

# PLACARDS FOR CHANGE

HOME  
SCHOOL  
HEROES

0003





# MAKE YOUR OWN **PLACARD**

By now you may very well have a good range of lockdown walks. These walks have given us all a great chance to familiarise, rediscover and take ownership of our local environment. Art has always been a great way to make a statement about something, so let's get out and about, find a place and tell everyone what we think about it.

Let's get some inspiration. At Jupiter Artland, artist Peter Liversidge created a 'sign painting studio' where young people could debate the things they cared about. By created slogans and painting them on cardboard signs, they made their voice public! What do you want to say about your local environment?

You will need:  
A cardboard box  
Marker pen

**1.** Get prepped with your placard. Size is up to you depending on how shouty you want to be.

For marker pens, black is traditional however colours are a great way to bring a bit of emotion to your statement. You choose.

**2.** With your card under your arm and pens in your pockets find that place on your lockdown walk that you want to make a statement about. Think of those places that need to be either celebrated or condemned.

Whether it's about fly tipping, litter, fast traffic or a beautiful, majestic tree, think of a place that means something to you.

**3.** All good protests have a catchy slogan so sit down in your space and think hard on what you need to say.

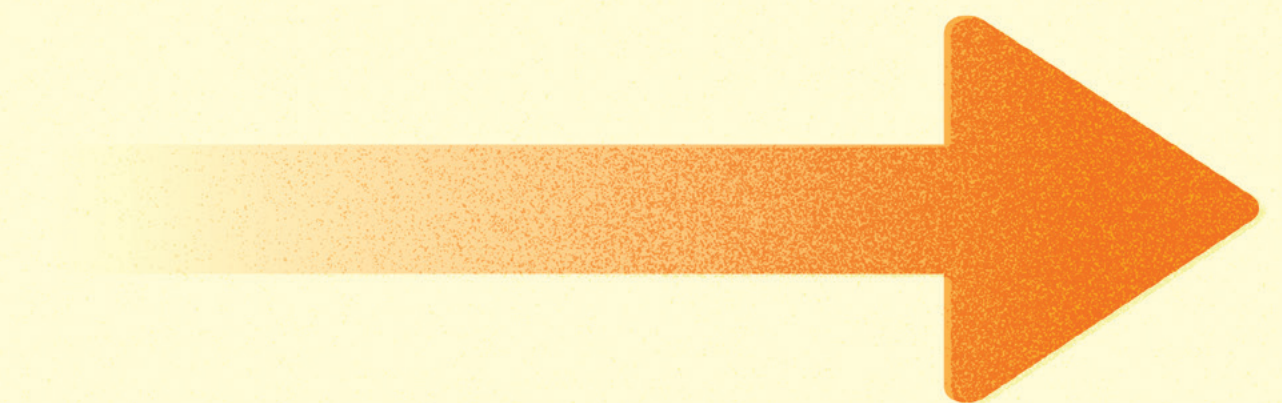
Keep it short, sweet and to the point.

**4.** Once complete place yourself in your space and get your buddy to capture your protest.

## SNOW MIX UP

- Why not build a snowperson to hold your placard?
- What would a snowperson want to tell us about the weather, about the environment, about winter animals?
- Can you help the snowperson spread their message? Write up a placard and give it to your snowman to proudly display. Make a whole crowd of snowpeople and they can take part in a snowperson protest!

## WANT MORE?



**LEVEL UP ON THE NEXT PAGE**





# LEVEL UP BELOW!! KIDS WANT MORE!

Let's turn this into a real protest

Switch to video and record your demonstration

Complete with chants, dancing and vuvuzelas

Don't forget to tag us into your arty protests

## TEACHER ZONE

### SOCIAL SCIENCE

It's World Darwin Day on 12 February. Young people have more at stake with our future environment. Take your placard statement and prepare a two-minute speech to your local councillor stating what changes need to be made to protect your local environment.

### EXPRESSIVE ARTS

Let's make fashion! Take an old piece of clothing (be sure to ask first) And paint/draw/stitch your statement onto it and wear with pride.

### LITERACY

Take two placard statements, one that condemns and one that celebrates, and use them as a starting point for a piece of poetic writing.



Take your influence from Amanda Gorman's inspirational poem for President Joe Biden's inauguration.

### MATHS

Lets make this protest three dimensional. Can you use your measuring and construct skills to make one of the following three-dimensional placards?



a Cuboid



a Pentagonal Prism



a Tetrahedron

Now with multiple faces you can make multiple statements

## PARENTS CORNER

**EXTENSION TASK ONE:** We have all spent a lot of time in the house together through lockdown. Each member in the household needs to select a room in the house and undertake a peaceful protest. It could be a sit-down chant on dirty laundry or a left placard for more chocolate.

**EXTENSION TASK TWO:** Lets do a **'we love.....'** walk. Every time you find something you love, shout the chant three times and move on to the next love.





# MINDFUL MOMENTS

FOR  
HOMESCHOOL  
HEROES

*Belly Breathing, is natural to all mammals (including humans). It's a state of deep breathing that's controlled by a large muscle in our abdomen called the diaphragm. This technique helps you relax and feel grounded, and one that children as young as three can practice.*

**TRY  
THIS:**



*Start by breathing normally - Ask if your child notices anything about it. What parts of the body move as they breathe? Now lie on your back or sit comfortably, relax all your muscles and place your hands on your belly. With your mouth closed, breathe in for 4 seconds or until your chest fills with air. Hold it in for 4 seconds before slowly blowing out until it's all gone. Repeat until your whole body feels relaxed!*

*(Try this in the snow for an extra fesh meditation)*

## LUCKY LINKS

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