

SIMPLE ACTS GAME



Introduction

These activities were designed by artists Lezni Lamide-Davies and Liane Harris as part of Magic Me's COVID-19 response programme At Home Together.

The suite of activities have been designed as an interactive game to be played by two people such as an older person and an Activities Coordinator / care staff.

How to play

There are 5 creative activities, you will need a **dice** for these activities.

- Role the dice.
- Whichever number you land on is the activity you take part in.

Materials needed for each activity are listed in the instructions. You may want to gather materials before you begin.

We would love to see your artworks & hear any feedback

Email feedback and photos to emilybird@magicme.co.uk

If you post your artworks on social media please tag us:
Facebook & Twitter [@MagicMeArts](#)

Number 1: TEA BAG PAINTING

You are invited to make an abstract painting using a tea bag.

You will need: a shallow container / warm water / a sheet of paper / tea bag

1. Place a **sheet of paper** on the table.
2. Fill the **shallow container** with some warm water and place the tea bag into it.
3. Pick up the tea bag and try the following:
 - Dab onto paper
 - Slide back and forth along the paper
 - Make circles on the paper
 - Have fun and experiment - see what shapes you can make.
4. Once you have finished - let the tea bag painting dry.

Enjoy your abstract tea painting!

Number 2: SING A SONG - MAKE A POEM

You will need: a phone you can play music on / a piece of paper / pen

Action 1: You are invited to sing along to your favourite song.

1. Play your **favourite song**.
 2. Sing along to a verse or two.
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Action 2: You are invited to create a short poem using your senses.

1. Think about your **favourite song** and respond to the questions below.
 - **What do you hear?**
 - **What do you feel?**
 - **What do you see?**
 - **What do you taste?**
 - **When do you smell?**
 - **What do you dream of?**
2. Write down your responses on a piece of paper and read them aloud.

Enjoy listening to your Sense Poem!

Number 3: MIRROR DANCE & MOVE AS IF

You will need: a phone you can play music on

Action 1: You are invited to create a mirror dance with your partner.

1. Face your partner
 2. Decide who is **person A** and **person B**
 3. Your partner will **play a 1 minute song** on their phone.
 4. **Person A starts a gentle movement** with a part of their body and **person B copies** as if they are a mirror.
 5. Do this for the length of the song.
 6. Once the music ends, **swap over and do the same again** with person B leading.
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Action 2: You are invited to move your body using your imagination.

1. Take turns choosing one of the following movement prompts below:

Move as if - you are Honey / Move As If - you are Moving through Mud / Move As If - you are Floating like a Cloud / Move As If - you are Swimming in a Freezing Lake / Move As If - you are a Cat / Move As If you are a Bird

Put on another song and enjoy playfully moving with your partner!

Number 4: FLOWER OR TREE SCULPTURES

Bring nature into your home by making a flower or tree sculpture.

You will need: cardboard loo roll / coloured paper or tissue paper / glue or sellotape / scissors

optional materials: pipe cleaners

Use the cardboard loo roll as your sculpture base.

1. Decorate the base - think about adding materials to both the inside and outside of the roll.
2. Scrunch up, fold or tear the tissue / coloured paper - add these to your sculpture.
3. If you have them, use pipe cleaners to make different shapes - add these to your sculpture.

Have fun making and displaying your sculpture!

Number 5: LANDSCAPE COLLAGE

You are invited to make a landscape collage.