



recreate

challenge

pack.

The Culture Co-op welcomes you to your **recreate** **challenge** **pack.**

You have been given this pack to support your journey back to personal creativity and connecting with others. The Culture Co-op is here to make sure that young people across the Lancaster District have access to high quality arts and cultural activities, no matter their ability or background.

Arts and culture have been proven to support a healthy lifestyle, keeping our minds and bodies active and connecting us to others by developing empathy and understanding. Art helps us make sense of the world around us.

What should I expect?

Whilst we are presenting you with a unique challenge to get creative and connect with others, there is no right or wrong. These activities have been carefully curated to support learning and enjoyment and can be explored and combined in a number of different ways. We also do not expect you to try everything in one go, or even at all. Just challenge yourself with the activities that speak to you, as who knows what it could lead to next. And remember, don't give up! Keep practising and honing your skills.

Play, curiosity and experimentation are at the core of all of these activities. Seeing and experiencing art can give you the tools to express yourself and your emotions in new ways. Can't find the words? Dance. Can't shift that strange feeling? Draw it.

And finally, pass it on! Sharing an activity with a friend or family member might connect you in ways you might not expect.


Your Recreate Challenge Pack

This pack has been created with YOU in mind. Artists and practitioners from across the Lancaster District have developed these activities to support your well-being. If you are feeling low and want some extra support, you will also find links to a number of mental health services towards the end of the pack.

If this pack sparks your creativity and you want to learn more about artistic careers, there is also a page at the end with information and useful links.

Keep in Touch

As this is a creative challenge pack, we also want to give you the opportunity to share your creations with others. If you have the means to, why not send us a tweet or tag us on Instagram:

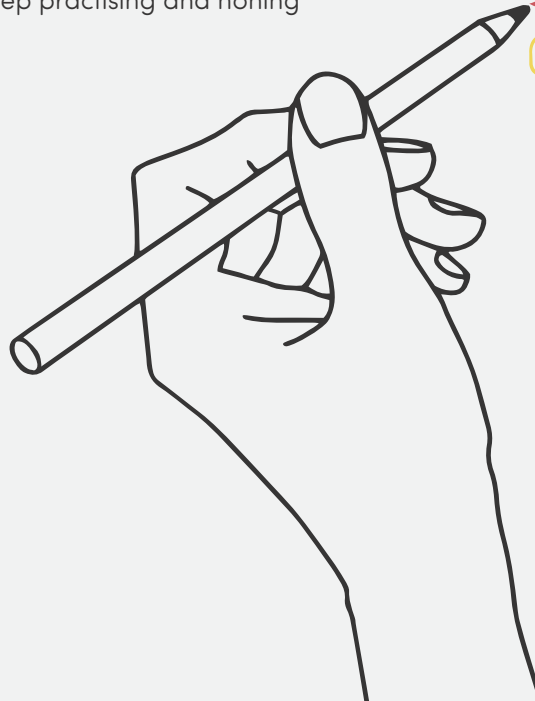
 @Cultureco_op

 culturecooplancs

Don't forget to use the following #'s

#recreatechallengepack
#letscreate

You can also email us at:
culturecooplancs@gmail.com.



Spell it Out

Visual art & digital activity

From LMC

What you will need:

Paper, felt tip pen & SMART phone. (Optional: WiFi & Instagram).

Taking inspiration from artists Gillian Wearing and Barbara Kruger, explore how words and images can be used in an interesting way to say something about yourself and the world around you.



Gillian Wearing
<https://bit.ly/37eCijz>



Barbara Kruger
<https://bit.ly/37mxFwM>



Four things to do:

1. Look at the images and watch the videos above (if you have access to the internet). Make some notes about what you thought. Maybe even pick one of the artists to do some more research on.
2. Using text and photography (using your SMART phone) make a series of images that communicate something about yourself, the world, or ask a question of your audience.
3. If you have Instagram, use the story function to create some Barbara Kruger inspired posters.
4. Once you have created your series, why not share them with others, either via social media (don't forget to tag us @LMCollege / @Cultureco_op) or with family and friends.

LMC is proud to be our community's provider of technical, professional and creative education, focused on providing young people and adults with the skills and knowledge to enable them to progress into employment or on to further study. @LMCollege / 01524 66215.



Lancaster &
Morecambe
College

Pop-up Morecambe

Craft activity

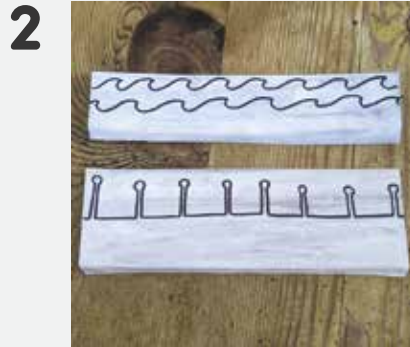
From Deco Publique

What you will need:

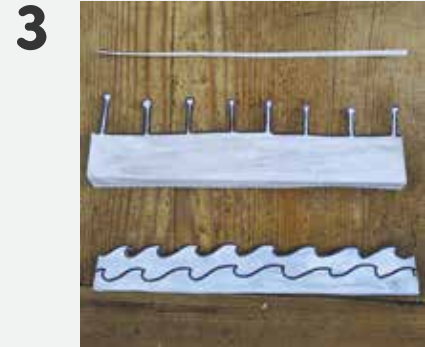
Scissors, black marker, card (blue, grey & white), white paper, sticky tape, magazine page, thread & seafront drawing (in your pack).



1 Draw your own, trace or cut out



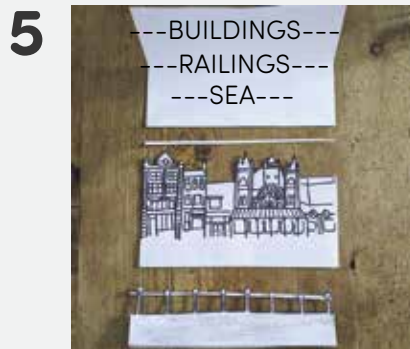
2 Fold 1cm at bottom



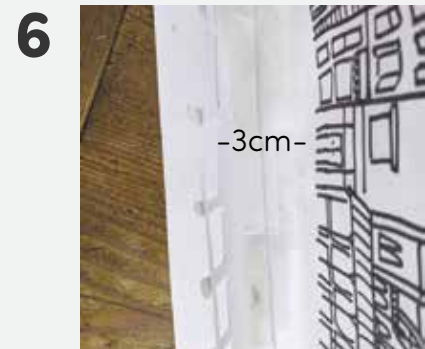
3 Cut these out



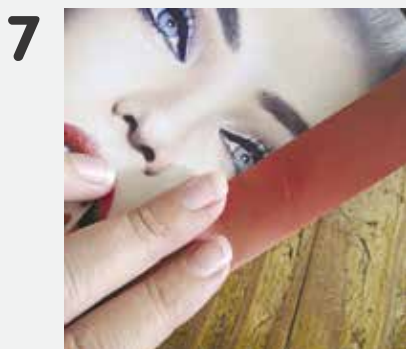
4 Tape railing here



5 1/2 sheet of card folded in 1/2



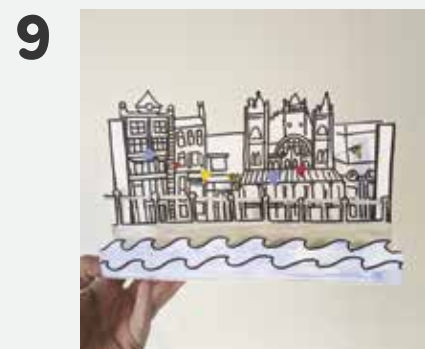
6 Tape folded bit to bottom of card



7 Fold scrap paper/ magazine & cut out triangles to make bunting



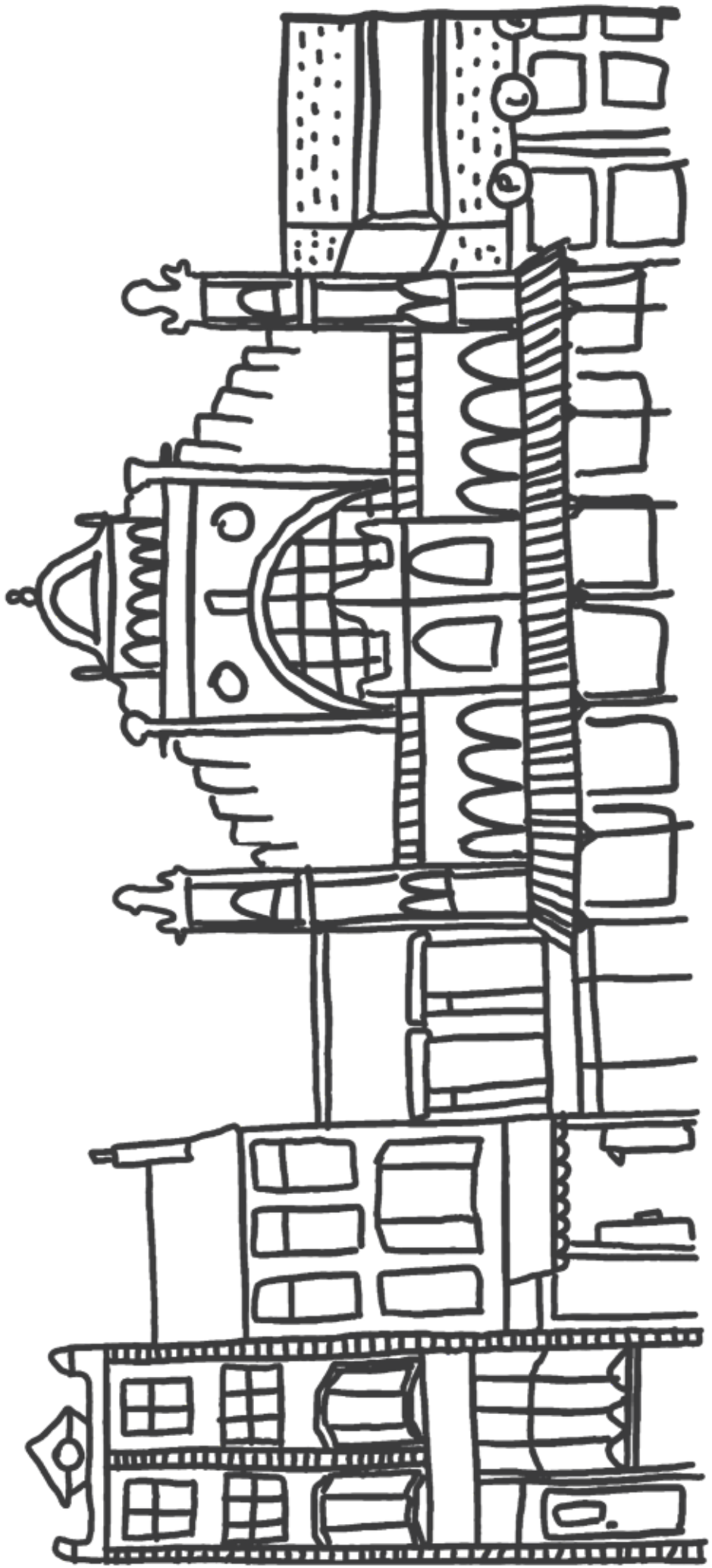
8 Glue triangles to a piece of string



9 When finished It should look like this

Deco Publique is an art and culture company making original work, based in Morecambe and working around the North. We make public art that animates coastal spaces, rural landscapes and urban centres. @DecoPublique / 07950 269 333 / hello@decopublique.co.uk.

DECO
PUBLIQUE



The Mask

Drama & craft activity

From the Prop Up Project

What you will need:

A sketchbook, pen, mask, coloured pencils, glue and stuff to decorate your mask.



FORBIDDEN CAVE



THE FOREST



THE JOURNEY

1. Choosing one of the above as inspiration, take the pen and sketchbook provided and jot down some initial ideas for stories that could take place. There is no right or wrong, just let the words and images flow. Once you have a few down, pick your favourite one.
2. Now think about what kind of characters you might find in your chosen story. Who are they? Where have they come from? Why are they there? How do they relate to one another? Using a fresh page, draw or write about them in your sketchbook.
3. Pick one of these characters and design a mask that you could wear to help place you in the shoes of that character.
4. Once you have created your mask, pop it on and think about the following;
 - What qualities does your character have?
 - How would this character stand, sit, walk or talk?
 - What is this character's purpose within your story?
5. When you feel like you know this character inside out, try writing a short scene from your story. It only needs to be about 10 lines of dialogue and could include other characters from your story (why not ask a family member to play that part for you?)

Top tips for writing a script

At the top of the script you will need a title and the scene number and where the scene takes place. You can also add which characters will be included in this scene and brief information. "The party. Scene 3: The house. Characters: Jean, aged 24, Elizabeth, aged 55 (mother of Jean) and Bill, a plumber"

Remember to add in the names of the characters who are saying the lines at the beginning "Jean: it's not mine it's yours"

Stage directions can be written in brackets before the speech, to help the actor know how to say the line or give suggestions for actions or gestures for them to do. "Jean: (walks in from stage left and leans on the table) can you give it back?" / "Elizabeth: (running in and talking fast) I can't find it!"

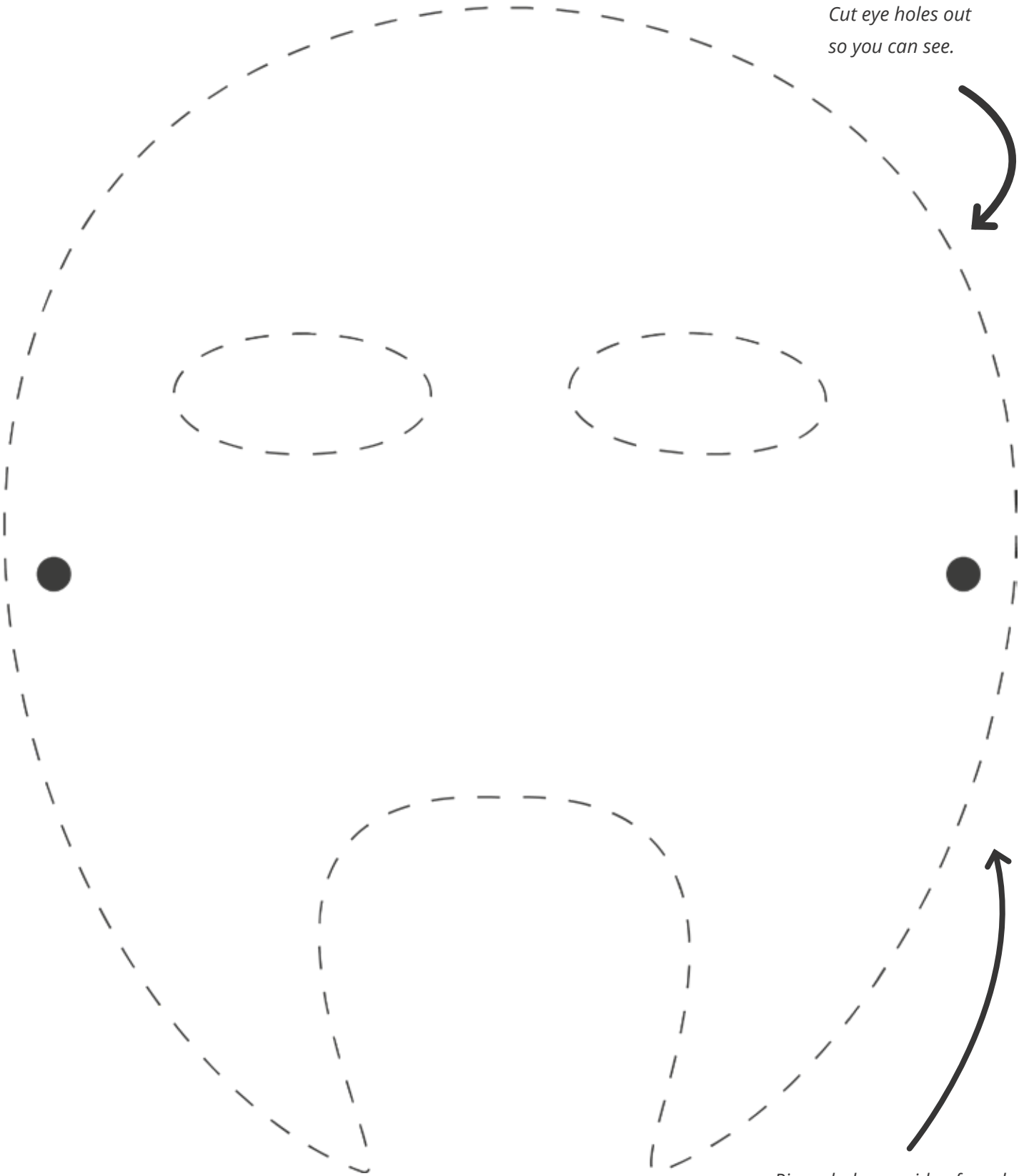
Prop Up Project is a creative hub aimed at young people aged 13+ who feel isolated, uncomfortable with socialising in group activities and would like to improve their mental health. @PropUpProject1 / 07568 937 988 / propupproject@gmail.com.



The Mask

Template character mask

*Cut eye holes out
so you can see.*



*Pierce holes on side of mask
to attach the string.*

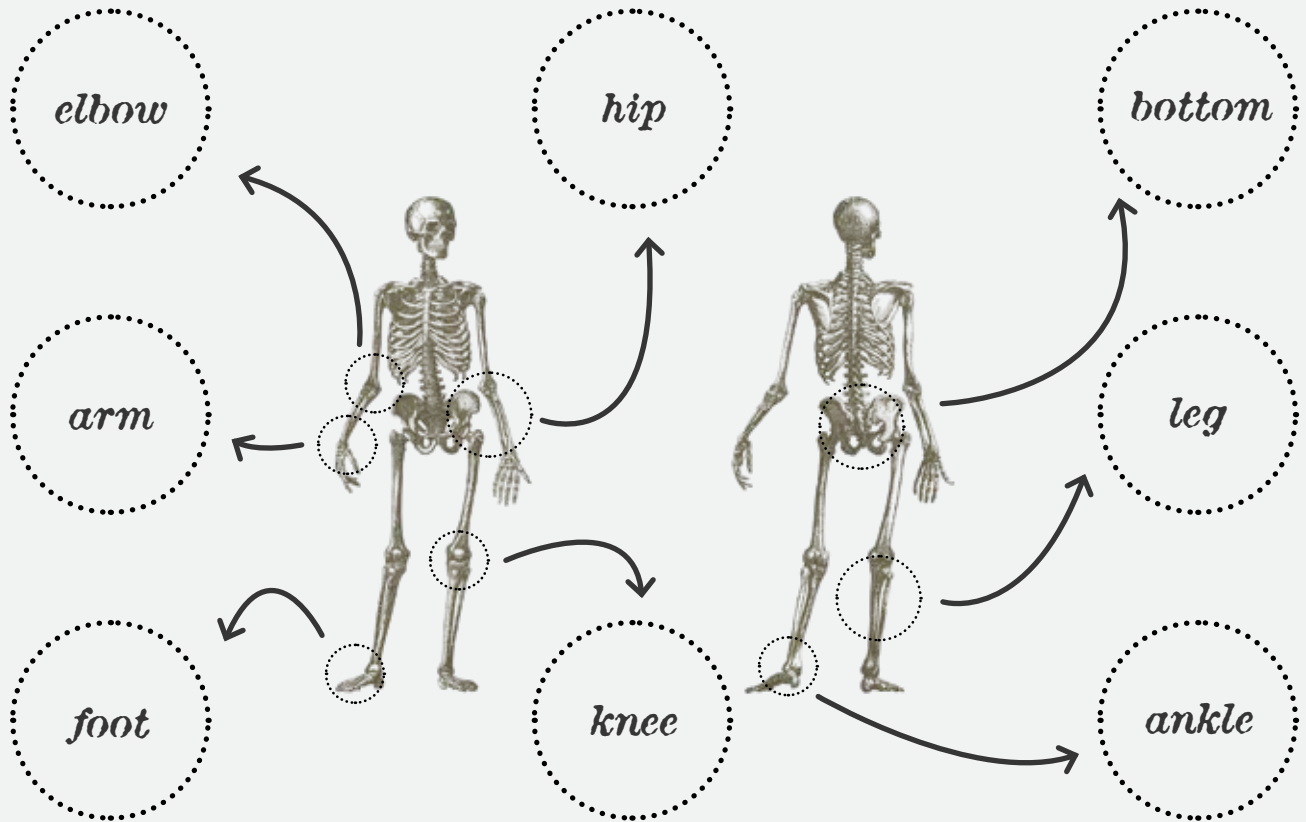
Connect

Social activity

From the Culture Co-op

What you will need:

A coin and a willing participant (preferably someone from your household).



1. Find a willing participant from your household.
2. Take a coin and throw it up into the air near to the body part diagram above. The body part it lands on is the one you have to use. Do this twice for both you and your partner.
3. Connect both body parts together, either surface to surface or linking e.g. linked arms.
4. As you are connected try to move in an interesting way e.g. circle around one another, tap body parts together at least 2 times, move your chosen body parts in a particular direction (up & down, side to side, circling etc.) and try one or more of those whilst you are connected.
5. Pick your favourite movement and repeat it until you can remember it.
6. Now repeat steps 2-6 again twice more and by the end you should have 3 sets of 'connect' greetings.
7. Decide what order you want them in and then practice them. Why not put some music on and do them to that?

And there you go. You have made your very first 'connect' greeting and a new dance routine you could use in a DIY music video (check out the film making activity).

The Culture Co-op is a cross-sector partnership formed to ensure that every young person across the Lancaster District has access to high quality cultural activity, no matter their background, ability or circumstance. @Cultureco_op

culture 

Behind the Camera

Film making activity

From Lancashire Youth Challenge

What you will need:

A SMART phone, sketchpad and pen. You may also want to source simple costumes and some basic lighting e.g. household lamps or flash lights.



What style of film do you want to create? What is your theme or topic? Where will it be set? What costumes and props will you need?

To help with all this try creating a storyboard, which is a sequence of drawings or still images which represent the shots you are planning to take.

The link here will give you more information on framing, focus, angles and movement – <https://bit.ly/3t9WrdZ>.

You will find a template storyboard in your pack that you can copy into your Sketchbook.

You don't need a fancy camera to make a film. Smart phones have tonnes of functions available to aspiring filmmakers. Just pop it on airplane mode before you start filming.



Lighting is especially important when making a film, so make sure you have plenty of bright light on the subject and the area you wish to film. You also don't need fancy set lighting; household lamps will do.

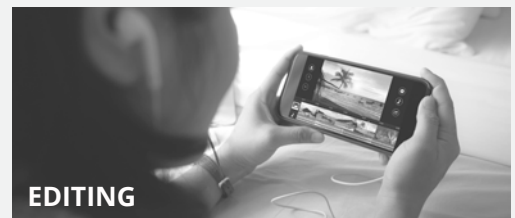
Remember to shoot your movie in landscape rather than portrait, as it is easier to edit (unless it's for Tik Tok). You will want to wear earphones while filming to judge the sound quality and to ensure there is no background noise.



There are free movie editing applications for smart phones, so research which one you find the easiest and most fun to use. A good start would be InShot, Filmora or Filto.

You can trim your shots, add sound effects, graphics & text, and weave them together into a seamless movie. If you want to share your film on social media platforms, then plan for your film to last between 1 and 2.5 minutes in length.

Challenge: Create either a DIY music video in one shot, or film yourself or someone else completing the everyday extremes activity. And don't forget to share your creations @ LancashireYouth and @Cultureco_op.



Lancashire Youth Challenge is a dynamic charity which enables young people to build confidence and resilience via an exciting year-round programme of personal development activities. @LancashireYouth / 07885 974 782 / team@lancshaireyouthchallenge.co.uk



Behind the Camera

Film Storyboard



Film Title _____

Directed by _____

Scene _____

Scene _____

Shot _____

Shot _____



Scene _____

Scene _____

Shot _____

Shot _____



Scene _____

Scene _____

Shot _____

Shot _____



Mini Exhibition

Visual arts & curation activity

From *GRAFT*

What you will need:

Scissors, a pencil, coloured pencils & Blu Tack.

Did you know that once a piece of art (or collection) has been created, there are people in museums, art galleries, public spaces and online, that have the responsibility for ensuring that each piece is presented in such a way as to evoke the essence of what the artist is trying to convey? These people are called curators. You can find out more here - [tate.org.uk/art/art-terms/c/curator](https://www.tate.org.uk/art/art-terms/c/curator).

With this in mind, GRAFT invite you to curate your own four-piece mini exhibition.

Step 1

In the pack you will find a page of picture frames. Carefully cut around each of these.

Step 2

Ask people you know if they could draw a picture for you in one of the frames. Maybe you could fill one in yourself?

Step 3

Once completed, arrange the pictures in different combinations and in different places. Can you make new connections between them? Can you find new meanings?

Step 4

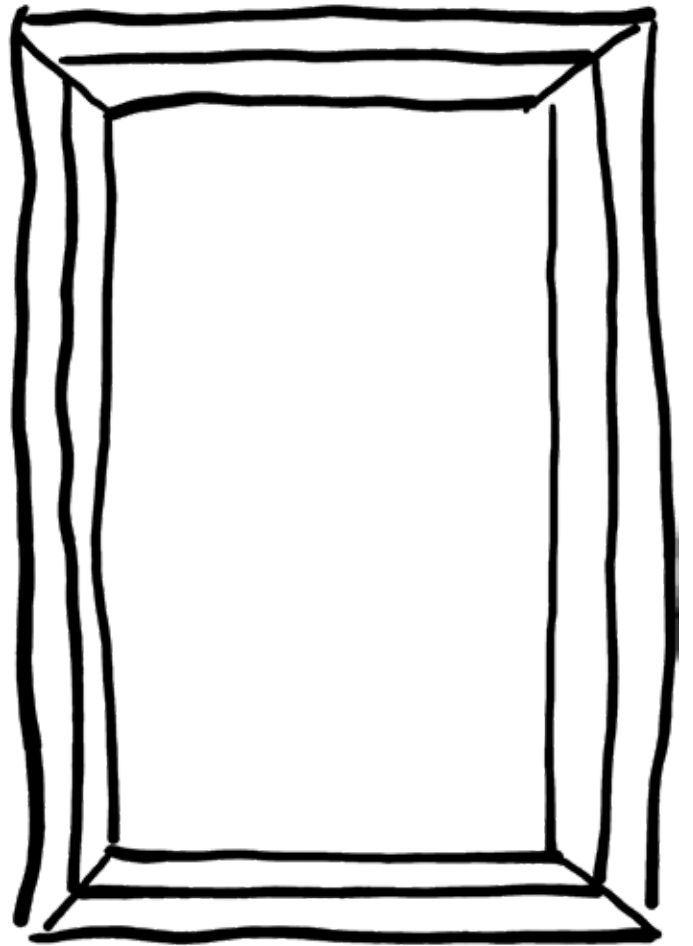
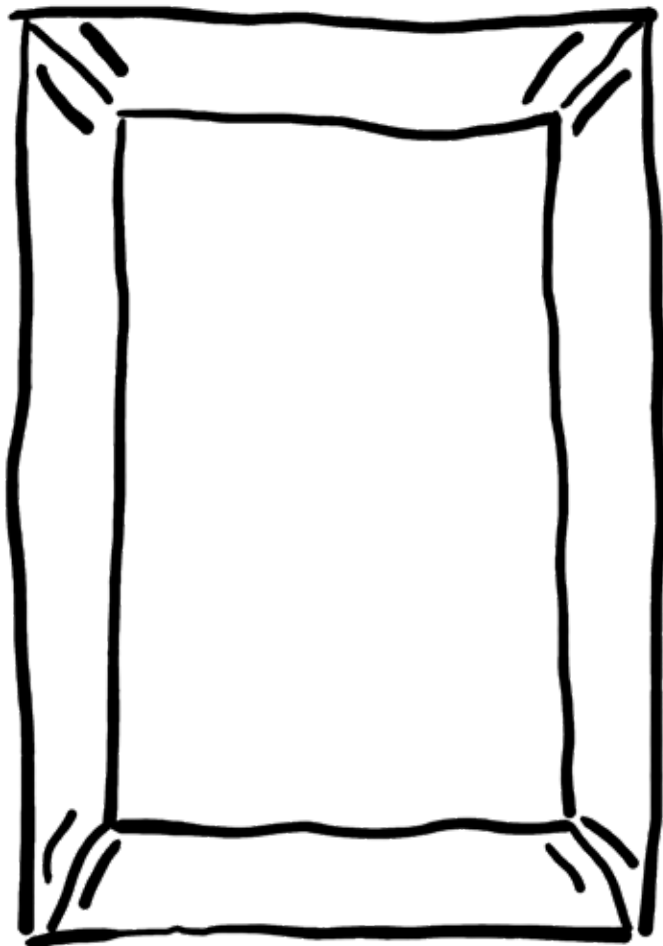
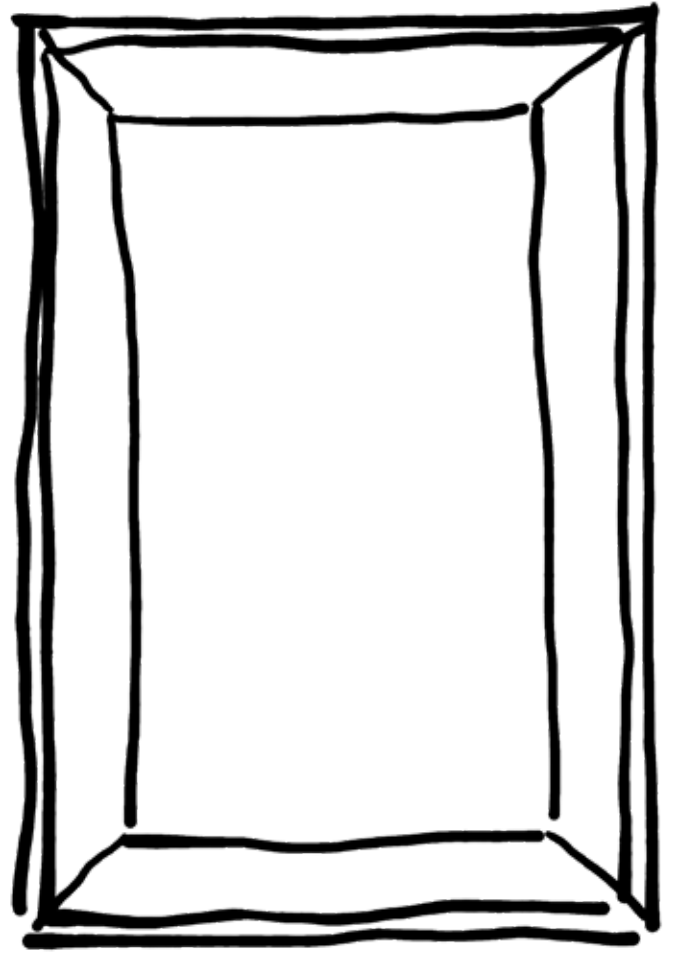
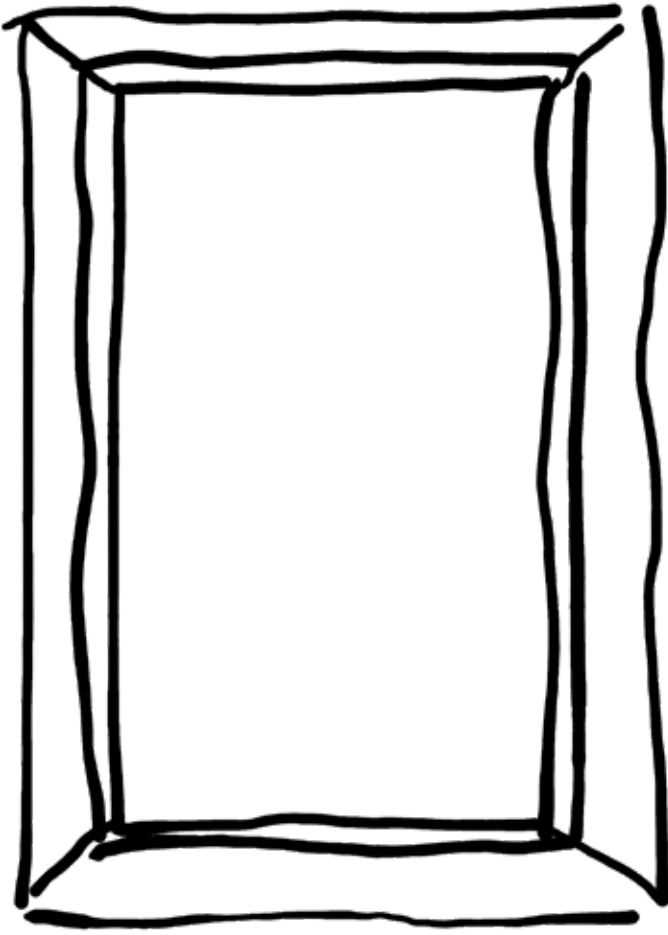
Once you are happy with the arrangement, give your exhibition a name.

Step 5

Take some pictures of your exhibition and tweet us @GraftLancs & @Cultureco_op.

GRAFT is a Community Interest Company (CIC), based in Lancaster, UK. We believe that art is for everyone, and this is at the core of everything we do. We are currently a siteless organisation, and all of our activity takes place in "pop-up" venues or public spaces. @GraftLancs / graftlancaster@gmail.com





Word Play

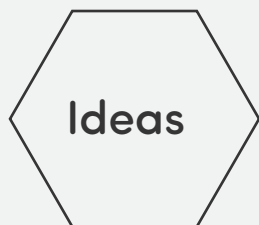
Song writing activity

From More Music

What you will need:

A pen, sketchbook and access to YouTube - <https://bit.ly/3ivtuov> (backing music - this bit is optional).

Step 1 'Pick a theme'



Relationships



Nature/ environment



Mental health



Something you did today



What's for tea?



Your idea.....

Step 2 'Find the words'

Once you have a theme, try and think of as many words associated with that theme and write them in the grid below.

| | | | | |
|----------|----------|----------|----------|----------|
| A | G | M | S | Y |
| B | H | N | T | Z |
| C | I | O | U | + |
| D | J | P | V | + |
| E | K | Q | W | + |
| F | L | R | X | + |

Step 3 'Getting your senses involved'

Now you have picked your theme and have some words, think about your subject matter and how it makes you feel. Think about the senses (touch, taste, smell, sight and hearing) and write down some more words in your sketchpad. You can call this a senses map.

Step 4 'Rhyming'

Have a go at rhyming as many words in your A-Z and senses map as possible.

Step 5 'Lyric Formation'

Start to shape your words into sentences. Using the grid below as a guide, draw one in your sketchpad. Put your rhyming words in the end column and fill in the gaps to develop your sentence. Aim to write one verse and one chorus.

| Sentences | Rhyming end words |
|--------------------------------|-------------------|
| E.g. It's time to move forward | don't look back |
| E.g. I know it's hard to keep | things on track |

Tips: Try to make your verse 4-8 lines and chorus 2 (or 1 repeated 4 times). Write about something you have experience of as then your lyrics will be more authentic. Once you have your lyrics you can decide whether to sing or rap them. Writing a melody sounds scary but many artists use only one or two notes in their verses.

More Music is a community music and education charity based in the West End of Morecambe, working throughout Lancashire, the North West and internationally. @MoreMusic1 / 01524 831997 / info@moremusic.org.uk.

More
Music

Everyday Extremes

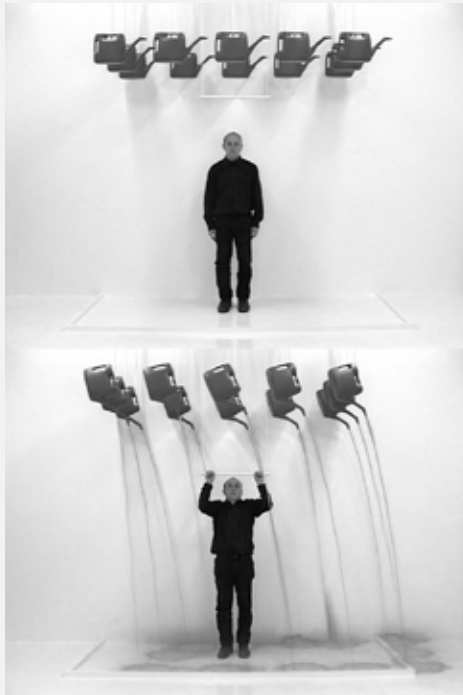
Photographic activity

From LMC

What you will need:

Internet access, a SMART phone and some everyday objects.

Lots of artists use different art-forms to explore and communicate complex social themes and ideas. Below are three artists that have taken the themes of isolation, space, and relationships to everyday objects to the extreme.



Rebecca Horn (top left image)
<https://bit.ly/3jHH7k9>

Erwin Wurm (bottom left image)
<https://bit.ly/2XeZcPd>

Harrison & Wood (right image)
<https://bit.ly/3fK70yP>

Three things to do:

1. Look at the images and watch the videos above (if you have access to the internet). Make some notes about what you thought. Maybe even pick one of the artists to do some more research on.
2. Using what you have around you (chairs, tables, curtains, tin foil etc.), compose an image or short 30 second film exploring either one of the artists' themes, or some of your own e.g., social distancing, mask wearing, social media.

Things to consider:

- Each artist uses a clean space free of clutter to highlight their 'art'. Maybe think about how you can achieve this with the spaces you have. Could you do it outside?
- You might want to consider asking someone to help you
- Check out the mobile film-making activity for guidance on composition

3. Share what you have created with someone else and see what they think. Or share it with us @LMCollege / @Cultureco_op.

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Lancaster &
Morecambe
College

Set up for Singing

Vocal activity

From the Lancashire Music Service

What you will need:

Just your voice.

Try these 4 simple steps to get you "Set Up for Singing".

Breathe

This exercise is not only great for singers; it's also great for calming nerves and helping you feel more relaxed.

- Sit quietly and listen to your breath.
- Place one hand on your stomach and notice what happens to your hand. As you breathe in, you should notice your hand move out. As you breathe out, your hand should move inwards.
- Try breathing out for longer than you breathe in. In for a count of two, out to the count of four.
- Repeat this breathing exercise five times.

Stretch the body

Your voice needs space; space to breathe; space to resonate.

- Take one arm and reach for the sky, bend your elbow and let your arm relax across the top of your head.
- With the other arm, reach around and give your ribcage a rub – this wakes up the intercostal muscles that live between your ribs (brilliant for support and breathing).
- Repeat the same process on the other side.
- Turn your head and take a long look over your right shoulder – hold that stretch for a couple of seconds then repeat on the other side.
- Notice how the middle of your body now feels lighter, taller and more open. This all helps to create support, power and resonance in your voice.

Stretch the mouth

These 2 exercises are great for giving your mouth a quick workout.

The 5 "Wows"

- Say the word "wow" – notice how your lips move from small and scrunched up to wide open.
- Now say "wow" 5 times in a row making it bigger each time.

Tongue Toothbrush

- Clean your teeth using your tongue; Use the tip of your tongue to rub the inside and outside of each tooth; start in the back, at the top and work your way around to the other side.
- Repeat with your lower teeth
- Notice how your mouth feels more spacious and freer.

Stretch the voice

This exercise is the best one I know for stretching the range and blending the different registers of the voice; high and low.

- Take a deep breath and hum a note that feels comfortable to you; next, stretch your hum upwards and downwards slowly through your range. Notice your voice get lighter and thinner at the top then lower and darker at the bottom.
- Take another breath and relax your shoulders and continue up and down through your range; humming and sliding, keeping your voice soft and smooth at all times.
- Try it with a gentle 'oo' or 'ah' and aim to vocalise these for 3-5 minutes each day to keep the vocal cords supple and strong.

The Lancashire Music Service provides high quality musical opportunities for children across Lancashire. @LancsMusicHub / 01257 234450 / lancs.music@lancashire.gov.uk.

Lancashire
music
service

Lancashire
County Council



Found Poetry

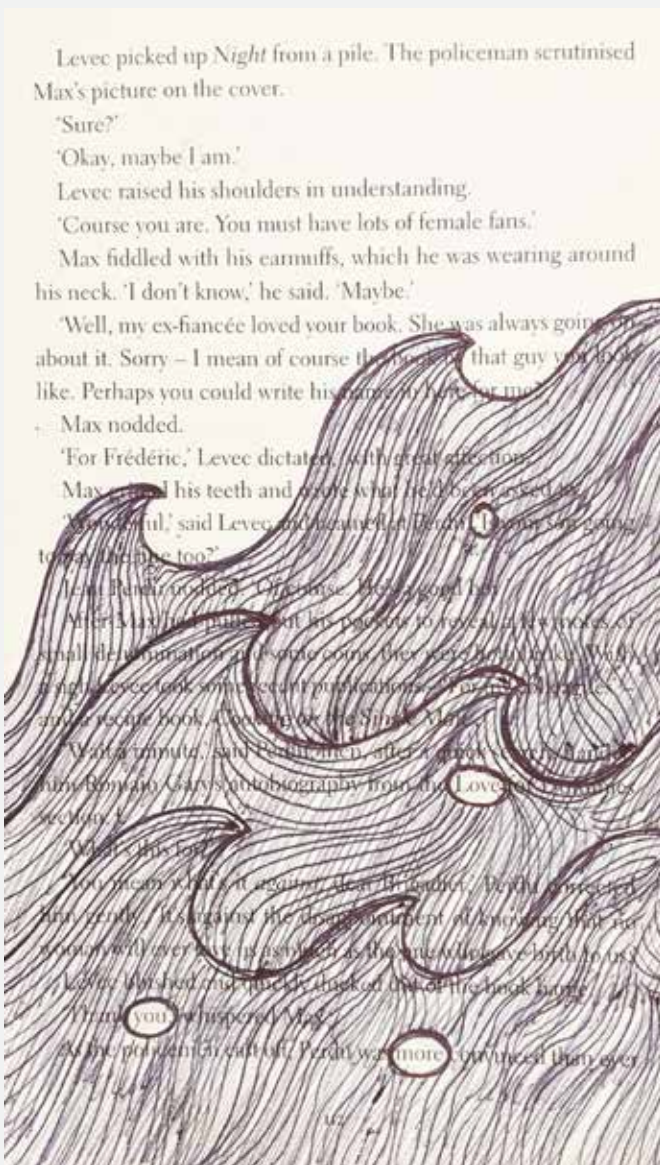
Visual art activity

From Deco Publique

What you will need:

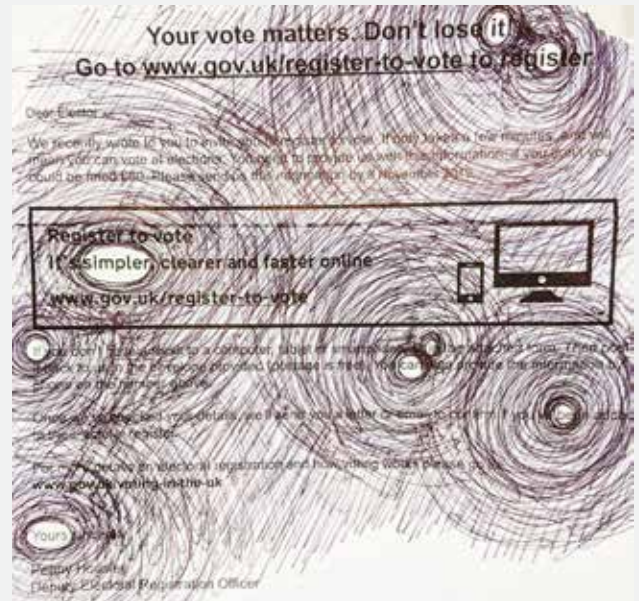
A page from an old book or letter and a pen (a pencil would be useful too).

This reads as 'I love you more'



The Method

1. Find a page out of an interesting book (one that you don't mind defacing) or letter and get a black pen (the finer the better).
2. Read through the page and pick out a few appealing words (it might be useful to circle them in pencil first).
3. Form a sentence from the individual words you have chosen.
4. So that the words you have chosen can be read as a sentence, block out the rest of the text in a unique way e.g. circles, waves, lines.
5. Once you have completed your artwork, share it with friends, family and on social media. When framed, these make lovely gifts!



This reads as 'It is simpler if yours can be...'

Deco Publique is an art and culture company making original work, based in Morecambe and working around the North. We make public art that animates coastal spaces, rural landscapes and urban centres. @DecoPublique / 07950 269 333 / hello@decopublique.co.uk.

DECO PUBLIQUE

DIY Zine

Craft activity

From the Culture Co-op

What you will need:

A sheet of paper (plain or coloured), scissors, glue & bits and bobs.

What is a zine?

Pronounced 'zeen' it is a self-published, non-commercial magazine-like DIY (do it yourself) publication used as a form of self-expression.

Zines can be reproduced using a photocopier and 'master flat' version, or sewn, glued or stapled together. It's really up to you!

Find out more here: <https://bit.ly/38b9rWM>

Preparing your Zine

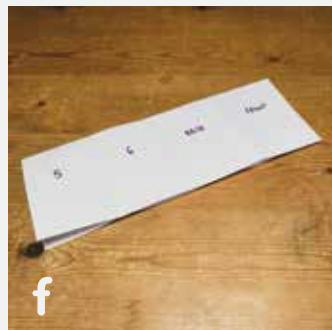
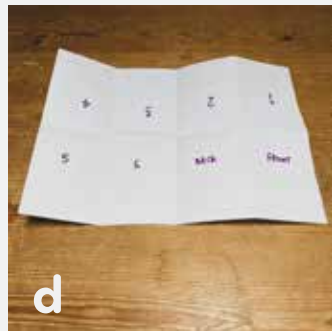
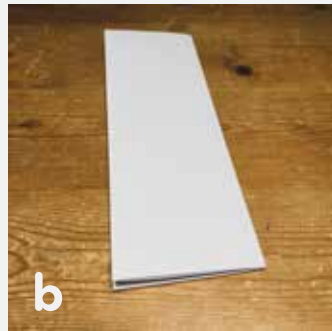
1. Taking an A4 piece of paper, fold it in half (a) from right to left
2. With your folded paper, fold it again into quarters (b), again from right to left
3. Fold it a final time into eights (c) from top to bottom
4. Unfold your paper and using your pencil label as shown in image d
5. Fold your paper over so that the numbers 3,4,5 & can be clearly seen and cut a slice between numbers 3 & 6 to the middle (e)
6. Once you have cut out a slice, fold your paper length ways as shown in image f
7. Place your fingers on each edge and pinch the paper together (g), making sure that the front and back pages are on the outside of your zine
8. Rub off the text and now you have an 8-page mini zine (h).

Optional: You can apply glue in between each loose page to seal the zine.

Populating your Zine

Now that you have the skeleton of your zine, it's time to populate it with text, images and drawings.

The main rule is that there aren't any rules! Google search 'zines' for some inspiration.



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mental health

support

If you are feeling down and want that little bit of extra support, there are a few free local services on offer for young people across the district.



Togetherall is a digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. In addition to Togetherall's online community, you will have access to a wealth of useful resources and can work through tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

www.togetherall.com/en-gb/



Mindsmatter are a well-being service offering a range of free psychological therapies to people aged 16 and over in Lancashire. They are part of the nationwide Improving Access to Psychological Therapies (IAPT) service delivered by Lancashire and South Cumbria NHS Foundation Trust.

Mindsmatter offer a range of brief therapeutic interventions across our localities to support people's differing emotional needs, this includes online, telephone and face-to-face treatment and therapy options. All treatment is FREE and provided by the NHS and their partners.

www.lscft.nhs.uk/Mindsmatter



The NHS Well-being and Mental Health Texting Service. This is a confidential and anonymous service supporting well-being and mental health for people who prefer to text.

Text HELLO to **07860 022846** or search www.lscft.nhs.uk/texting-service. Lancashire Care Well-being & Mental Health Helpline. Telephone 0800 915 4640. Open 24 Hours a day, 365 days a year.

Young Minds: Resources on Finding help with mental health. Resources on feelings, symptoms, conditions and medications. Information about professional agencies that can provide you with support - www.youngminds.org.uk.

Kooth: A digital mental health and well-being company working to provide a welcoming space for digital mental health care, available to all. Go to www.kooth.com and download the app today.

get into the creative industry

Are you interested in pursuing a career in the creative industries?

There are loads of creative careers out there, over and above the typical 'maker' and 'performer' roles. Go behind the scenes and you will see creatives managing, producing, administering, curating and delivering arts and cultural projects for companies all over the world.

Did you know that in 2019 (pre-pandemic), the creative industries contributed 115.9 billion pounds to the UK economy? At this time, 2 million people also worked in the creative industries. That's 1 in 7 jobs (*Department of Digital, Culture, Media & Sport*).

"Our future economy will be built on creativity and technology with AI and automation taking on many routine tasks...87% of creative jobs are at low or no risk of automation"
(Discover Creative Careers).

The creative industries can be split into 12 sub-categories, with a host of roles within each. For more information on what jobs are out there go to - <https://discovercreative.careers>.

Advertising & marketing

Architecture

Crafts

Design (product, graphic, fashion)

Video games

Heritage

Publishing

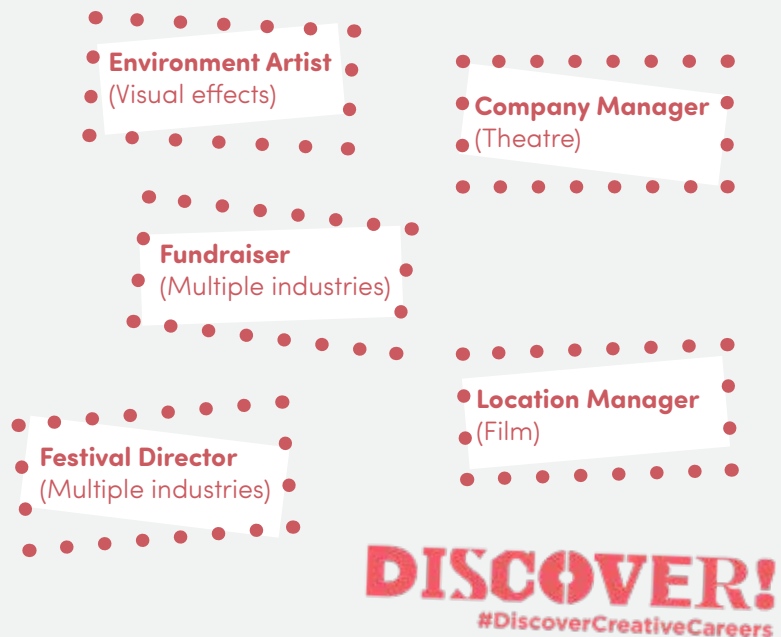
Museums, galleries & libraries

Music, performing & visual arts

Animation & visual effects

Film, TV video radio & photography

IT, software & computer services



recreate challenge pack.

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