



Make and create

Art & Craft and Music

Cheese rolling is a traditional event from Gloucester, where the cheese, Double Gloucester, is made. You can find out about the festival [here](#) and how Double Gloucester is made [here](#)



Different countries have different festivals and events to celebrate the crafts and nature made or found there. Take a look at [these unusual activities](#). You could explore the animals found in different countries by playing [Chester Zoo's Wilderverse game](#). Or enjoy [colouring in pictures](#) of the animals which the RSPO (Roundtable on Sustainable Palm Oil) are trying to save.

Artists have been inspired by food to create artwork - maybe you could too but *remember to ask before you use anything in the kitchen!*



Look at Andrew Gorkovenko's picture which was 'drawn' using tea leaves...

Or you could create a picture with ketchup before you have your tea, like Jolita Vaitkute;





One artist created portraits using flowers, plants, fruit and vegetables – take a look at Guiseppe Arcimboldo’s work...



This looks like a basket of fruit....



Until you turn it upside down (or the right way up)!



Younger children might like [this introduction](#). Older children may [prefer this](#).

Could you create a portrait using fruit, vegetables, tins and packets of food? Ask first!



Or an animal, perhaps?





Task 1:

Time for some listening!

Listen to ['Connect It'](#) by Anna Meredith.

What can you hear? Which parts of the body are being used to create sounds? Can you imitate some of these body sounds?

Task 2:

Now let's make some music!

Cheese rolling is an annual event held at Cooper's Hill, near Gloucester. Traditionally, from the top of a hill a 3 to 4kg round of Double Gloucester cheese is sent rolling down the hill for competitors to race down the hill after it.

The first person over the finish line at the bottom of the hill wins the cheese!

In Anna Meredith's body percussion piece 'Connect It' a variety of repeated rhythmic sounds (a pattern of sounds of different lengths) and movements are passed between the performers in a canon (where body percussion sounds play the same music but starting at different times) therefore connecting to one another generating energy and movement in the music.

Composing your music:

Can you work together with your family to create your own body percussion piece using e.g. stamps, claps, patting chest, vocal sounds in a similar style to 'Connect It'?

Using our cheese rolling theme, start by choosing four different sounds and accompanying movements to describe the actions involved in the cheese rolling down the hill e.g. a pushing sound ('pshhh' with mouth) with accompanying action (arms and hands lunged forward); a repeated pattern sound ('dddd' continuously with mouth) with action (hands repeatedly moving around demonstrating rolling action); 'Whee!' sound with mouth and action (stretch arms up into air then back down); repeated foot stamps... Think carefully about each sound and experiment performing them Forte (*loudly*) or Piano (*quietly*) and Adagio (*slowly*) or Allegro (*quickly*).

Decide on an order for performing your musical sounds created.

Performing your piece:

Have fun with your family performing your piece of music in different ways e.g. each member of your family could take one of your chosen musical sounds/actions and you could perform these in a sequence one after the other repeating the musical patterns.

Together you could all perform each pattern four times repeatedly before moving onto the next sound. Try performing this as a canon where each member of your family performs the same sequence of movements with staggered starts: the first person could begin performing the sequence of four musical patterns and when they move onto the second pattern the second person will start from the beginning of the piece etc.





Or when you have each performed your four musical patterns in canon twice through each person could continue looping (repeating) pattern four until everyone is performing at the same time.

Agree on a suitable ending for your piece: you might even choose to end your piece together with a loud 'Yeah!' signalling the end of the cheese rolling race like the ending of Anna Meredith's piece.

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



Let's go outside

Using the natural world to learn and play together

Cheese rolling is an annual event where a cheese roll is set off rolling down a hill. The competitors have to chase after it and catch the cheese. The person who catches the cheese wins!

Try some of these activities in your garden:

- You will need a partner for this. Your partner holds a ball out in front of them and drops it. You have to catch it before it hits the floor.
- One of the faces on a cheese roll is shaped like a circle. What different shapes can you find in your garden?
- Set up a little ramp in your garden. Roll different things you find at home down the ramp. Which one will travel the furthest?

Don't forget to share some of your photos of you completing the activity!





Adventures at home

Build resilience, confidence and curiosity with our Residential team

The #ConwayAdventuresAtHome focus this week is **Tolerance** – “the ability to accept a situation or opinion you disagree with”.

What do you think you are good at tolerating?

What do you have to tolerate this week?

Adventurer of the Week: Leo Holding

Based in the Lake District, Leo Holding is a leading adventurer of his time. He has displayed great courage and **tolerance** on many of his expeditions. [Have a look at his website](#) and be inspired!

Adventure film:

Be awestruck by [watching](#) Leo Holding’s Spectre Expedition to Antarctica; a landscape requiring a great amount of **tolerance**.

Activities:

1. Instead of how far can you roll your cheese, how big can you make your bubble? How much **tolerance** do you have with your bubble making?

Have a go [here](#) and see how giant your bubbles can be!

2. Bring the mountains into your house by [creating a volcano and making it erupt](#).

Many people around the world live in areas with active volcanoes, therefore **tolerance** is a crucial trait for them.

3. When on expedition it’s important to have a good supply of tasty energy. Good food helps to maintain **tolerance** and motivation during a challenging time.

Flapjacks are a great source of energy, super tasty and are fun to make! [Here](#) we have our own Conway Flapjack Recipe. Have a go and take some on your next adventure!





Knot of the Week:

Our knot of the week is the round turn and two half hitches – a very **tolerable** knot for holding a load in place, such as a boat on a mooring or washing line in place!



Amazon Audible

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

Our stories and poems this week explore tales and rhymes from across the UK – after all, what could be a more British tradition than cheese rolling in Gloucester!

You might enjoy:

- [The Owl and The Pussycat](#)
- [Great Children's Poems](#)
- [The Reluctant Dragon](#)



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.

