

6

Scribble Map

Before you go outside today take 10 seconds to draw a scribble on a piece of paper with your eyes closed.

In an open space try and follow this line as if it's a map... where will you end up?

7

Experiment with Sound

Experiment with making different sounds with things you find outside. Try scrunching leaves or banging sticks.

Can you make a song? Does it have any words? Can you teach it to someone else? Do you need a backing dancer...?



8

Story Writing

Write a story as if you're one of the animals that live in your neighbourhood.

Who are you with? How are you feeling? What adventures will you go on?

9

Secret Portraits

Paint a portrait of each member of your family on a separate piece of paper.

When the paintings have dried, leave them under each person's pillow for them to find when they go to bed!



10.

Edible Weeds

Spring is a very good time to start foraging (finding and picking wild foods to eat).

How to forage safely

- 1) You can forage in your garden or in public spaces that you have permission to access.
- 2) Know what you're picking, and only collect a wild plant that you can identify.
- 3) Collect enough things for you and your recipes and make sure you leave plenty of things for other people to pick.
- 4) Leave enough plants for wildlife to avoid damaging their homes and habitats.

Dandelion, a bright yellow weed, has a honey flavour and makes tasty biscuits. The whole dandelion plant is edible and people use it to make tea, wine and salads.

Take a bag when you go out for a walk or look in your garden and pick about 20 dandelion heads (the yellow flower part) and follow the recipe below.

What you will need: big mixing bowl; fine grater; wooden spoon; tablespoon; baking tray (greased); 2 small bowls; 20 dandelion flower heads; 1 egg; Zest of 1 lemon; 1 tablespoon of lemon juice; 100g sugar; 125g soft butter; 200g self-raising flour; pinch of salt.



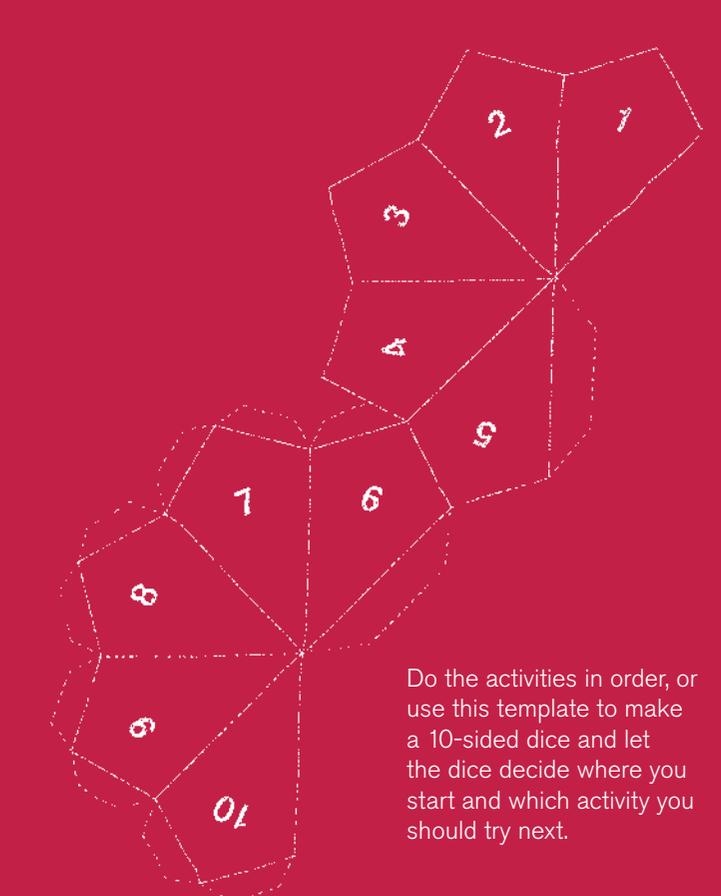
Method

- Wash the dandelion heads then carefully remove the yellow petals by pinching firmly and pulling (a little bit of green is OK but too much will make the biscuits bitter)
- Preheat your oven to 180°C/350F or gas mark 4
- In a big mixing bowl, add the butter and sugar and stir until creamy and soft
- In another bowl whisk the egg and add the lemon juice, then pour this mixture into the big mixing bowl
- Grate the lemon zest and stir in
- Slowly add the flour, sugar and a pinch of salt to your mixture bit by bit to make sure it is mixed in well
- Stir in the dandelion petals, you should have a sticky dough now
- Use a tablespoon to put about 4-6 dollops of the mixture onto a light-greased baking tray
- Squash the mound of dough so it is a little flatter
- Place the tray in the middle of the oven and bake for 13-16 minutes, until they start to brown
- Remove from the oven and leave to cool on a wire rack

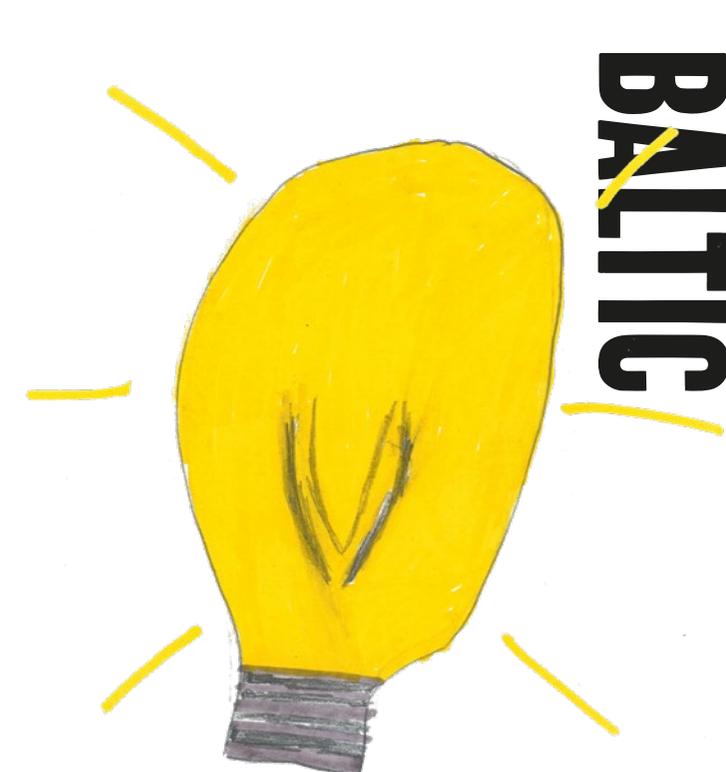
www.baltic.art



Artist credit: Isabella Carreras, with images and illustrations from Art Lab, 2019-20. Images for activities 8 and 9 artist credit: Natalie Frost. With thanks to Foundation Press and The Comfrey Project, who collaborated to create the typeface used in the Art Lab title.



Do the activities in order, or use this template to make a 10-sided dice and let the dice decide where you start and which activity you should try next.



BALTIC

**ART LAB
EXPERIMENTS
IN CREATIVITY
2020**

Hello

Here's 10 quick-fire activities designed especially for you and your family to try at home or whilst you're out walking. Do the activities in order, or use the template on the last page to make a 10-sided dice and let the dice decide where you start and which activity you should try next.

Explore the environment, get recycling, use your imagination, make gifts for others and be playful.

Remember, it's important to look after yourself and other people so, if you've enjoyed doing these activities, pass them on when you've finished, or make up some more to share with your friends!

NEVER WASTE.
NEVER LITTER.

1

Reduce, Reuse, Recycle

Make a notepad out of your recycling.

Use it for drawing, writing stories, or make lots and give them away as gifts.

Collect scrap paper, old packaging, cereal boxes, cardboard or used envelopes and cut the pieces to roughly the same size. Use a big bulldog clip to hold the papers together. Decorate the cover. Go wild!

Give

Do you think your neighbour would like a notepad for their shopping lists?

Share

Teach one other person to make a recycled notepad. Imagine how much paper we'd all save if more people started doing this!



2

Wake up, Write up

Each morning when you wake up, write down the first thing that pops into your head.

It might be something you dreamt about, a made-up word, what breakfast you're imagining, what the weather is like, an idea, what you want to wear, the first thing you hear or something you heard in the night.

Write this word down and see how many times you can slip it into conversation today... keep a record of your score!

3

Fashion House

Artist collaborators Christo and Jeanne-Claude make environmental art by wrapping buildings up in huge pieces of fabric which are recycled afterwards.

Imagine an outfit for your house to wear next time you have a party.

Do a painting or drawing. Think about adding shape, texture and colour to your house's outfit.



4

From Me, To You

Make a sculpture for each member of your family or a neighbour using colourful clay.

Think carefully about each person and what object or sculpture would make them feel good and cared for.

You could sculpt their favourite food treat, something or someone they are missing, something that helps them relax or something to make them laugh.

You can use lollipop sticks as a tool for mark-making. Remember to put some newspaper or cardboard down so your sculpture doesn't stick to the table!



5

Invent a New Walk

When you go outside today can you invent a new walk?

Maybe it involves going round a tree, clapping your hands when you hear a bird, doing the electro shuffle when you see a flower or flossing when you meet a dog. This will help you stand out from the crowd!

Write instructions for this new and unique walking technique and give it to a family member, friend or neighbour for them to try.

