

# Creative Curriculum Pack 1

## Autumn Term



Hello everyone. Hope you are healthy and happy. We have an exciting and interesting Creative Curriculum pack prepared for you. It has lots of activities that will keep you super busy.

In this pack you will find relaxation, music, and drawing activities. Have a go and have lots of fun!

Note for parents:

All the activities that are offered in this pack are suitable for all ages. Please supervise your child when they are using the internet to look for images or to find music.

Mrs Siddique

Mrs Tiemens



## Music Activity

Body percussion is when you play different rhythms using different parts of your body as instruments. For example: stamping, clapping, clicking, patting knees, patting chest.



Below you will find two links to challenges you can do with body percussion. The first one is easier and comes from Body Percussion with Ollie from The Beat Goes On CBeebies Let's Go Club. The second one has three levels of difficulty and is more challenging. This challenge is from Tupac Mantilla.

<https://www.youtube.com/watch?v=QOh1P1ZcTaU&feature=youtu.be>

If you can't follow the link, you can put the following in the search box in YouTube:

Ollie from 'Beat Goes On' teaches a 2nd Body Percussion routine on CBeebies' 'Let's Go Club!'

<https://www.youtube.com/watch?v=EFrRr7Egt-4>

If you can't follow the link you can put the following in the search box in YouTube:

BODY SONGS Challenge #1- by Tupac Mantilla

Now it is your turn to make up your own body percussion music. Think of all the different sounds you can make and put some together in a rhythm. Perform your piece for your family.



## Music Listening Activity

Listen to the Russian Dance by Tchaikovsky by clicking on the link below:

<https://www.youtube.com/watch?v=z2ISRMSIyX8>

If you can't click on the link please search for: tchaikovsky trepak (russian dance) from the nutcracker on YouTube.

This piece of music is taken from a famous ballet (a piece of music written to tell a story through dancing) called The Nutcracker and is normally performed by two or three men dressed in Russian traditional costumes.



1 Which instruments can you hear?

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2 Does the music stay the same speed (tempo) throughout? Hint: try tapping your knees along to the pulse of music as you listen.

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3 What do you notice about the volume (dynamics) during this piece?

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4 Do you like this music or not?

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5 What do you like or dislike about it?

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## Activities to 'Spread a little kindness'

### Activity 1

Think of a time someone was kind to you. Write about this time and draw pictures to celebrate this.



Think about...

- What happened?
- What did they do?
- What did it make you think?
- How did it make you feel?

CHOOSE  
kindness

## Activity 2

Draw an outline of your hand on a piece of paper. On each finger, write or draw an idea of how to be kind to



other people

## Random acts of kindness in your home

Can you show one or more acts of kindness a day? **Some examples:**

- Say something positive to someone
- Decorate a kindness rock and give as a gift
- Give a hug
- Hold the door for someone
- Draw a picture for someone
- Say 'I love you'
- Clean up without being asked
- Leave a thank you note
- Say please and thank you
- Read someone a story



## Activities to explore 'Being Ourselves'



### Activity 1

#### **What makes you special?**

Think of three ways you are **similar** to someone in your family. Think of three ways you are **different** from someone in your family. Focus on what you enjoy, what they are good at and what makes you special.

Example:

*"Just like \_\_\_\_\_ I love running and we are both good listeners but she/he likes playing tennis and is very funny where as I prefer singing and am very patient."*

#### **Celebrate what makes you unique!**

Use your similarities and differences to create a poster with the title 'All about me' You could draw yourself in the middle and write



information around the

edges



## Activities to explore Healthy inside and out.

### Activity 1

**How does food affect our bodies?**

Make a list of all the foods which help our bodies to be healthy and explain why. You could draw pictures and label them.

*e.g. eating fruit and vegetables makes us strong and stops us getting ill.*



### Activity 2

Sometimes we forget how important food is for our minds - and how much it plays a role in our lives!

Think about when we use food to celebrate and connect with others...

#### **For example**

- A morning cup of tea with a family member
- A slice of birthday cake to celebrate
- Christmas dinner celebrations
- Eid celebrations
- Diwali sweets during Diwali celebrations



#### **How does your family use food to celebrate?**

Make a poster about the role of food in your house and how it helps well-being and brings your family together.



Or

How do people around the world use food to celebrate and connect with others?

Make a poster about the role of food in different cultures and how it helps wellbeing and brings people together.

## Rock Painting

Here are ideas for rock painting. If you want to put your rocks outside you will have to paint them with varnish after your painted rock has dried. The varnish will make sure your painted rock will survive rain.



Garden toadstools



Impressionist rocks



Rock dominoes



Rock garden markers



message rocks



3 in a row rocks



Ladybug rocks



Rock hedgehogs



Painted paperweights



Rock bees



Rock sharks



rainbow rocks



Kindness rocks



Rock monsters



Painted plant rocks

## Cherry Blossom Tree

Cherry blossoms... so beautiful.



## Resources

Cherry blossom tree template, draw this using a black felt tip or pencil. PVA Glue or a Glue stick. Paper plate. Pink tissue paper cut up into squares.

If you are making an Autumn tree use coloured paper in

red tissue paper in orange, red, brown and yellow.



### Instructions

Draw the branches of a tree using a pencil or black felt tip.

Pour glue into plate.

Squash tissue paper squares into flowers.

Dip them into glue and then stick them on to your tree! For an

Autumn tree do the

same but in Autumn colours.



Ahh, now stare at your tree and remind yourself that Autumn is just around the corner!

**Mrs Siddique & Mrs Tiemens**

