



Charles Dickens

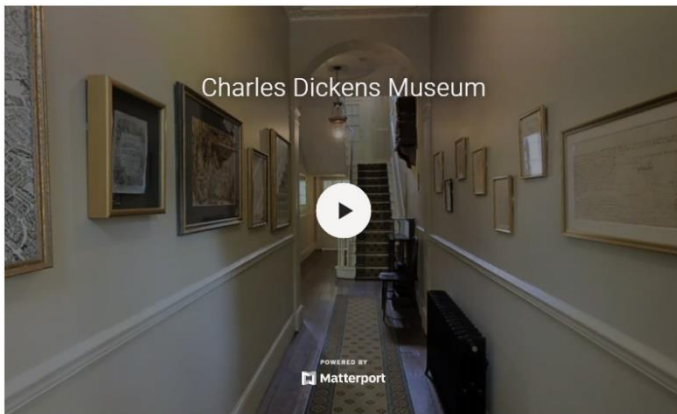


Make and create

Art & Craft and Music

Charles Dickens was an author living in Victorian Britain who wrote about rich and poor people – whose lives were very different. He described conditions in factories, great country houses, slums and back streets, cities and villages. Dickens was very skilled at describing people, or characters, and places, or settings. You can find out about him [Here](#)

Charles Dickens died on June 9, 1870 and this year marks the 150-year anniversary since his death so this week's #EdsentialAtHome is all about Dickens, his work and life in Victorian Britain.



Let us begin [with a tour of his home](#): welcome to 48 Doughty Street, the London home of Charles Dickens where the author wrote *Oliver Twist*, *The Pickwick Papers* and *Nicholas Nickleby*. It's where he first achieved international fame as one of the world's greatest storytellers.

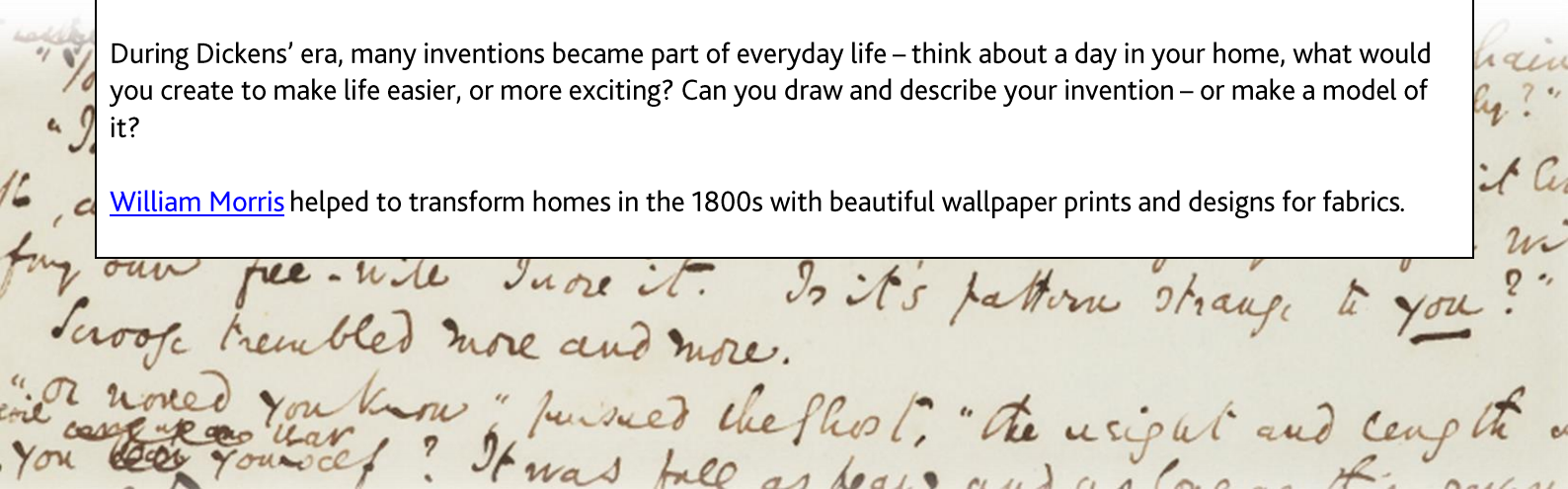
You can see how London, or any big city might have looked with this tour of a Victorian street [Here](#)
Or you could explore Blists Hill, a Victorian Town [Here](#)

Could you draw a typical Victorian rich family? And a poor family? What are the differences?

When you visit Blists Hill, you have to change modern money for Victorian money before you can buy things in the shops or have a ride on the Victorian funfair. Look carefully at these [Victorian Bank Notes](#). Could you design your own Victorian-style Bank notes? Take care to copy the script or writing. What images would you include?

During Dickens' era, many inventions became part of everyday life – think about a day in your home, what would you create to make life easier, or more exciting? Can you draw and describe your invention – or make a model of it?

[William Morris](#) helped to transform homes in the 1800s with beautiful wallpaper prints and designs for fabrics.





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Could you create a stencil and draw round it to make your own design?
There are lots of ideas [Here](#) Or maybe print with a [Potato Pattern](#)

To celebrate the changing lifestyles, a huge festival was held, *The Great Exhibition of the Works of Industry of All Nations* or *The Great Exhibition*.

You could recreate the Crystal Palace Exhibition using straws or make a list of 20th Century inventions you would include in your own Great Exhibition.



Find out more about [other famous people from Dickens' time](#) – what did they do which is still important to us today?

...my own fee-wile I note it. Is it's pattern strange to you?"
Scrooge trembled more and more.
"Or would you know" pursued the ghost, "the weight and length
of the case of the war
you were you once? It was tall as he, and as long as the...



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Task 1:

Time for some listening!

As many of Charles Dickens' stories create a spooky and mysterious atmosphere, listen to a creepy sounding piece of music called 'In the Hall of the Mountain King' composed by Edvard Grieg - [Here](#)

'In the Hall of the Mountain King' is from a larger piece of music called 'Peer Gynt Suite', which tells the story of a young boy – Peer Gynt, who falls in love with a girl but is not allowed to marry her. He runs away into the mountains but is captured by trolls who take him to their King.

This piece begins at the point of the story where in the middle of the night, Peer Gynt creeps around the home of the evil troll, the Mountain King. He tries to escape but is chased by the trolls and runs into the troll King but eventually escapes.

Close your eyes and listen out for:

- In the first few bars of the piece where the string instruments play the sounds of Peer Gynt tiptoeing and running to escape. The tiptoeing sound is an effect called *pizzicato* where string players pluck the strings of their instrument rather than use a bow.
- How the music sounds when Peer is being chased by trolls? What happens to the speed of the music? Is the music fast or slow? Why?
- Can you hear the difference between quiet music (*piano*) and loud music (*fortissimo*) throughout the piece? What do these changes in volume represent?
- When the music stops suddenly and sudden noises and bangs are heard, especially from the drums and cymbals to shock us!

Listen again to the piece of music and draw how you imagine the Hall of the Mountain King (the evil troll's grand palace) to look like ready for task 2 where you will recreate sounds heard from the story using your own music.

Task 2:

Now let's make some music!

Can you compose your own spooky sounding piece of music to describe the sounds heard in 'In the Hall of the Mountain King'?

Experimenting with sounds:

Using your voice, body sounds and everyday objects (e.g. fingers tapping on a surface for quieter footstep sounds, pots, pans, jam jars for louder, clashing sounds as Peer is chased by the trolls- try playing with wooden and metal spoons with your parents' permission!) which you find around your home, can you experiment with creating sounds:

- Starting very quietly and gradually getting louder.
- Starting very slowly and gradually getting faster.



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- Sudden, loud moments to shock the listener.
- Moments of silence- stopping playing suddenly.

Performing your piece:

Once you have experimented with your musical sounds, can you sequence your musical sounds into an order to retell the scene from 'In the Hall of the Mountain King? You could even draw the route on your picture (created in task 1) which Peer takes to successfully escape from the Mountain King's home to help you sequence the sounds: e.g.

- Begin with slower, quiet footsteps sounds as Peer Gynt enters the Mountain King's Royal Hall.
- Quiet, slow then gradually getting faster sounds as he begins to sneak and creep away and the Trolls begin to follow him.
- Faster and louder sounds heard as Peer runs faster and faster to escape and is almost captured.
- Sudden loud and faster sounds building up tension in music (including sudden moments of silence) as Peer runs into the angry Mountain King and desperately tries to escape.
- Finally, loud sounds as King slams open the last door and throws Peer out of his castle!

Task 3:

Now let's sing!

Song 1

[Writing](#) - Out of The Ark

Charles Dickens wrote many books. Talk with your family about everyone's favourite book.

What is it about the book that makes it so good? Is it the characters, or the way it's been written? Is it full of funny words or rhymes? Does it make you laugh, or does it have an unexpected ending?

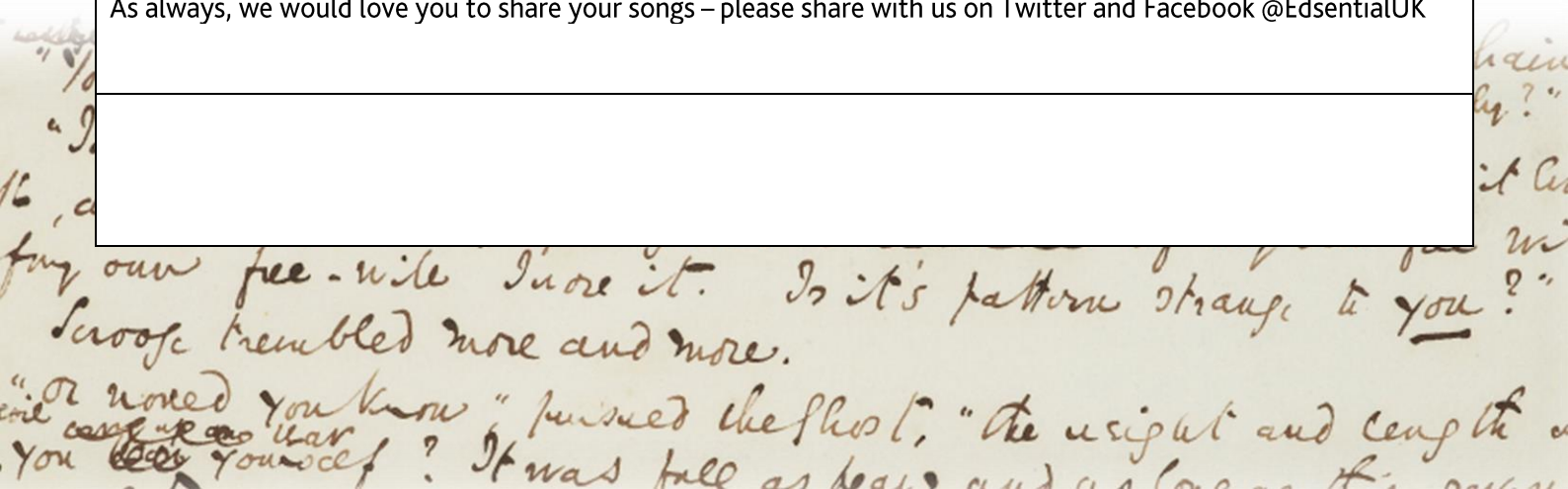
Song 2

[I like Books](#) - Out of The Ark

There is some optional harmony in this song – why not see if you can have a go. Feel free to make up your own actions to these songs – may be just on certain phrases - 'I like books.'

Now you could do a survey with your family. Ask them about books they have read: the oldest book; the longest book; the funniest book; the most popular book; the scariest book.

As always, we would love you to share your songs – 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

Weekly Skills

Following on from last week, our weekly skill this week is jumping.
Your challenge is to link 3 types of jumps (hop, step and jump) together to perform a 'triple jump'.

Watch our video [here](#) and have a go.

Working Together

This week, your challenge is to create a target game to play with different levels of challenge.

You will need to make yourself a 'goal' to score in and have 3 - 5 different places to shoot from (throwing socks into a washing machine would work brilliantly!)
You get one point if you can score from level 1, two points if you can score from level 2, three points if you can score from level 3 etc.

How many points can you score with 5 attempts?
You can kick or throw the ball. Make it even harder by adding in a goalkeeper.
Click [here](#) to watch an example.



Health and Fitness

This week's Health and Fitness is all about 60 minutes a day of activity.
Did you know that children and young people between 5 – 18 years old should be active for at least 60 minutes a day? How many days of the week are you active for at least 60 minutes?
Your challenge is to read the [NHS guidance on being active](#) and make sure you are meeting them every day! 3 x 20 minutes a day would be great, or why not go for a long walk in the evening with an adult.

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

Fruit, glorious fruit!
I am sure we all find it a little hard to eat 5 portions of fruit and vegetables EVERY day. Our top tip is to start adding extra pieces of fruit where you can:
- Add some fruit in with your cereal in a morning (a banana chopped into your Weetabix is great!)

Scrooge trembled more and more.
"Or would you know" pursued the ghost, "the weight and length of your life?"
"You were you once?" It was tall as he was, and as long as he was.



Charles Dickens

- Try to change one thing you would eat most days with your lunch (e.g. a packet of crisps) to a piece of fruit
 - Having ice cream after your meal? Add a handful of berries into it!
- Doing just one or two of these each day will make it so much easier to get your 5-a-day!



Let's go outside

Using the natural world to learn and play together

- Making ink – find some berries, soft fruits or petals in your garden or local area. Crush them into a paste and then use them to draw or write with. Can you make different colours using different berries?



- In Oliver Twist, the Artful Dodger was great at pickpocketing beautiful pieces of jewellery. Can you create some beautiful jewellery using things from your garden? You could use string to make necklaces or bracelets, or paper/card to make crowns. Using string or glue, attach various natural objects to necklace, bracelet or crown!



*"I had the cream I got in life," replied the shot. "I made it all
by and yard by yard; I put guided it ~~about~~ ^{on} of my own fee wi
my own fee-wile I wore it. Is it's pattern strange to you?"
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Adventures at home

Build resilience, confidence and curiosity with our Residential team

Our #ConwayAdventuresAtHome focus this week is: **Determination** – 'persevering and being positively motivated towards a difficult goal, overcoming obstacles in the way.'

What goals are you determined to achieve?

Adventurer of the Week: Sir Chris Bonington

An individual who has displayed an incredible amount of **determination** is Sir Chris Bonington, with numerous expeditions to the Himalayas - a pioneering hero in the mountaineering world.

[Find out more here](#)

Activities:

1. Make the most of going back in time and learning about the **determination** of the pioneer mountaineers with these resources from [Mountain Heritage](#).
2. Be a pioneering explorer in your garden or house using our [Nightline](#) activity.
Create your own challenges for each other and follow them blindfolded with **determination** and courage.
3. Keep yourself fuelled on your next adventure with this trail mix, full of tasty energy needed to maintain your **determination** and motivation whilst adventuring - [Find out more](#)

Knot of the Week – This week's knot is a [prusik knot](#). A great knot that can grip and slide, very useful for mountaineers.



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Adventure film: Another fine selection of films showing a range of individuals with an immense amount of determination click [Here](#) to watch.



Amazon Audible

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

Our stories this week are inspired by Charles Dickens' skill in creating atmospheric, unusual and sometimes spooky tales and characters.

You might enjoy:

- [Tak-Tak](#)
- [The Birchbark House](#)
- [The Return of Sherlock Holmes](#)



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.

