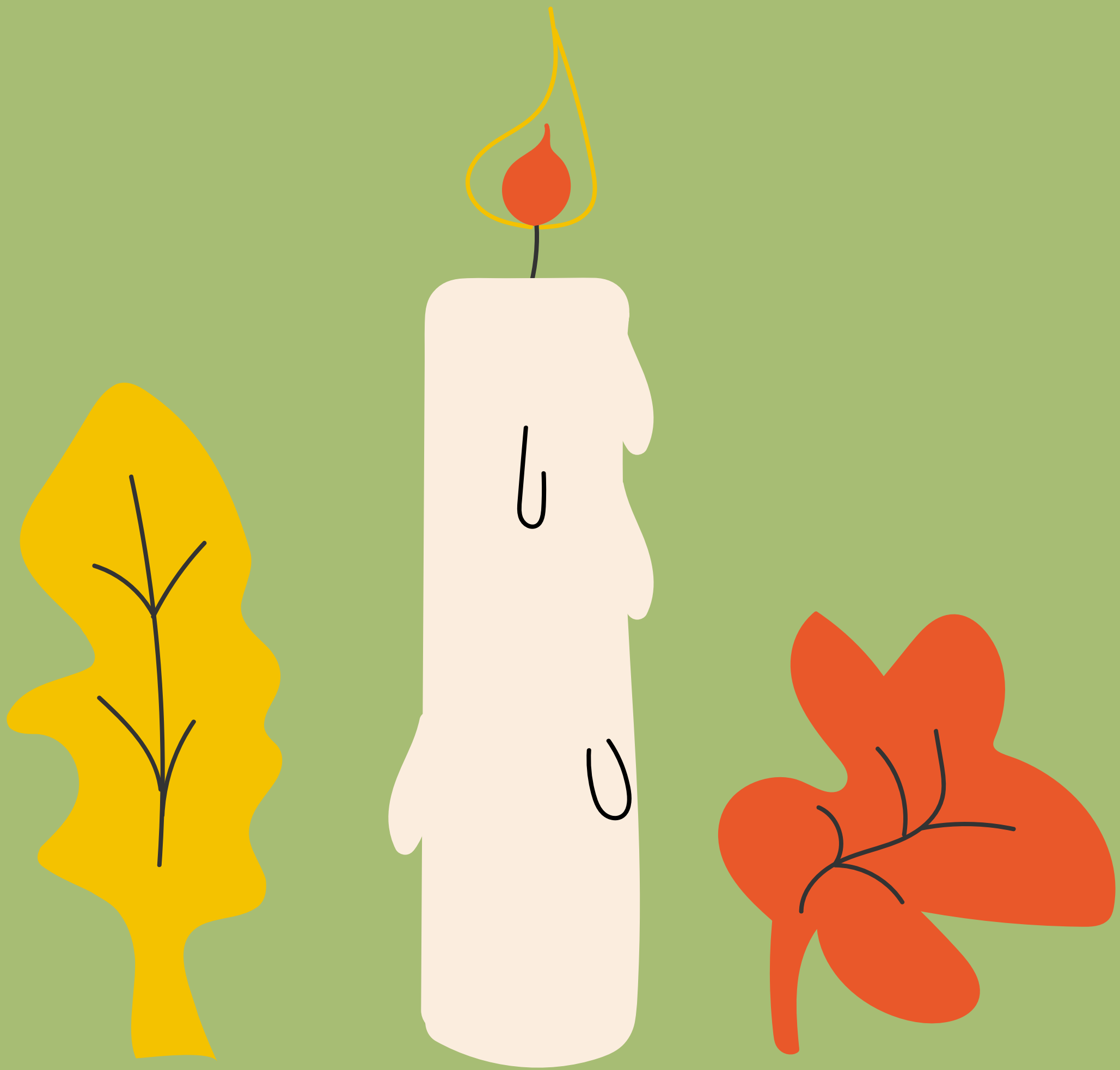
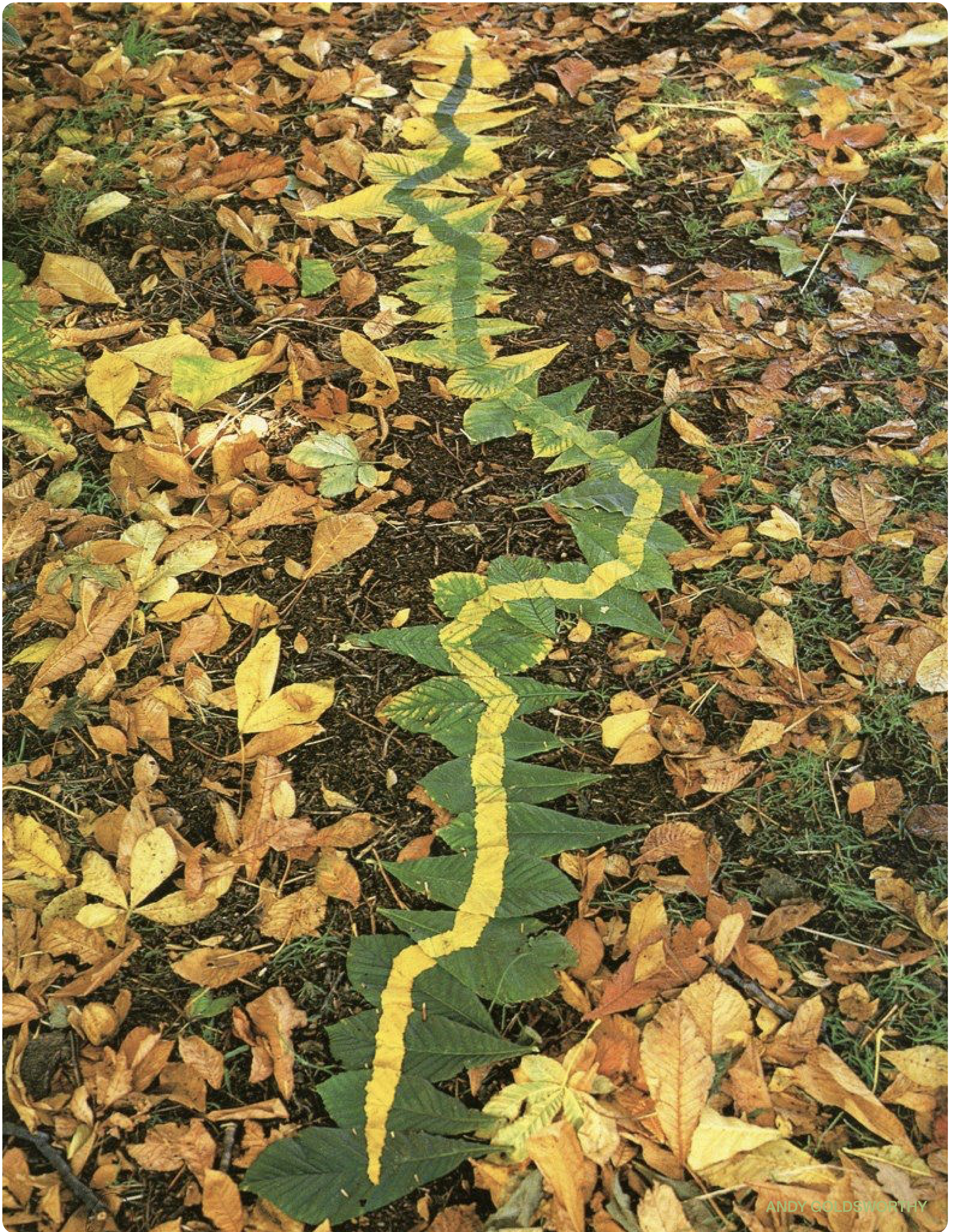


New Moon Spirals



INSPIRED BY ANDY GOLDSWORTHY



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Midwinter is a special time of year for many different cultures around the world. Ideas of darkness and rest transform into light and life as the calendar moves towards the winter solstice and the lengthening of our days

YOU WILL NEED:

A mixture of natural materials (such as leaves, sticks or stones), buckets, a source of light such as a touch or battery powered tealight

1. Explore your surroundings, identify a flat open space and clear away leaves if necessary.
2. Start to gather your materials and sort them roughly into pile of different sizes.
3. Starting on the edge of your cleared space with the smaller sized materials, start building your spiral. This can be as big or as small as the space and amount of materials you have available.
4. Once you have finished your spiral, make a small light display in the centre using your electric light sources.
5. Invite your family to journey through the spiral individually in a way that encourages mindfulness and contemplation. Remember to collect your lights when everyone is finished.

WANT MORE?

Collect glass jars and decorate the outside with paint and glitter. Place your light inside, if you have permission from an adult, you can use real candles!

Share your creativity with us: @jupiterartland or #JupiterArtland