

# CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack



## ARTS & CRAFTS



# ARTS & CRAFTS

## 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](http://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](mailto:byes@barnet.gov.uk)

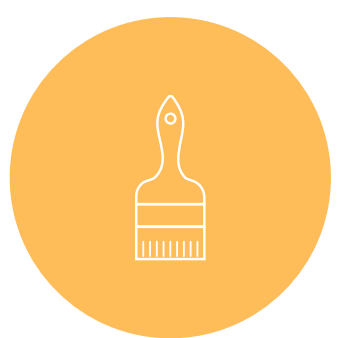
## Age Categories

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](http://www.barnetyouth.uk) or to sign your child up and find out more email:

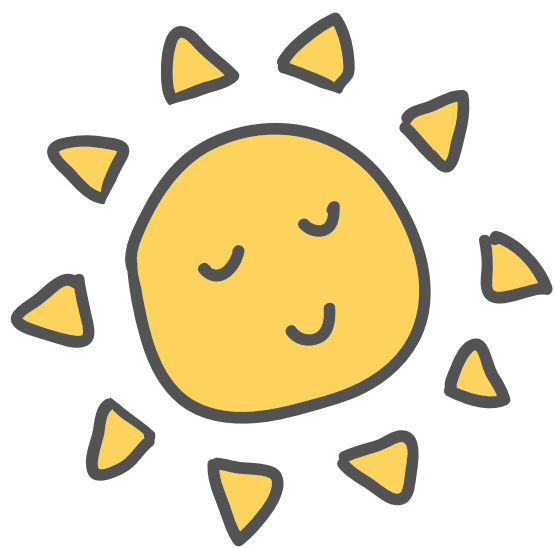
[byes@barnetyouth.uk](mailto:byes@barnetyouth.uk)



# UNDER 5S

## Arts & Crafts Activity Resource Pack

### Paper Plate Fans



#### Materials:

- Paper plate
- Acrylic or tempura paints
- Jumbo craft sticks (or dried lollipop sticks)
- Glue gun
- Scissors

*Your child may need assistance with this activity, especially with scissors and glue!*



#### How to:

1. Cut a paper plate in half.
2. Paint a spring or summer scene on your plate. Paint a rainbow, a cherry blossom, butterflies or any other design of your choosing.
3. When you have finished painting your fan, set it aside to dry.
4. While you wait for your plates to dry, grab two of the jumbo craft sticks. You can choose to paint them or leave them natural. If you paint them, make sure you let them dry completely.
5. Glue the craft sticks into a wide "V" shape to form the fan's handle.
6. Glue the handle to the bottom of your painted fan.
7. It is as easy as that. Make a bunch with different spring or summer designs. These are perfect for a warm day. Just grab one and enjoy the breeze.



[theinterestedparent.com](https://theinterestedparent.com)

<https://theinterestedparent.com/2017/04/spring-and-summer-hand-fans/>

*Cutting through cardboard can sometimes be tricky, so please ask an adult for help if you need it*



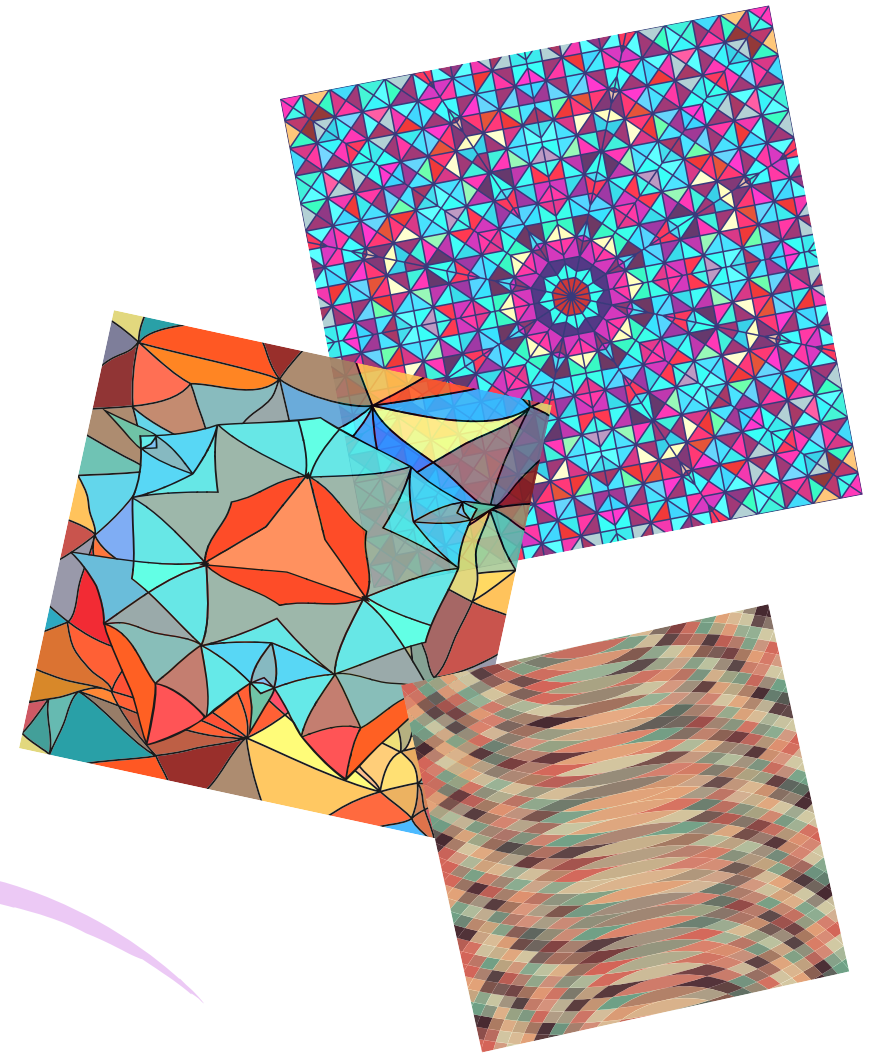
# 6-11 YRS

## Arts & Crafts Activity Resource Pack

### DIY Stained Paper Windows

#### Materials:

- Cardboard to cut create the frame
- a plastic sheet (a plastic wallet is a great alternative)
- Masking tape
- Cellotape
- Different coloured tissue paper
- PVA glue watered down



#### How to:

1. Place your plastic sheet down on your table - you may need to tape the edges to keep it in one place
2. You will then need to put a light amount of the PVA glue and water mixture on top of the plastic sheet
3. Help your child either cut or tear up the tissue paper in to different shapes and continue until happy with your design.
4. Once you have left sit for a while and your masterpiece is almost dried, paint over another layer of your pva glue and water mixture. this creates a laminated effect and makes it shiny.
5. Now time to create your frame. Using a a piece of cardboard created a frame to cover your masterpiece. Get creative!
6. Once this is all finished and stuck together, place your framed stained artwork on to a window and what the sun shine through



*Why not try and be a bit adventurous with your frame by decorating for someone or in them with you stained window. Dont be afraid to add on any glitter or accessories*



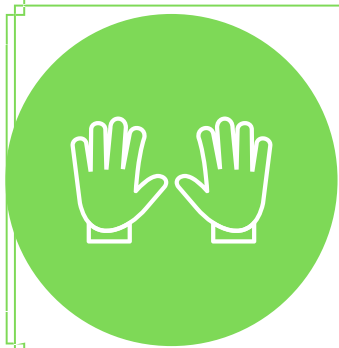
# 6-11 YRS

## Arts & Crafts Activity Resource Pack

### Pom-Pom Decorations

#### Materials:

- Assorted wool (at least one pack for each colour)
- Scissors
- 2 Cardboard rings (multiple if you wish to vary in size but must always have 2)
- Extra Cardbord for mounting pom-pom creation



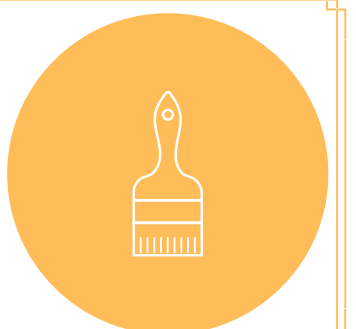
*Cutting through cardboard can sometimes be tricky, so please ask an adult for help if you need it*

#### How to:

1. Choose one of your wools and the size of cardboard rings you would like to use. Place the 2 cardboard rings together, using one end of the wool, begin to wrap around the circle from the middle out.
2. Continue this until you cannot fit the wool through the middle of the rings.
3. Using sharp scissors, find the outside of the rings and try to cut through the wool so that your scissors are cutting between the two rings.
4. Once this has been cut all around, you should be able to see your rings clearly, however do not remove them yet.
5. Take a long piece of wool and place between the rings so that they wrap around and meet. You will then need to tie them together, pulling as tight as possible.
6. When this is done you can now remove your cardboard rings by pulling them out sideways over the wool.
7. Once completed trim your pom-pom
8. Repeat this as many times as you wish to create your decoration



*You may also find or own some pom-pom creators which you could also use with the method above, just dont use the cardboard*





# 12-15 YRS

## Arts & Crafts Activity Resource Pack

### Crayon Dryer Designs

#### Materials:

- A Hairdryer
- Some sturdy paper (we recommend white or black)
- A selection of different crayon colours
- Tape for the crayons (or a glue gun if you have one)
- PVA glue
- Scissors



*Why not try to use black paper as your background with white figures to make your scene pop!!*

#### How to:

1. Using a piece of paper, create People, animals, objects that you would like to put in your picture.
2. Take you main and sturdy paper and use the tape (or glue gun) to secure your crayons to one edge of this. This is completely your choice of the colours and position of where you woul like to put them on your page.
3. Once these are secure you will need to cut out your earlier creations and decided whether you would like to put them on the main page before or after you have melted the crayons. We would suggest after to make your scene pop!
4. Now time for the best part - please use the hair dryer to begin to melt the wax on to your page. You would want to aim the dryer at the crayon in the direction you want them to run down on the page. Keep going until your scene is dramatic enough for you.
5. Finally, Allow to dry and glue down any lose items. You now have the option to keep the crayons on your page or remove to use again another time





# 15+

## Arts & Crafts Activity Resource Pack

### DIY Fabric bunting



#### Materials:

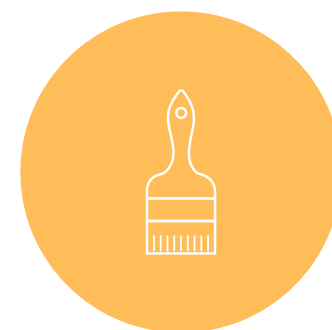
- Scissors
- Needle and thread (or a sewing machine if you have one)
- Fabric - how about an old patterned bedsheet or patterned material that you no longer need (ask for permission first)
- 13mm-wide bias binding tape

*You could also sew two different patterned triangles together to create a different illusion. Being double thick will also help your bunting stay in place even on windy days*

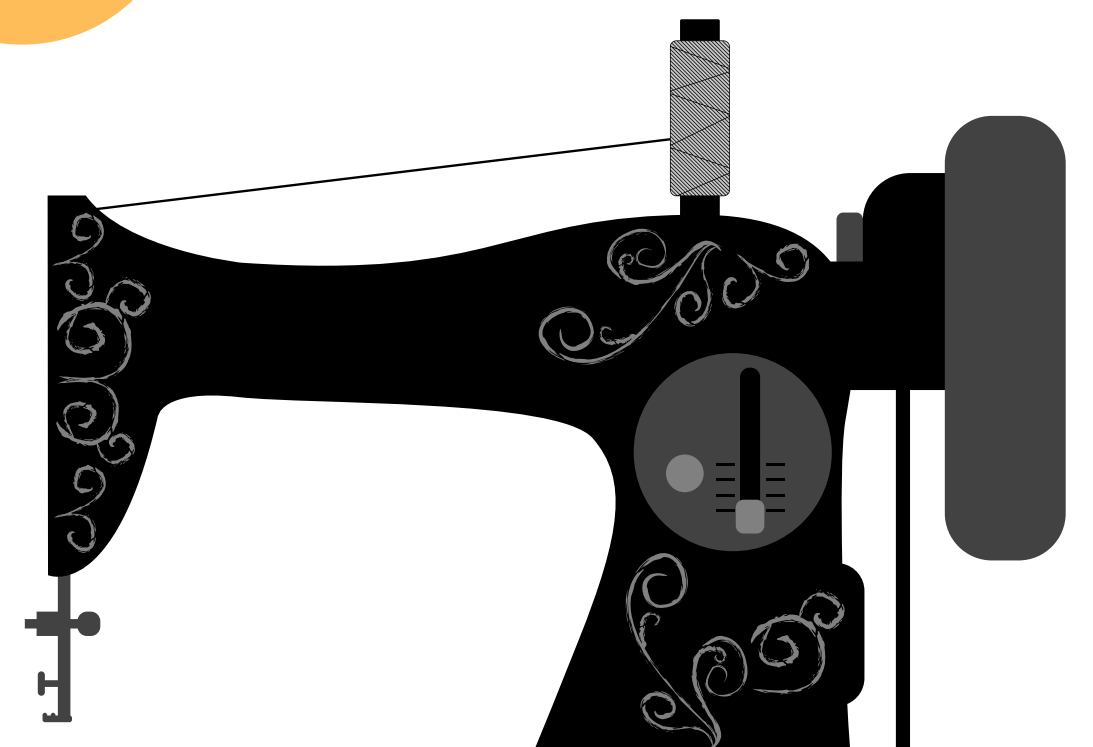


#### How to:

1. Draw a triangle on some cardboard and cut it out to use as a bunting template. You may prefer longer, narrower triangles, or shorter, wider ones. The choice is up to you.
2. Pin the template to your fabric and cut around it using scissors to avoid fraying. Repeat until you have enough flags for your desired bunting length.
3. Evenly space the flags along the bias binding tape, folding the shortest edge over, and pin in place securely ready to sew.
4. Sew on the flags with a straight stitch, leaving at least 40cm of tape free from flags at each end for hanging your bunting proudly on display.



<https://www.idealhome.co.uk/diy-and-decorating/how-to-make-bunting-template-craft-ideas-85778>



# 15+

## Arts & Crafts Activity Resource Pack

### String Ornaments

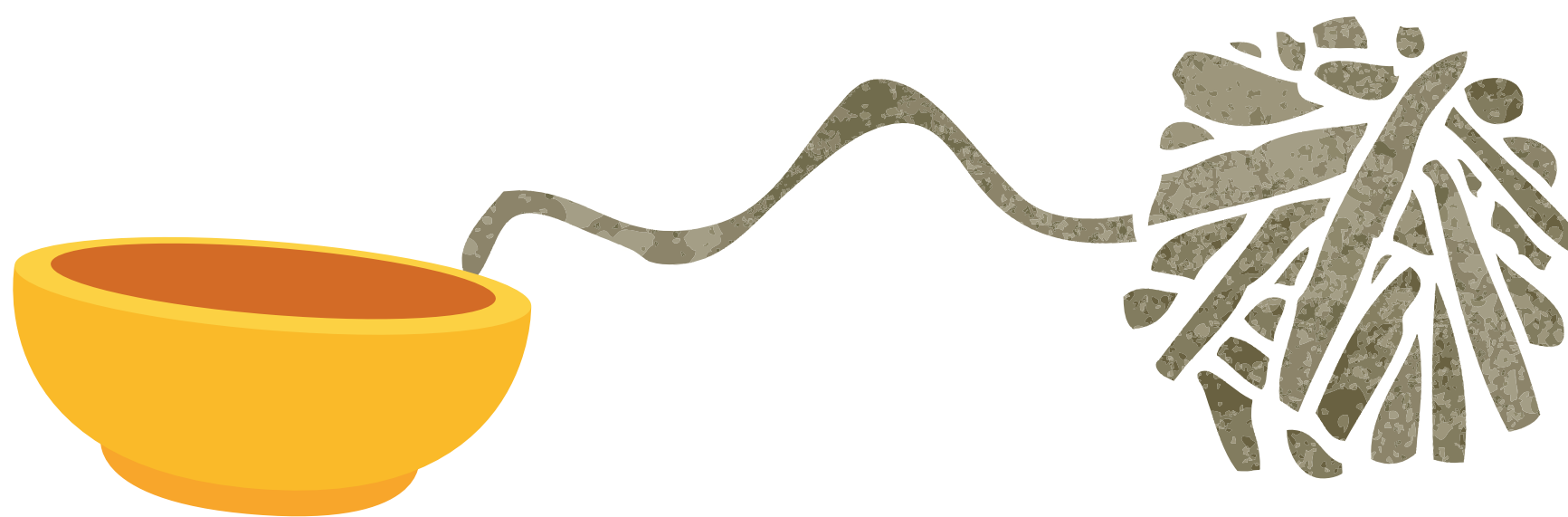
#### Materials:

- A cereal to cut create the frame
- a plastic sheet ( a plastic wallet is a great alternative)
- Masking tape
- Cellotape
- Different coloured tissue paper
- PVA glue watered down

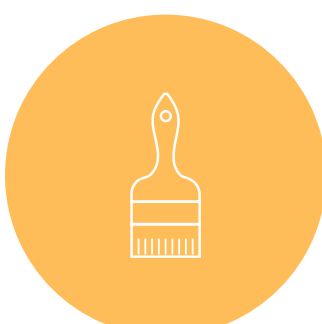


#### How to:

1. Take a bowl and wrap it up with cling film
2. Use the paintbrush to coat the outer layer of clingfilm with glue. Cover it completely with glue
3. Take one end of the string roll and wrap it around the open end of the bowl. Continue wrapping the string, creating a single layer below another.
4. Carefully wrap until the entire dish is covered. You can paint the base in any colour you may want.
5. Let it dry and remove the bowl used in the mould
6. Now is time to add you spin on to this, you can add any painting, glitter or accessories as you wish. And then youve made a little dish to hold your things



**You could also use a glue gun for this, but be very careful and make sure you use this safely. Also make sure you do not stick the string on to the bowl as you may never get it off!**



[https://www.momjunction.com/articles/cool-arts-and-crafts-ideas-for-teens\\_00377483/](https://www.momjunction.com/articles/cool-arts-and-crafts-ideas-for-teens_00377483/)



# 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 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](http://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](http://www.engage.barnet.gov.uk/communityhelphub).

[www.barnetyouth.uk](http://www.barnetyouth.uk)

