

HOME  
SCHOOL  
HEROES

# STRETCHING OUT

0004





# LET'S ALL STETCH UP HIGH

At Jupiter Artland the Scottish artist and poet Alec Finlay has created 'A Variety of Culture'. This living growing artwork consists of an orchard full of apples and plum trees. By each tree an oak ladder has been placed so one the tree is fully mature, you can climb up the ladder and pick the fruit that is usually out of reach.

You will need:  
A mirror,  
magazines/newspapers  
scissors, sellotape  
something to record  
with

At the moment it feels like we are in a bit of a limbo, stretching out to something frustratingly still out of reach. So, let's get into nature and find the things we can see and feel but can't quite reach yet.

**1.** Let's do a bit of thinking and preparation before heading out. It's been a wild ride and there are defiantly things we have missed doing. So, let's start by thinking of the one thing you are most looking forward to doing again as we emerge from the old and into the new.

**2.** Got your word? Good. Now with your magazine/newspaper text and scissors start cutting out the letters to spell out your word. Got your whole word? Come on Chop Chop.

**3.** Now tape your letters onto your mirror, wherever you think looks best, and you're ready to announce your desires to the outdoor world.

**4.** Get your boots on, get out and find a fantastic space that is not only good down where you are but fantastic up and above out of reach. Maybe it's the pattern of the twigs in the trees, the shapes in the clouds or the silhouette of the hills in the distance.

**5.** Put your mirror up against your face and angle it to your out of reach place. Get your photographic buddy to help you here.

**6.** When everything is perfect take a photo and don't forget to tag us.



## WANT MORE?

LEVEL UP ON THE NEXT PAGE





# LEVEL UP BELOW!! KIDS WANT MORE!

----- Try out other ways to position your mirror. -----

----- How about on the ground? -----

----- Hanging in a tree or over your heart? -----

## **SOCIAL SCIENCE**

Choose an animal or plant, one down on the ground and the other up in the sky and research the role it plays in keeping its ecosystem perfectly balanced.

How about stretching and reaching back into your past. See if you can research back through your family tree and track your name back through the generations.

## **EXPRESSIVE ARTS**

How about combining an observational drawing of the same thing on the same page from two different angles. Select your composition to draw then when you are half way to finishing change your viewpoint and complete your drawing working over the top of your original marks.

## **LITERACY**

Tell a story to a member of your household centred on your word with two characters, one from the ground and one from the sky that get together and fulfil your wish. Your story must start with a 'once upon a time' and end with a 'happily ever after'.

## **MATHS**

Find out what is reflected in your mirror at 30-degrees, 45-degrees and 90-degrees (you may need a protractor to help you here). Talking about 45-degree angles did you know you can find out how tall a tree is without needing to measure it with a tape measure. Do a bit of research and find out how, then go and test it out.

## **PARENTS CORNER**

**EXTENSION TASK ONE:** Like the ladders in 'A Variety of Culture' create a Post-it note ladder of desires as we climb out of lockdown, each one getting better and better, higher and higher. One each day for the next week

**EXTENSION TASK TWO:** How about a household of desires? What are the things you can do as a household as we emerge from lockdown?





# MINDFUL MOMENTS

FOR  
HOMESCHOOL  
HEROES

Lets celebrate the changing season with moves that make our bodies sing out for spring. Spring Yoga helps us bend our bodies and open up our posture to invite change and growing. Can you stretch your body like a spring bulb unfurling?

**TRY  
THIS:**



Try clasping your hands above your head and stretch up tall, look in to the sky and say hello to the sun. Slowly lift your left foot up to reach your right knee and pretend to be a spring tree ready to shoot leaves. Now gently lean forwards, stretch both your arms behind you and, if you can balance, stretch your left leg out behind you, Imagine you're a bird soaring through the sky!

Finally, Place both your feet back on the ground and bend all the way forwards till your hands reach the floor - pretend to be falling spring rain splashing on to the ground.

## LUCKY LINKS

