses to our Twitter [@EdsentialUK](#) and Edsential Facebook – please ask an adult to do this for you.

