

Activities to try at home

Resource created by Purple Patch Arts for the Living Knowledge Network

Cabbage patch protest

What you will need:

- Cabbages – either real, or made out of cardboard and tissue paper
- Protest boards – use card or cardboard
- Pens
- Printed images related to protest points about green spaces
- Plant pot
- Lollipop sticks attached to smaller pieces of card.

Recreate a cabbage patch protest like in the Levenshulme protest seen on the panels. You could use real cabbages or create cabbage shapes out of cardboard boxes and tissue paper. Create protest boards using card or cardboard and add your own green space related protests, such as 'Don't cut down trees' and 'Plant more flowers'. You can stick pictures onto the protest boards to help illustrate your ideas.

Alternatively, you could make a miniature version of a cabbage patch protest in a plant pot and use various green, leafy plants to represent the cabbages, and lollipop sticks and card for the protest boards stuck in-between them.

Outdoor sounds

Listen to the sounds in your garden or an outdoor space. What can you hear?

You can also listen for 'found sounds' which mimic the sounds of a garden.

Found sounds are sounds made using everyday objects, for example, flicking the pages of a book could be a bird's wings flapping, scratching a plastic chair could be the sound of someone doing woodwork, a vibrating phone could be the buzz of a bumblebee.

You can create a piece of artwork based on what you hear or record the sounds.

Celebrate bees by listening to Rimsky-Korsakov's Flight of the Bumblebee [youtube.com/watch?v=M93qXQWaBdE](https://www.youtube.com/watch?v=M93qXQWaBdE). You can respond to the music by:

- creating a piece of artwork depicting the flight paths of the bumblebee
- moving like a bumblebee in response to the music.

Touch and texture of plants

Take a moment to think about the different textures of plants while spending time in a park, garden or walking down the street. If your parent or guardian has checked it's safe to do so, we encourage you to find and gently touch the different textures found in nature. For example, flower petals and different leaves e.g. 'lamb's ears' plants, which have velvety leaves.

Outdoor picnics

What you will need:

- Liquorice
- Mint leaves
- Lemonade
- Dandelion and burdock
- Kettle
- Cups and mugs

Eating outside can be a multi-sensory experience in itself, whether it includes enjoying warming sunshine or listening to the drops of rain against an umbrella. We encourage you to enjoy your lunch or a snack outside and notice the garden around you using all of your senses.

Here are some examples of what you could eat or drink, inspired by the plants mentioned on the exhibition panels:

- **Liquorice:** Liquorice was used as a herbal remedy in Anglo-Saxon England, but is considered an acquired taste! Try a piece of liquorice and consider – do you like the taste? How does it make you feel? Can you imagine eating it as a medicine?
- **Mint:** Enjoy mint leaves either with hot water as a tea, or with lemonade for a refreshing cold drink. In medieval times, mint was used in the Middle East for hiccups, kidney stones and hornet and bee stings. As you enjoy your mint beverages, consider what we use mint for now; do we still use it for any health remedies?
- **Dandelions:** Are dandelions a weed? Have a think about this while trying a dandelion and burdock drink. To help you decide on your answer, consider if you like to see dandelions in green spaces, and if you enjoy the drink that features dandelions as an ingredient!