

#TinyRevolutions – Corona Quilt

Art Refuge uses art and art therapy to support the mental health and well-being of people displaced due to conflict, persecution and poverty, both in the UK and internationally. Now, they are offering art as a thread to connect us with each other and offer hope and ways of coping through the coronavirus. Here's their offer:

Help make a CoronaQuilt

The Corona pattern is a traditional pattern, a bit like a crown, made up of triangles and squares, sewn together to make a patchwork cloth. The design and style of your individual square is up to you, and the uniqueness and variation across the world is what will make this project wonderful.

What to do

Make a square image using collage, paint, drawing, photography or text on the theme of RITUALS OF THE EVERYDAY. You could use a piece of cloth or paper 21x21cm square (the length of the short side of an A4 sheet of paper) or take a photo on your mobile phone using a square format. You can sew, draw, collage, glue, write, photograph. If you have none of these materials, but you have the technology, you can make an image on an i-pad or smartphone. If you can't get the size or shape right it doesn't matter.

Send a photo of your finished square with your name and a short description. (Let us know if you prefer to be anonymous). ArtRefuge will share your square on social media @coronaquilt and website: www.coronaquilt.org and will stitch the squares together to create a virtual quilt which you will be able to see grow online.

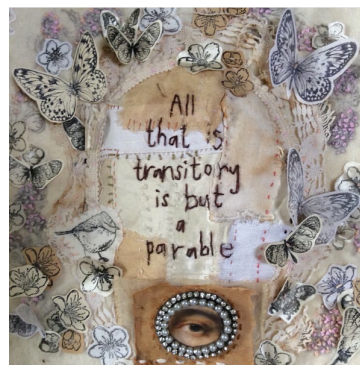
LOOK AFTER YOUR SQUARES CAREFULLY

Once the coronavirus has come to a close, and we are returning to ordinary patterns of life, we encourage you to connect in your local community. Bring your individual squares to make a collective coronaquilt. Exhibit the complete patchwork quilt in your school, town hall or older people's home – as a collective celebration of resilience, and the Rituals of the Everyday, that have carried each individual person through this challenging time. Until then, send photos of your square to projects@artrefuge.org.uk or direct message on Instagram @coronaquilt. We will upload to Instagram, Facebook and Twitter.

If you're not online, contact Stella below and we'll work out how you can post your contribution.



@reciclartearpillera



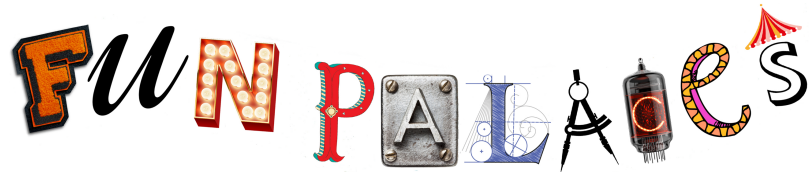
@deezlecatte



@craftyescapism

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#TinyRevolutions – Physical Postcards

Dance Centred are an artist-led dance company in Cornwall. Here's how they get people dancing. Who do you want to get dancing? Make a hand-crafted postcard with fun, curious, beautiful images and fabulous dance and music suggestions. Post them to your friends and family. Your little gem of a Physical Postcard will drop through the letterbox and brighten up their day and inspire them to get dancing. This is a great way to stay in touch and have some fun until you meet again.

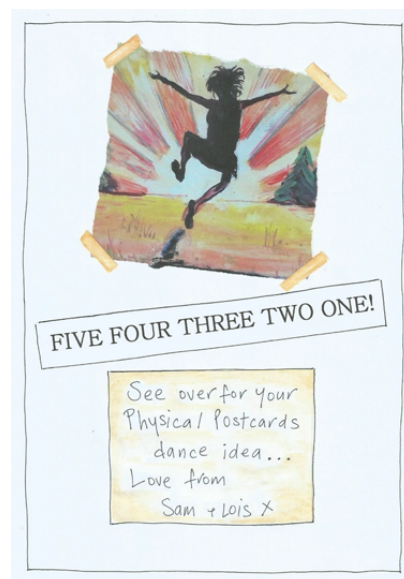
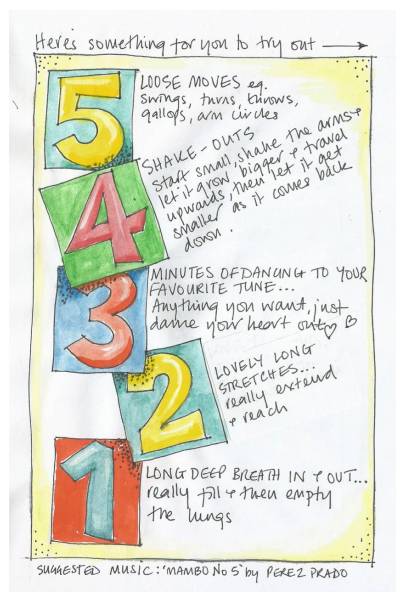
How to make your Physical Postcard

Find some card - you could cut up a cereal box and stick paper onto one side.

The dance ideas - 5 4 3 2 1

Starting with 5 and working your way down to 1 - think of suggestions to get your friend, mum, dad, grandad, aunty, neighbour moving. There are loads of things you could suggest, for example ...

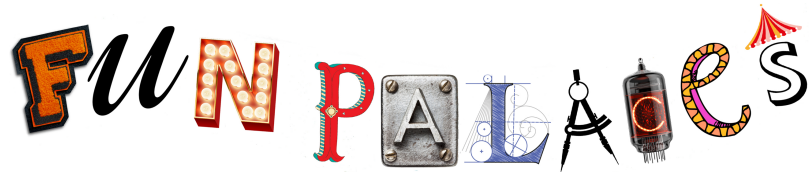
- 5 stretches
- 4 twists
- 3 caterpillar wiggles
- 2 leaps across the room waving your hands in the air
- 1 of something to end the dance (eg 1 spin)



Maybe your friend will take a picture or video of themselves moving to your Physical Postcard idea to share with you. You could post us one to: Kilmar, South Phoenix, Minions, Liskeard PL14 5LH.

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#TinyRevolutions – Nature Rainbow

Clare Taylor of Bus & Bird Arts shared this lovely Tiny Revolution with us – busandbird.co.uk

Creating a nature rainbow is a beautifully simple activity for all ages to try out. All you need are leaves, grass, windfall, and perhaps flowers, if you have a garden or park with fallen blossom nearby.

Step one – Go on a nature walk. This can be done in your own garden if you have one. Whilst outside, look for flora with different textures and colours in various sizes. (Flora is a fancy word for plant life.)

Step two – Collect leaves, grass, flowers and so on. For nature's sake it is best to pick small amounts of flowers that are past their best or leaves that have already fallen. Blossom is easy to collect but be mindful not to squash any tiny beasties. Flora can be collected in tubs, buckets, baskets or paper bags – whatever you have to hand.

Step three – Once home, sort through your nature treasures and place into different coloured piles. Some flowers may have easy to remove petals, which is how we have created some of the rainbow layers.

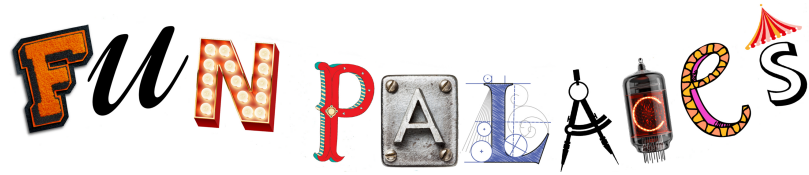
Step four – On your driveway, pavement, path, table or floor (any flat surface will do), chalk an arc for the largest section of the rainbow. Start at the top and work your way down to the smaller sections as it works as a guide.

Step five – Decide which colour to start and place your chosen petals or leaves on the arc. Repeat until you complete the rainbow or run out of natural supplies! If you have any petals left, layer them on top of each other to create an extra layer of pattern and colour.

Step six – Admire your handiwork! Take a photo if you can, as the flora will begin to fade and decay fairly quickly. You may choose to press some of the flowers in between pages of old heavy books for use in a future project.

Further ideas – Incorporate a nature trail into the walk. Count the flowers in each arc. Label and draw the parts of each flower as you disassemble them. I am sure that you can think of many more ideas and ways of doing this activity. All images were created with my 5-year-old, she even had a go at taking the photos.





#TinyRevolutions – Quaranzine!



Nucleus Arts in Kent are veteran Fun Palaces Makers and co-create with their local community bringing people together with arts and crafts. Here's their guide to making your own Quaranzine ...



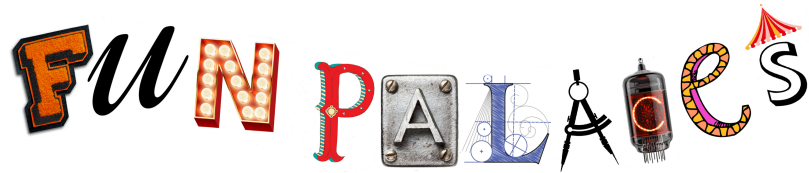
- 1: Fold an A4 piece of paper or card in half, widthways
- 2: Open the paper and fold the top and bottom edge to meet the centre fold, so that the sheet is divided into four rows.
- 3: Fold the paper in half lengthways, so that the paper is divided into eights.
- 4: Open the paper back up and fold in half widthways. Use scissors to cut across the middle from the fold, so that when opened there is a slit in the centre of the paper.
- 5: Fold the paper lengthways so that the slit is now in the crease.
- 6: Hold the paper at each end and push together. The sections will fold into each other to form a booklet
- 7: Decorate your eight-page Zine.

There is no limit to what your zine could be about. You could use it to make short stories, poems, collection of drawings or collages. Once finished it could then be gifted to another member of your household or popped in the post to a friend. Check out the example zine below, made by Nucleus Art's Weekend Coordinator, Vanessa Crew.



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#TinyRevolutions – saying thank you

People all across the UK joined in the thanks to carers and the NHS with #clapforNHS and #clapforcarers. We have also been leaving messages of support for those on their way to work in hospitals.

Liz Wright, director of Blystra Arts in Newquay, Cornwall sent us these images.

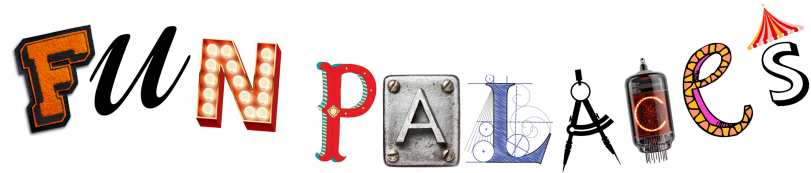
“Please find attached the picture of Ruan (5) and Aila (3) finding creativity in all the chaos, we wanted to create a message for all the NHS staff who come down our street heading to the frontline to keep us safe. We have close friends and family who are nurses and we wanted to let them and the millions of others know how much we appreciate all they are doing.”



We know that most people found out about #clapforNHS online – if you know of another public event coming up that has been shared grown online, perhaps a chalked message for neighbours who are OFFline will help them join in another time?

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#TinyRevolutions – window gallery

Make your front window or flat balcony a gallery – if you're home-schooling put your kids' paintings up in the window, facing out for those on their way to vital work to see.

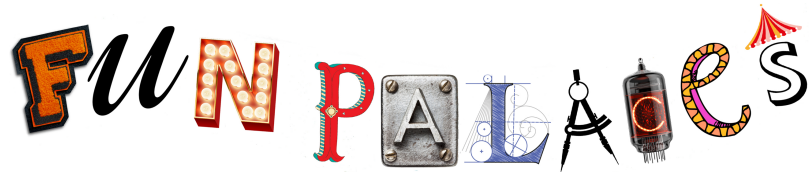
Artist & activist Stephen Pritchard and Alice (7) and Sebastian (5) made this home-gallery.



Decorate your front window or balcony to tell a story, maybe one that changes every few days.

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#TinyRevolutions – doorstep connections

Front Doorstep Teas

If you who live on a street or have neighbours along a balcony, arrange a front doorstep cuppa at a certain time (eg 3.30pm) to have a chat and see one another face to face.



Other variations

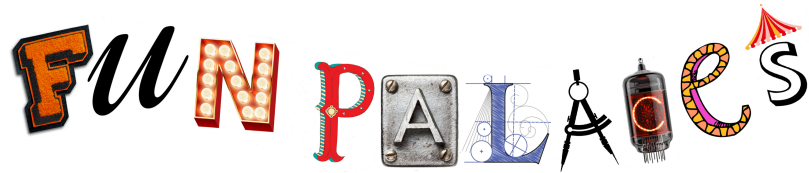
Street or balcony poetry/book readings: neighbours on their doorsteps read something they've enjoyed that day/ that they love.

Inspired by Italy, a daily sing-a-long. We make some song sheets and find some karaoke tracks we can play from the windows and have a street sing along.

A dance off, exercise-off, sing-off.

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#TinyRevolutions – vegetable connections!

We welcome suggestions of #TinyRevolutions from Fun Palaces Makers and anyone else finding new ways to connect in their community.

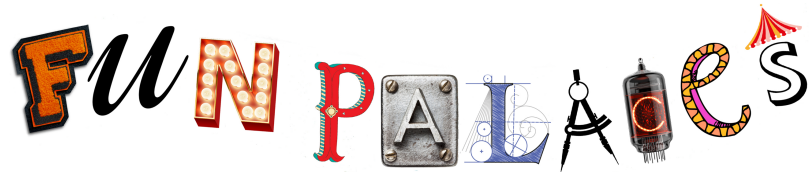
Vegetable entertainer (yes, it's a thing) Mme Zucchini got in touch to share her vegetable creations. She's sharing them in her front window to entertain and connect with those passing by.

"Hello, I'm Mme Zucchini, and I entertain with vegetables. I create from what's in my fridge or I might look for a special character, like the Mooli for Peas Witherspoon. I use craft sticks and veg shapes to make the eyes, mouth, hair – hers is made from pea shoots, a bit of a speciality, I think you'll agree. Why not have a go yourself? It can be as simple as starting with a potato or a few bits of carrot, celery, whatever you have to hand. You could even make a superhero character – this one, called Stan, only needs some stock to become a marvellous soup. (NB. please remove sticks.)"



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#TinyRevolutions – #2mmasterpiece

Miriam Storey from Greenwich Libraries (and Eltham Library Fun Palace Maker) shared this yesterday; a fantastic #TinyRevolutions combining art, craft and poetry AND a great tool for social connection OFFline and social distancing outside the home.

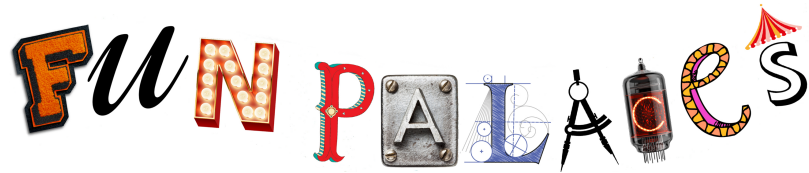
This is what Miriam said on Twitter:

Today's creative project, making a #2metremasterpiece imaging the space between us in a creative way. All it took was a couple of A4 sheets of paper & pens, the 7yr old wrote a poem on hers. Also rolls up nicely, each house in the road might get one! #tinyrevolutions @FunPalaces



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#TinyRevolutions – Front of House

Lucy Spielberg (Lucy Lost-It) in Bristol sent us her own Tiny Revolutions connection. Lucy says:

“I’m a children’s entertainer based in Bristol. Although our street is no longer busy with cars, we get lots of people walking past.

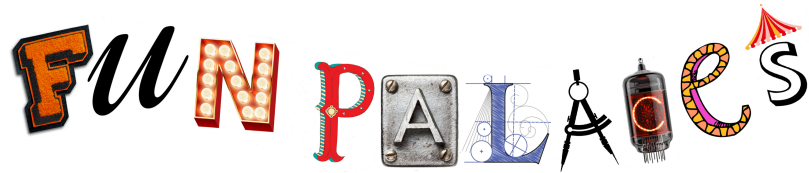
I wanted originally to do something to cheer myself up. However, whilst I was making my first rainbow display I saw a few people stop and smile too, which spurred me on to go bigger and better. It’s so lovely to see families stop and admire my artwork.

This week the theme is wild garden. Next week I’m doing a Marvel themed window ...”



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#TinyRevolutions – Seed Papers

Clare Taylor of Bus and Bird Arts shared this activity with us.

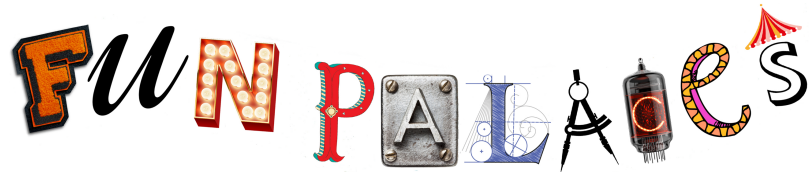
Seed paper is easy to make, looks gorgeous and best of all it flowers when you plant it. How fantastic is that?!

- ☑ Step 1 - Shred or rip up paper or thin card (recycling too!)
 - ☑ Step 2 - Soak in a bowl or bucket of water overnight
 - ☑ Step 3 - Scoop out a soggy handful at a time and blast in a blender. Pour this paper pulp into another bowl. Repeat.
 - ☑ Step 4 - Scoop some of the paper pulp into a flat tray (cat litter trays are perfect!)
 - ☑ Step 5 - Prepare a surface of an old towel/felt and thin fabric or j-cloths.
 - ☑ Step 6 - Using aluminium modelling mesh (buy online or in car repair shops) or very stiff plastic netting, cut out a simple shape
 - ☑ Step 7 - Stir a packet of seeds in to the paper pulp mixture.
 - ☑ Step 8 - Submerge the mesh shape into the pulp.
 - ☑ Step 9 - Lift up mesh and allow to drip for 30 seconds
 - ☑ Step 10 - Turn mesh upside down onto one of the cloths and gently press with a sponge to remove excess moisture.
 - ☑ Step 11 - Leave to dry. The seeds will not have time to germinate - don't worry!
 - ☑ Step 12 - Repeat steps 8 to 11 until you are bored or the paper pulp runs out.
 - ☑ Step 13 - Send to a friend or loved one to plant.
- ☑ Cress seeds are ideal as they grow quickly and don't need any soil to grow. Any seeds work well, but it would be great to encourage bees and butterflies to your plot by using wildflower seeds such as poppies, cornflowers and daisies. You can add flower petals or natural dyes for extra pizzazz. You can staple an uncut sheet of mesh to a frame for a larger sheet of paper. You can add threads or string. The list goes on.



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#TinyRevolutions – PomPom revolution!

Paul Simpson in Hampshire tells us about his pompom making and sharing in his community – he started making pompoms to help with anxiety ...

“We found a way of making a connection as people walked outside our front garden, while celebrating frontline workers too. We adorned our wall with an array of coloured pom-poms, encased in a clear bauble (the kind used for gifts on the tree at Christmas), to protect them from the elements, accompanied by a message on a gift tag.

People we’ve never met have waved across the garden; left messages of thanks on our local community Facebook page – one even left a chocolate Easter egg. Anyone is welcome to take a pom-pom as an act of solidarity, to pass one on, or leave them in the display to celebrate key workers, which everyone sees, like rainbows in windows.

If you are using a shop-bought ‘maker’, begin by wrapping wool until full, first one way around a semi-circle, then around the other semi-circle, before closing them up, cutting between the gap around the two semi-circles, double knotting a piece of wool around the gap between them, then prise apart to discover the delight of a fluffy ball. Alternatively, create your own ‘maker’ using two cardboard discs:

1. Cut out two circles of cardboard – use a glass or mug as a template.
2. Cut out a smaller circle in the middle of both to make a cardboard ring. The distance between the middle circle and the outside determines the size of your pompom.
3. Put the two cardboard discs together. This is your pompom maker.
4. Wrap wool around the circle you have created from the two cardboard circles.
5. When you’ve wrapped as much wool as you can, cut the wool at the edge of the circle by pushing scissors between the two discs.
6. When you’ve cut all round (take care that short pieces don’t fall away) wrap a few longer lengths of wool between the two cardboard discs and around the pompom. Tie it off VERY tightly. Tie it again, just in case.
6. Pull the pompom out of the cardboard circle, give it a shake to make it fluffier and there it is!

Using two strands of differently coloured wool at the same time creates a fleck effect; alternating two different colours, one at a time delivers a marble effect.

Making pom-poms helps me cope with anxiety, so in recent weeks, I’ve gone into overdrive. I find solace in the mindless pursuit, while listening to the radio in the evening. There is something about their texture, their playfulness – something quite therapeutic about actually making something which can also be used to bring delight to somebody and help bring about some #tinyrevolutions.”



**TINY
REVOLUTIONS**
Of Connection



#TinyRevolutions – collecting frogspawn

Here's a new Tiny Revolution from Alis, our Ambassador in the Highlands based at Eden Court. Alis has been great at reminding us that the cycle of nature continues, even if we're unable to get outside and be alongside it.

The weather being warm and sunny up here in the Highlands yesterday, mid-April (promise, and here's the photos to prove it!), my husband, Chris, our 10-year-old, Ossian, and I felt inspired to go out collecting frogspawn for our new garden pond.

We succeeded in carrying the tub and the jar of spawn along the track to the garden without any of the slithery spawn spilling out. It was time to introduce the frogspawn to their new environment, our wee garden pond, and hope that they would be happy there, as they continue (we trust!) through their cycle to tadpoles to frogs. Ossian enjoyed releasing the frogspawn from the containers into our pond. While he was about it, he 'saved' two bugs who'd got stuck in the water...



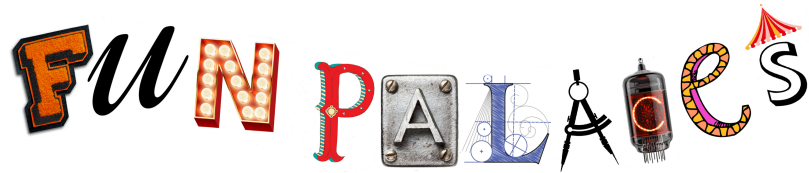
This morning Ossian got his wellies on and ran down to the pond to check if the frogspawn was transforming in any way. He was wondering how long it would take for the transformation into a frogs to take place, and sure enough, some were already on their new journey.

If you live in a flat or a city with no ponds nearby, you could also think about the life cycles of insects you can see from your window or balcony. Look at a butterfly – the Red Admiral butterflies are out here already up in the North of Scotland – and think of the transformation it goes through. But if you do find frogs to look at, I can't guarantee they'll turn into a Prince!

Maybe some folk who are less Northerly could confirm if your frogspawn has already hatched tadpoles? Are you further forward in the cycle due to the warmer weather?

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#TinyRevolutions – Adopt a Plant

Stella and Yasmin live in sunny south London and like to grow things and encourage others to have a go too. Here's what they did to encourage their local community to join in caring for a bare plot of land ...

There was a bare patch of communal garden near the beginning of our road which was waiting to be planted by the gardening company in charge of all the communal gardens on the estate. It had been bare for a while and once lockdown happened, it was going to be left bare for a lot longer.

Luckily there were far too many hypericum plants in another of the communal gardens, so we decided to transplant them in an effort to turn the bare patch into something more attractive, especially as more residents would now be walking past it rather than driving. As we were planting, several people stopped to talk to us and we asked them if they would help with watering over the next few weeks whilst the plants got established.

One resident said her grandson would love to look after a plant so we suggested she adopt one and label it. We put up a sign to encourage more people to do the same and now every time we check there are more labels with all sorts of lovely artwork and we often see neighbours coming and going with watering cans.

We only thought of doing this because we'd read about Tiny Revolutions, normally we'd just get on and do it ourselves. We've also been foraging wild garlic and leaving paper bags full on doorsteps along with spare rhubarb from the allotment - in return we've had bread and cakes!



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