

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack



ARTS & CRAFTS

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Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Sports & Fitness

Performing Arts

Health & Wellbeing



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

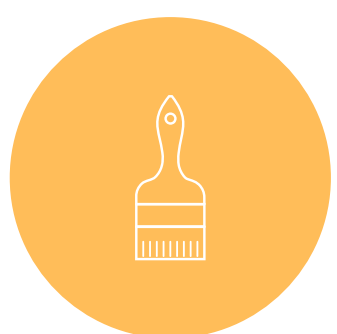
Age Categories

The resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

Arts & Crafts Activity Resource Pack

Owl-roll & Pals

Instructions:

STEP 1.

Paint the toilet roll tubes with the chosen colour of your animal

STEP 2.

Press in the top edge of the roll from two sides to create ears

STEP 3.

Stick on heart shaped cut-outs of paper to the bottom of the roll

STEP 4.

Cut circles out shapes to use as the feather or fur if you are creating other creatures (you can also buy these pre-cut online if need be)

STEP 5.

Glue the circles over the top of each other for 4 rows using glue or tape

STEP 6.

Cut a rounded triangle out of paper and stick it on the top of the circles for a beak

STEP 7.

Cut out two large white circles and two somewhat smaller black circles from paper and stick them together and glue the eyes above the beak slightly overlapping. If you have, you could add googly eyes on instead

STEP 8.

This technique could be used for other animals, such as dinosaurs - you may just need to help add more detail to the back and you could also add a tail



If using PVA glue make sure you put some old newspaper on the surface you are using to protect it, wash hands after!



Make sure you use Child Friendly Scissors or Parent/Carers can help with the cutting



Materials:

- Toilet roll tube
- PVA glue or double-sided tape
- Paint and paint brushes
- Coloured paper or white paper to paint
- Child-friendly scissors

UNDER 5S

Arts & Crafts Activity Resource Pack

Marbel Painting

Directions:

STEP 1:

Place a piece of paper into a flat box (such as a cardboard box from cereal with one of the biggest panels cut out).

STEP 2:

Have your child drop marbles into various colours of paint, then drop them into the box and roll them across the paper.

STEP 3:

Drop some paint onto the paper and have your child roll the marbles across the paint.

STEP 4:

Repeat this as many times as you wish and maybe even experiment with other items, perhaps a bit of lego for different effects.



Materials:

- Marbles
- Clothing friendly pain (or use an apron)
- Paper
- Flat box
- Muffin baking tray 7



Wear an apron or old clothes that you don't mind getting messy and Wash hands after.



Please ensure that young children are not left unattended any marbles, as they may swallow them

6 - 11YRS

Arts & Crafts Activity Resource Pack

Homemade Playdough

Instructions

STEP 1.

Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.

STEP 2.

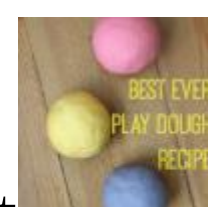
Pour the coloured water into the flour mix and bring together with a spoon.

STEP 3.

Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.

STEP 4.

Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh. You can make a batch of colours and give away as kids' party bag favours or hold a playdough party for your child's next birthday



Best Ever No-Cook Play Dough Recipe!
theimaginationtree.com



Materials:

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil



Though this is an edible recipe, please monitor the consumption as we would not recommend mass consumption.



6 - 11YRS

Arts & Crafts Activity Resource Pack

Jar-Globes



Instructions:

STEP 1

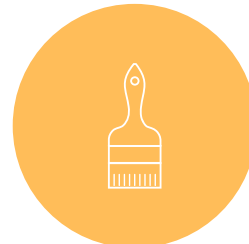
Clean the jars so they are clean inside and out

STEP 2.

Hot glue your laminated photo to the base of the snow globe. Adults should do this part.

STEP 3.

Get your supplies together that you'll want to put inside your snow globe. For the "snow" falling effect, we really like this chunky iridescent glitter. This will give you a snow falling effect but won't be too opaque like regular glitter which may obstruct your view of the photo.



Materials:

- Distilled water
- Glycerine (optional)
- Small to medium sized jar with a lid (possibly an old jam jar)
- Toy or main object to feature inside
- Glitter
- Small pompoms, sequences or other lightweight materials for floating inside
- Glue gun or stronger glue
- Spray paint for the lid decoration

STEP 4.

Add in 1/2 teaspoon of glycerine. This will help the glitter fall a little slower in the water. The glycerine is optional however we do recommend it.

STEP 5.

Now fill your snow globe with distilled water. You'll want to leave a little space from the top for the lid and base to go back on.

STEP 6.

Now add your base back in. Make sure you allow some time for the hot glue to fully dry before adding into the water. You may need to fold the picture in slightly to fit it back into the snow globe



Please monitor during this activity to ensure safe use of equipment

<https://www.apricotpolkadot.com/blog/2018/6/11/summer-kids-craft-camp-session-1-summer-snow-globes>

12 - 15YRS

Arts & Crafts Activity Resource Pack

Let's Knit

Casting on:

STEP 1.

Leave a generous yarn tail & pinch yarn with both hands. Hold the yarn and bring the hands together to make a loop

STEP 2.

Hold the loop that you have made in one hand. Grab the yarn that's unattached to the ball & bring it behind the loop

STEP 3.

Pull the strand of yarn through the loop. This little loop is called a slipknot. You're ready to cast on with it!

STEP 4.

Place a slipknot on the needle and pull yarn tails to tighten. Grab the short yarn tail and give a thumbs up. Swing the thumb behind the yarn Hook the yarn onto your thumb. Keep a firm grip!

STEP 5.

Touch the needle to the front of the thumb and slide the needle into the loop on your thumb.

STEP 6.

Hold the needle & grab the yarn attached to the ball with right hand and wrap the yarn around the needle, from the back to the front.

STEP 7.

Pull down the yarn so it meets the loop on the thumb. Pull the loop on your thumb over the needle. Place the loop on the needle

STEP 8.

Pull down the yarn tail to tighten the new stitch! Repeat steps 2-7 or watch <https://www.youtube.com/watch?v=1vm6oaYzHyA> to help understand how to cast on properly



<https://makeit-loveit.com/27-beginner-knitting-and-crochet-tutorials>



Materials:

- To knit, you'll need needles and yarn. That's it!
- We would recommend a chunky yarn and thick needles for beginners because they're much easier to grip.



Please ensure safety when using this equipment

The Basic Knit Stitch online tutorial:

<https://www.youtube.com/watch?v=Egp4NRhIMDg>

For more Step-by-step tutorial use the below link to find more videos created by Sheep & Stitch to help complete some knitted projects:

<https://www.youtube.com/user/sheepandstitch/featured>

12 - 15YRS

Arts & Crafts Activity Resource Pack

Cotton Bud Art

Instructions:

STEP 1.

Firstly, you will need to make a cotton bud bundle by grabbing a handful (roughly 10 at a time) of buds and holding them together using a rubber band wrapping it as tight as possible to ensure all stay in place. Feel free to create smaller or larger bundles to your design.

STEP 2.

Squeeze your different coloured paint out into your pallet/ or another dish you may have to use. Use one of your paintbrushes to mix the water and paint until they are evenly diluted.

STEP 3.

Take a cotton bud bundle and load your desired colour onto it. You will do this by pressing one side into the paint until the tips have absorbed a decent amount of paint.

STEP 4.

Now is your chance to be creative. If you have an idea of what you would like to design then maybe try drawing out a light template first. If you are going for a freestyle then just ensure that you load the colours onto the swab correctly to get the desired print.



16 AMAZINGLY Beautiful Q-Tip Paintings In Acrylic For Beginner...
canvas painting for beginners videos
theartsherpa.com



Materials:

- Watercolour paper (if possible, if not use any paper accessible)
- Paint pallet
- A container of water
- Paper towels or a rag
- 3-4 packs of cotton swabs
- Rubber bands
- Selection of water colours for design
- 2 x different sizes of small brushes for additional details



Please ensure safety when using this equipment

15+

Arts & Crafts Activity Resource Pack

The Vision Board Process:

STEP 1. Set goals and prioritise

STEP 2. Create a basic structure for my vision board

STEP 3. Write goals and ideas on my poster board

STEP 4. Find images and words for the vision board

STEP 5. Sort and arrange the images and words

STEP 6. Edit and create your goal board

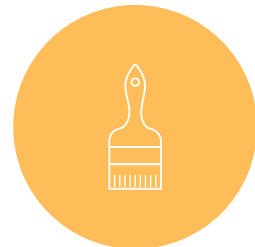
STEP 7. Glue down your images

STEP 8. Add your own words, doodles, or sketches

STEP 9. Display!

Try your best to use this activity to adapt and make this vision board specifically for you and what you want to put on it - This is about you!

Vision Board



Materials:

- Poster board
- Magazines
- Other images and text from artwork, old books, computer printouts, etc. (optional)
- Scissors
- Glue sticks
- Paper and pen
- Sharpies or other permanent markers (optional)



Please ensure safety when using this equipment



15+

Arts & Crafts Activity Resource Pack

Paper-mâché Lanterns

Instructions:

STEP 1. Tear the tracing paper into pieces approx. 2 cm x 3 cm in size and place in a bowl.

STEP 2. Mix about 1-2 tablespoons of wallpaper paste in a cup according to the package instructions.

STEP 3. Inflate the two balloons to the desired size and tie the ends each. Attach a strap to each end as a hanger for later drying.

STEP 4. Hold the first balloon with one hand and apply glue to the surface with the fingers of the other hand. Cut out a sufficiently large part at the top - this will result in the opening of the lantern later.

STEP 5. Now tap the sticky fingers into the bowl with the traces of tracing paper, gradually fish out the paper and stick it on the balloon. The first layer should be 2-3 layers thick.

STEP 6. Now the pressed flowers and leaves are positioned on the balloon and provided with a final layer of transparent paper all around.

STEP 7. Hang the balloon on the ribbon to dry, e.g. B. on a broomstick. In the meantime, stick on the second balloon using the same method and hang up to dry. The balloons are only burst with a needle when the tracing paper is completely dry.

STEP 8. Use a needle to pierce holes in the lanterns at 2 opposite locations and attach the decorative wire as a suspension.



19 Best DIY Paper Mache Ideas and Projects You Should Try
cradiori.co



Materials:

- Pressed flowers and leaves
- 1-2 sheets of tracing paper
- Wallpaper paste
- 2 balloons, Bowl
- Cup
- Spoon
- Ribbon or cord
- Needle
- Decoration wire

Please ensure safety when using this equipment



0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



kooth

Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

