

# Be a part of lockdown history



## Activity Project 2020



# The Lockdown History project is for people to share their thoughts, feelings and experiences through this time.



We are living in an important time; that one day will be read about in history books and this is your chance to be involved!

We want you to tell us about your Lockdown - use the **FREE** activity sheets to give you ideas and help you express this time in your own words, drawings and photos. There is no right or wrong in what you do, everything will be an important documentation of living now.



The work that you submit will contribute to a lockdown history final product celebrating how you lived through lockdown! We will collate all the contributed work and produce a final product celebrating the community response living through lockdown.

Please send us your copies of the activities on A4 paper with your name, age and contact details by **September 30th 2020**.

If you would prefer to take photos or scan your work you can send them via email to **info@artsonprescription.org**.

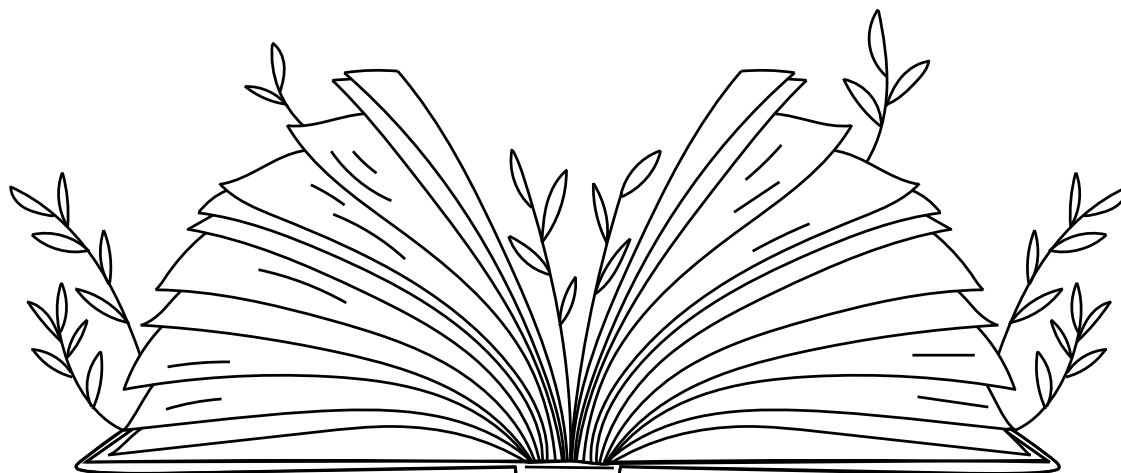
If you would like further details go to our website at **www.artsonprescription.org** or call **07966 442 281**

**Arts on Prescription**  
c/o Connect Well Space,  
Warrior Square GP Surgery,  
Marlborough House,  
Warrior Square,  
Saint Leonards-on-Sea  
TN37 6BG

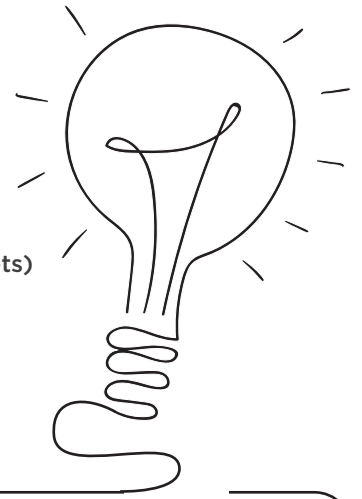
Follow us on **facebook** and **instagram** to see your work online once submitted. Plus, see what other people have been up to as well!

 **@ArtsonPrescriptionEastSussex**

 **@linking\_art\_to\_wellbeing\_**



# Getting started...



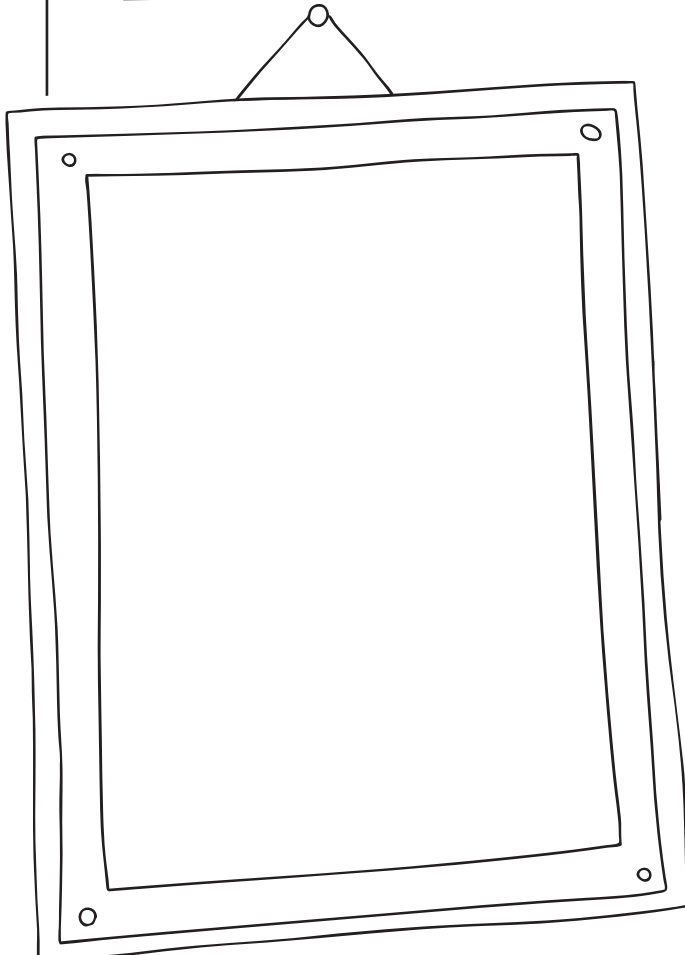
Here are some ideas:

- Take some photos
- Collect local newspaper clippings
- Write a journal of your days
- Create some art
- Gather family pictures (include your pets)
- Remember special memories
- Write someone a letter

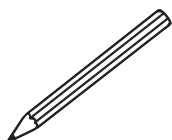
**My name is:**

**Aged:**

Write about you, where you live, who you live with:



Draw a self  
portrait



# Lockdown countdown



Think about how long have you been in lockdown...

Do you remember the date you started staying at home?

How many  
weeks?

How many  
days?

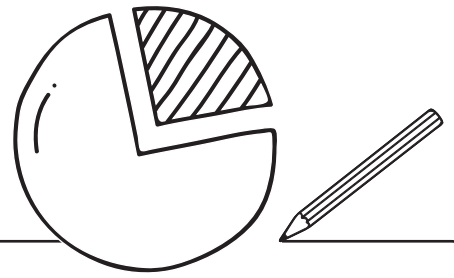
How many  
hours?

Mon	Tue	Wed	Thu	Fri	Sat	Sun

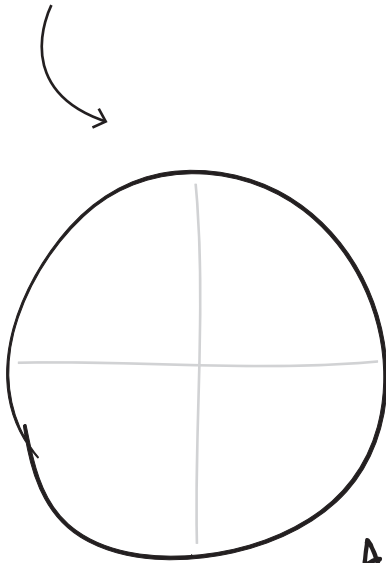
Use a  
calendar  
to help you  
calculate  
the time

# How much...?

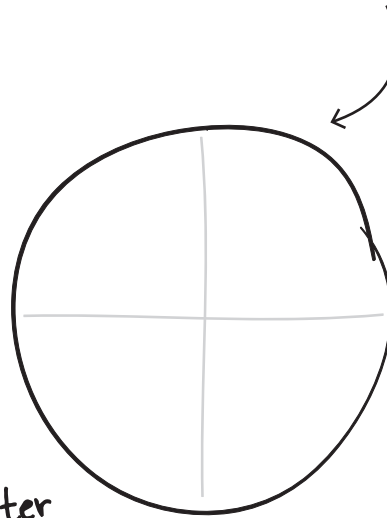
Colour in the circles below with the percentage of your emotion for each question.



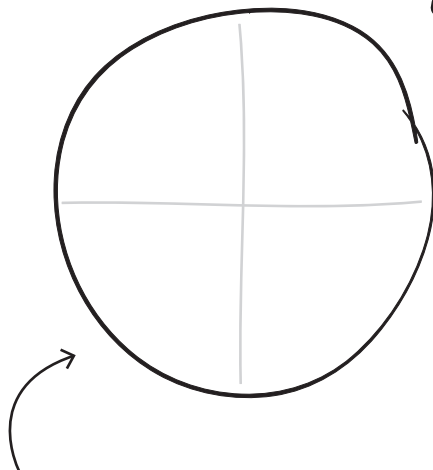
How much have you enjoyed home schooling?



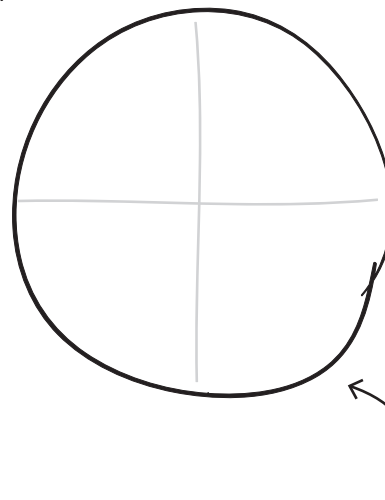
How much have you missed your friends?



A quarter of each circle is 25%



How much time have you spent outdoors each day?



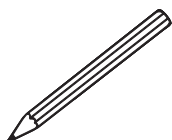
How much are you looking forward to going back to school?

# My house

Draw your home, the view outside  
the window or your favourite space...

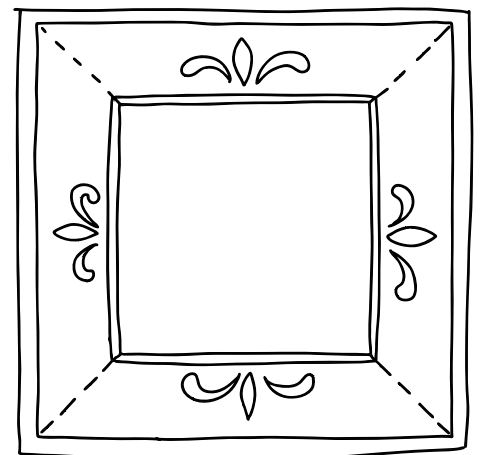
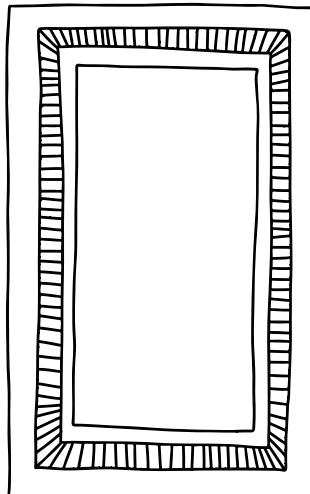
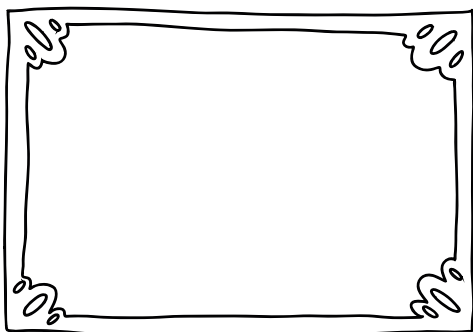
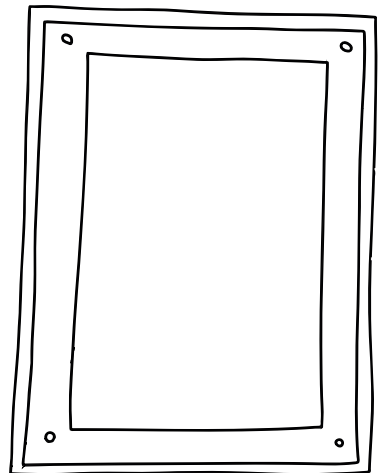
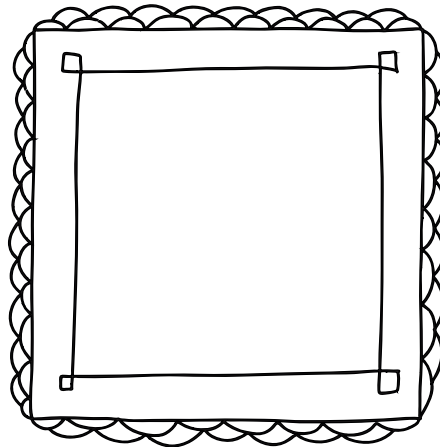
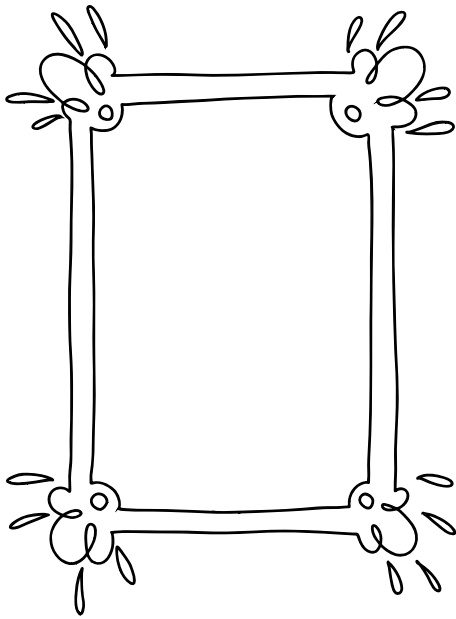
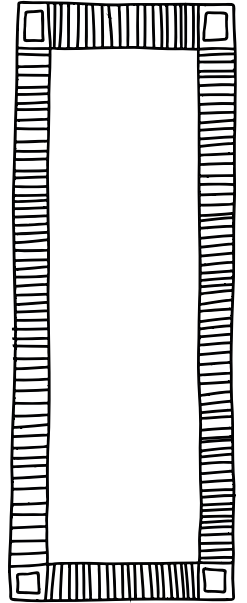
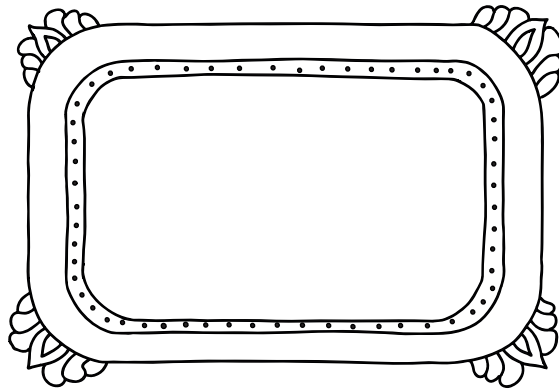
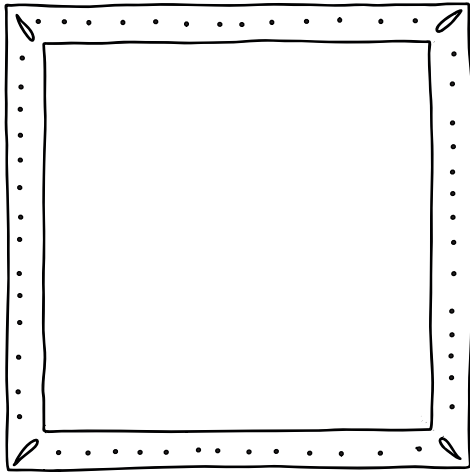


A large, empty rectangular area with rounded corners, intended for drawing.



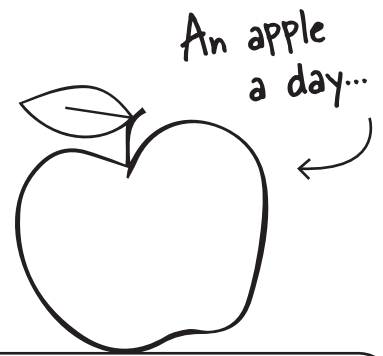
# My gallery

Create a gallery of your favourite things, people and places.



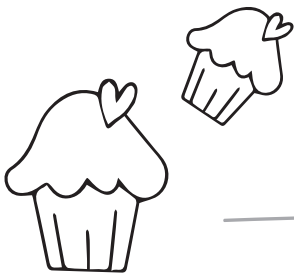
# Staying healthy

What have you been doing to stay fit and healthy?



What is your favourite meal? Why not share the recipe...

Tell us what else you have been making...



Share a recipe, it could be as simple as scrambled eggs

**Ingredients:**

**Method:**

## Let's make pancakes!

**Ingredients:**

2 Eggs  
300ml Milk  
100g Plain Flour  
A little oil  
Pinch of salt

Add what you like as your topping, remember it can be sweet or savoury!

**Method:**

**Mix Ingredients**

Put the flour in a large bowl with a pinch of salt, make a well in the centre, pour in the milk and eggs, then whisk until you have a smooth batter. Add the vegetable oil and whisk again.

**Prepare the Frying Pan**

Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

**Heat the Oil**

With a grown-ups help heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.

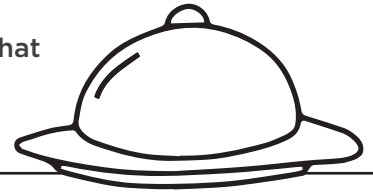
**Time to Cook**

Cook the pancake for about 30 seconds then use a palette knife or spatula to lift the pancake carefully and check that it's golden-brown before turning over. Cook the other side for around 30 seconds and your delicious pancake is ready!



# What's for dinner?

Draw a picture of your dinner. What is on your plate? Do you know what percentage of your plate is protein, vegetables and carbohydrates?



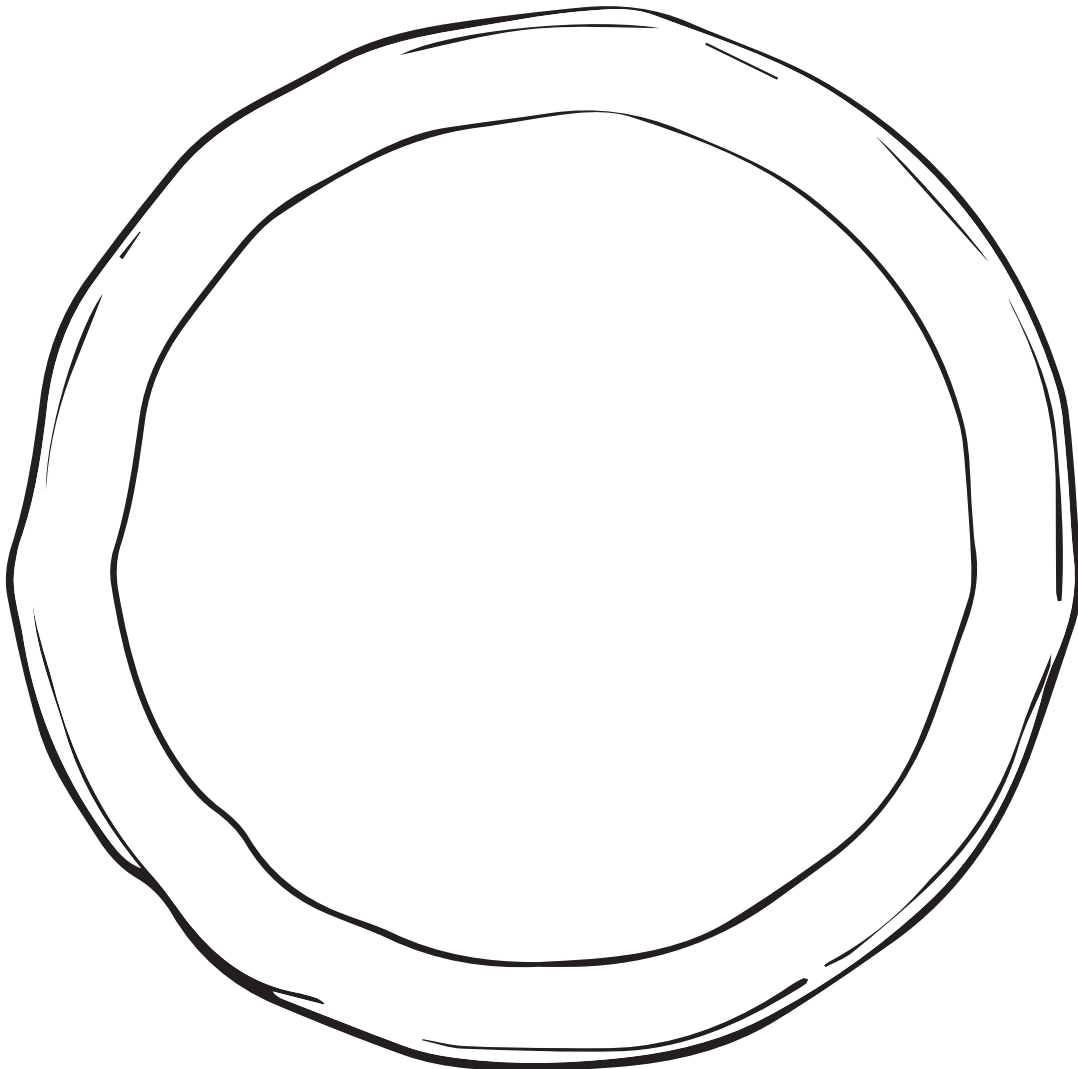
Protein



Vegetables



Carbohydrates



What is your favourite food?

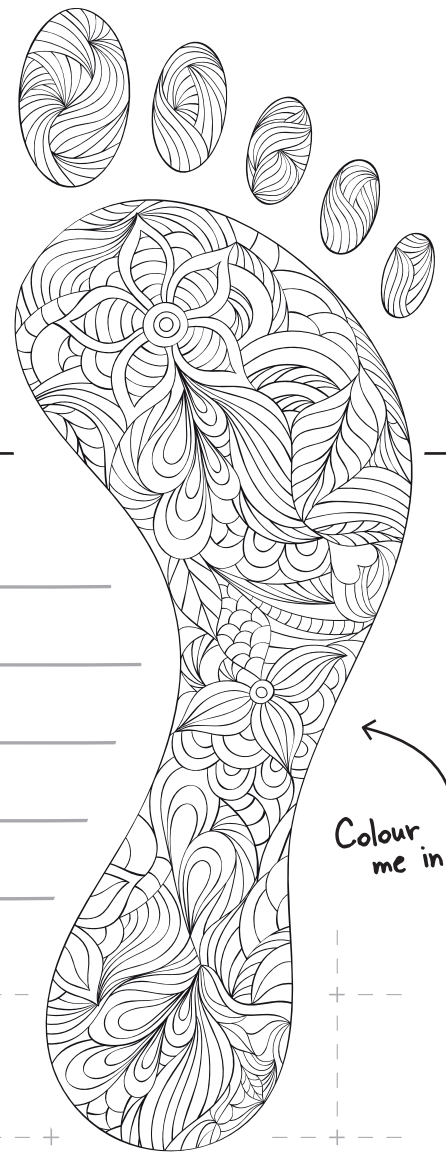
What is your least favourite food?

---

---

# Keeping fit

What have you been doing to stay fit and healthy? You could learn to read a map and plan your route. Draw it and leave clues and landmarks and share with your family and friends to follow!



## Places I've walked or cycled:

Town, countryside or seaside?

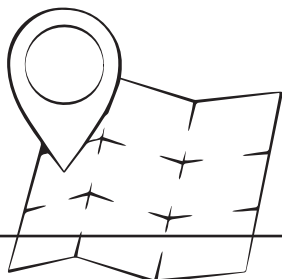
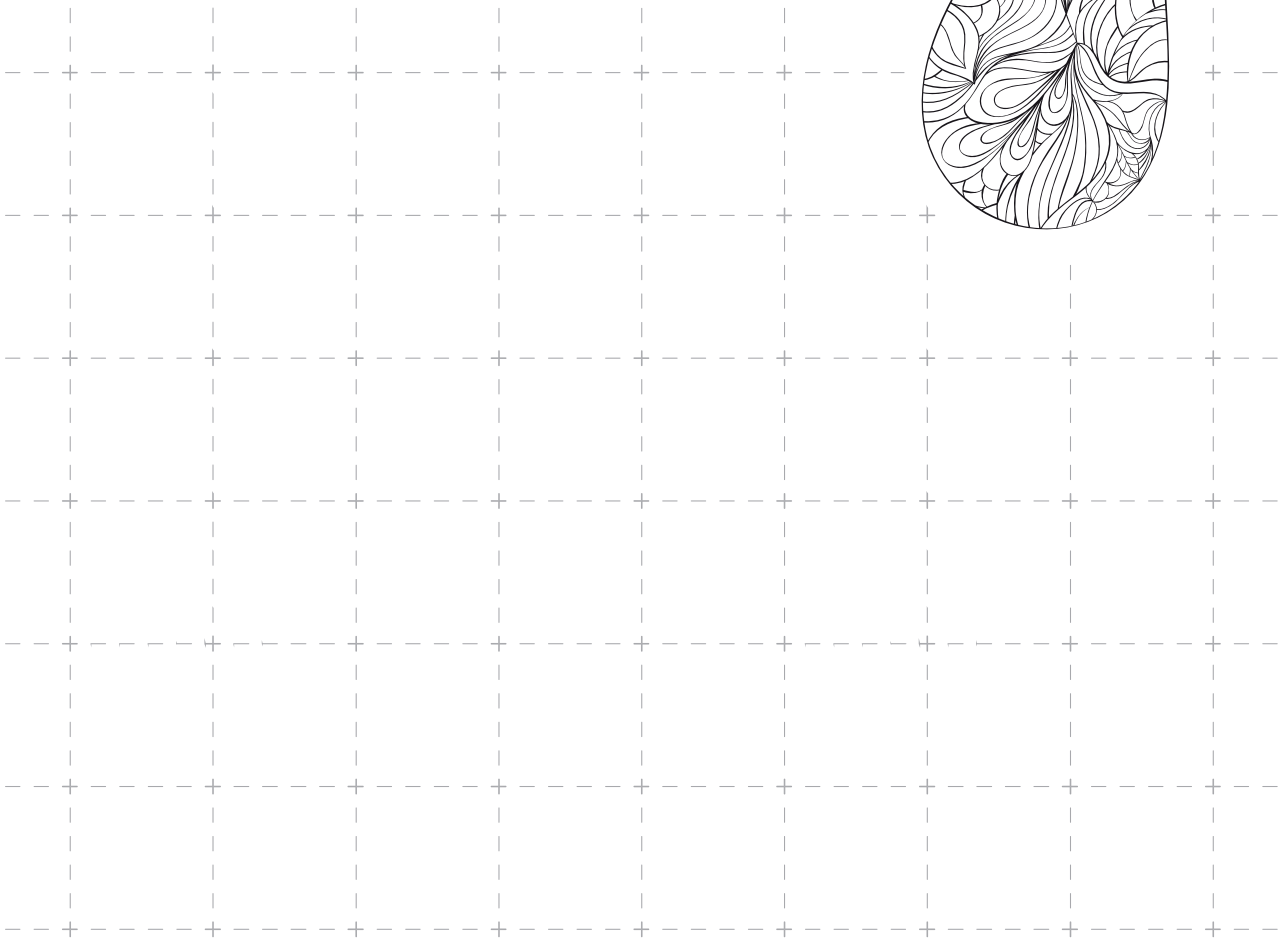
---

---

---

---

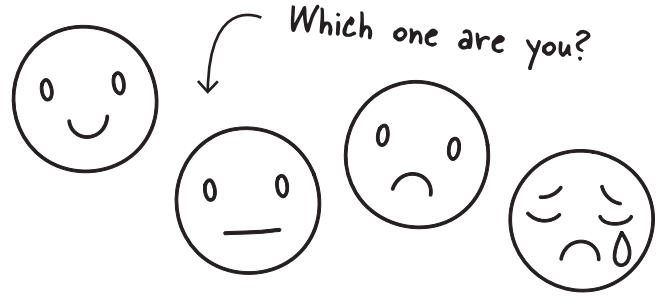
---



Create your own map? Don't forget to add landmarks!

# Emotions

How have you felt over the last few weeks?  
What has made you smile, angry or sad?



Write about how you been feeling and why.

---

---

---

---

---

---

---

---

---

---

---

---

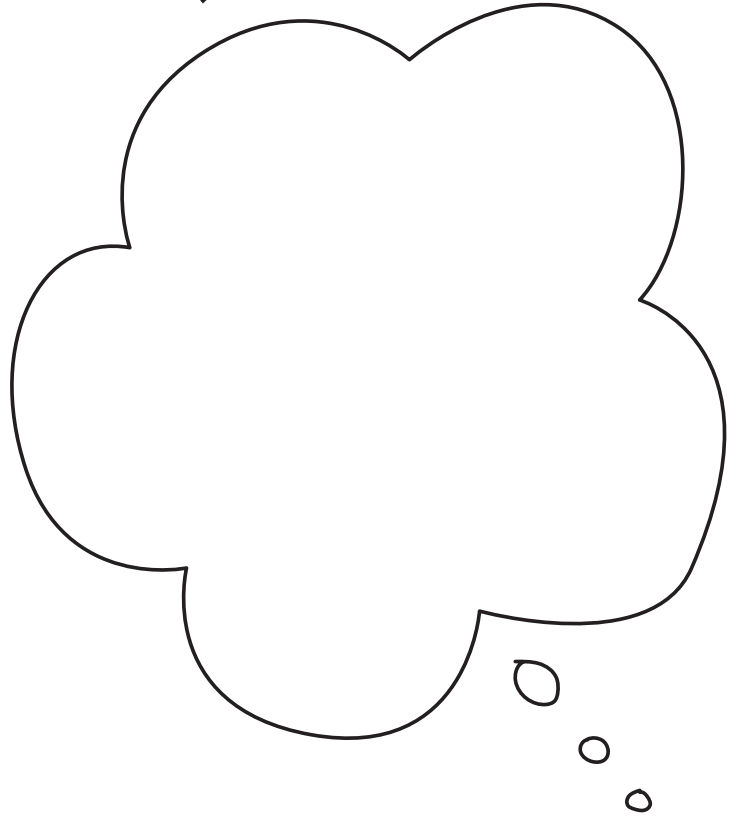
---

---

---

---

Draw how you feel right now



Things I'm grateful for and going to do when this is over

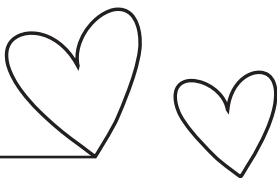
1.

---

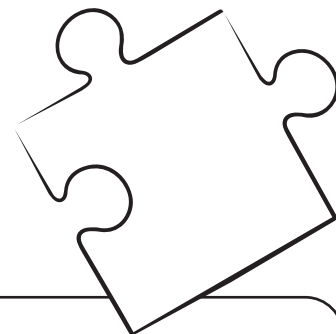
2.

---

3.

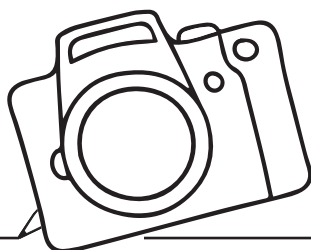


# New things



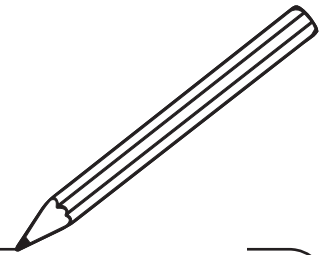
What new things have you tried whilst in lockdown?  
Why not try hobbies like cooking, photography or exercise...

New things I'm  
doing/learning to  
keep busy



# Write a letter

Write someone a letter, it could be your best friend, someone you miss or even the Prime Minister. Do you know who the Prime Minister is?



**Dear:**

**Date:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**From**

---

# Household interview

Interview your household or a neighbour  
(at a safe distance of course!)



What is your name?

---

What is your relationship with me?

---

How many days have you stayed at home?

---

What TV shows have you watched?

---

---

What is your new favourite activity?

---

What are you most thankful for?

---

---

What are your top 3 moments?

---

---

What changes have you noticed in your day to day life?

---

---

How are you shopping?

---

---

What are the top 3 things you are most excited to do when this is over?

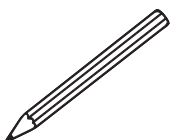
---

---

How will you remember this time?

---

---



# Quiz time



Why not hold a quiz with family members, friends or neighbours.  
You could use a media app if you want to include people from afar.

What categories will your quiz have? You could try music, history, art, sport and general knowledge...

Here are a few questions to get you started...

Q1. What sort of creature is a dingo?

A. A wild dog

Q2. In which country is the Taj Mahal?

A. India

Q3. Who was the first man to walk on the moon?

A. Neil Armstrong

Q4. What are the names of Harry Potter's parents?

A. James and Lily

Q5. What are the four oceans called?

A. Arctic, Atlantic, Indian and Pacific

Q6. Which language is spoken in Australia?

A. English

Q7. What tree produces acorns?

A. Oak

Q8. What is a baby kangaroo called?

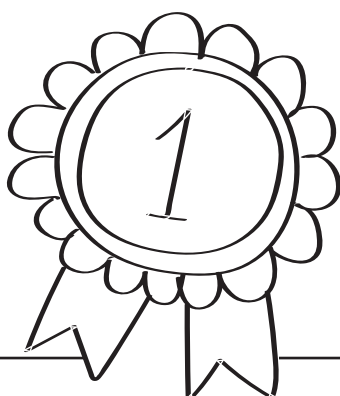
A. Joey

Q9. How many sides does a hexagon have?

A. Six

Q10. How many strings does a violin have?

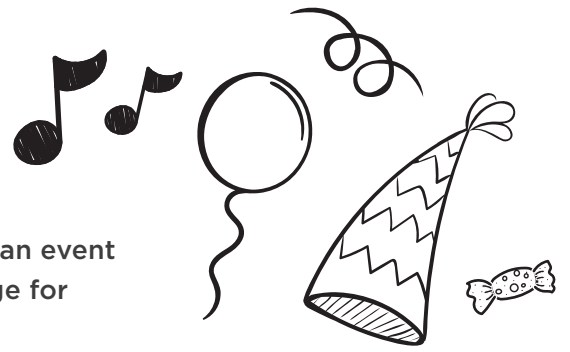
A. Four



How about  
designing badges  
for the winners..

# Celebrations

What did you celebrate whilst in lockdown? Why not plan an event for your community, like a post lockdown party and arrange for your family and friends to take part too...



How about designing  
some invites and posters?

Perhaps create  
some games

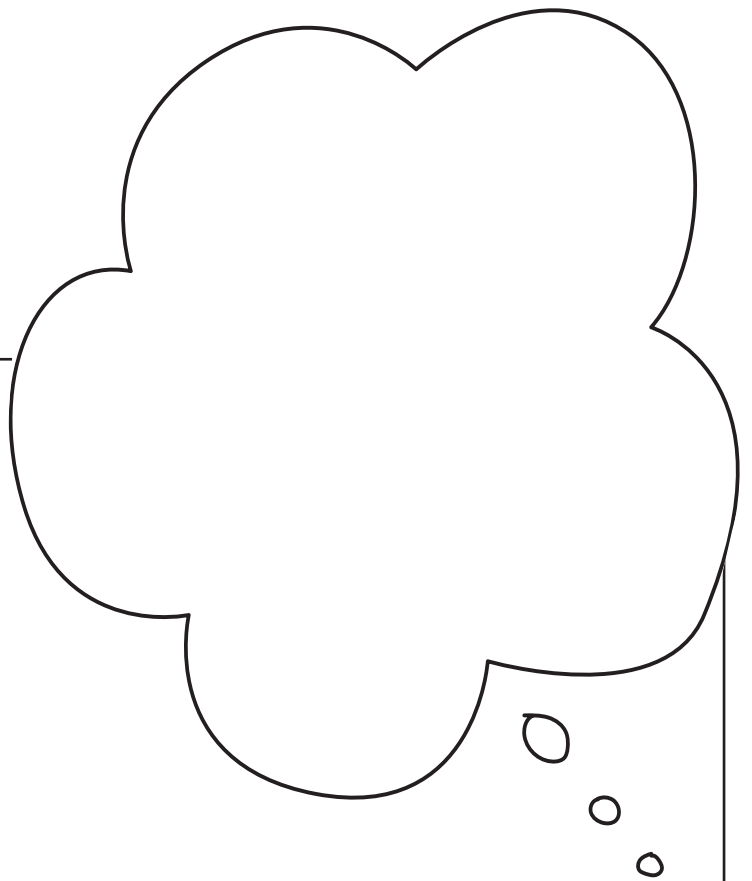




# Memory lane

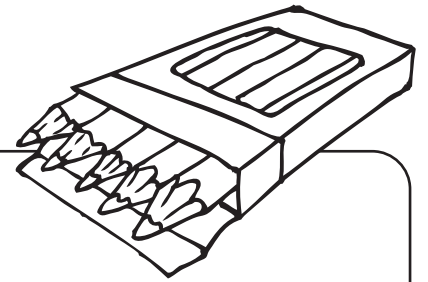
What do you most remember from your time in lockdown?

Write a poem or draw a picture about what you remember.



# Paper chain people

Who have you seen in lockdown? Create a people chain and include everyone you have seen. Colour each one to look like that person.



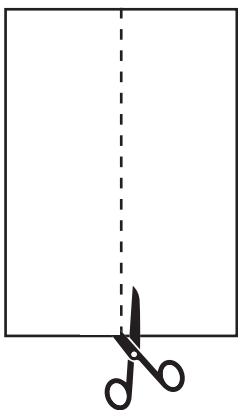
## Step-by-step guide

You will need

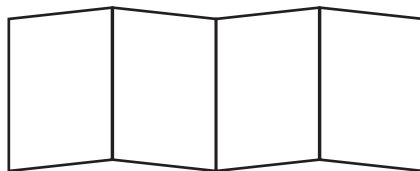
1. Fold a sheet of A4 paper in half and cut with scissors.
2. Fold paper like an accordion. Make sure all the sections are the same width.
3. Draw a person whose hands are extended to the sides on the marked off section of the paper.
4. Cut out the person while holding the paper in the accordion form. Make sure not to cut either of the folded edges where the arms end. If you do, you will have a lot of separate dolls.
5. Unfold the paper. You should have a whole chain of paper people holding hands.
6. Finish by colouring your paper people with crayons or pencils.

- A4 Paper
- Pencil
- Ruler
- Scissors
- Crayons or pencils

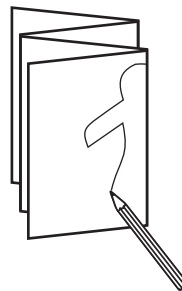
1.



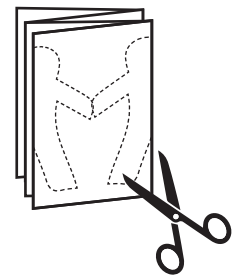
2.



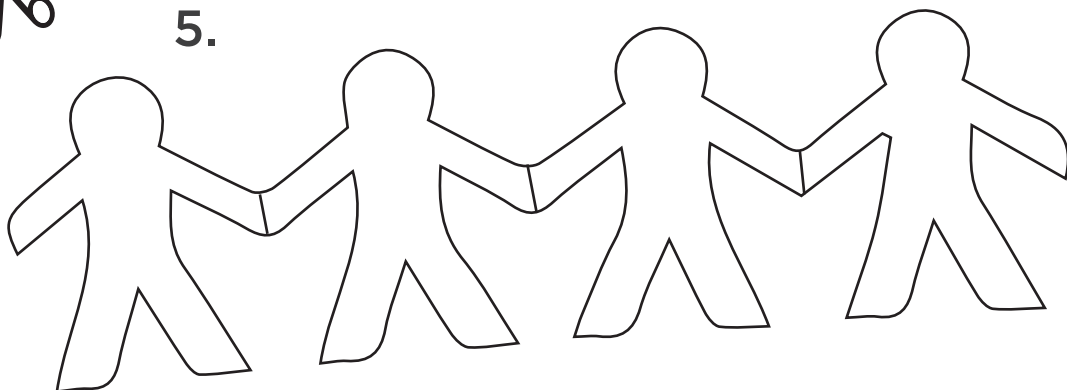
3.



4.



5.



# History repeats

In 1918 something similar happened to what's been happening this year, can you find out what it was and give us 3 facts about what happened. Talk to an older person in your community about any memories they have of past pandemics...



## What have you discovered?

Fact 1

Fact 2

Fact 3

Write down what comparisons you see between 2020 and 1918.

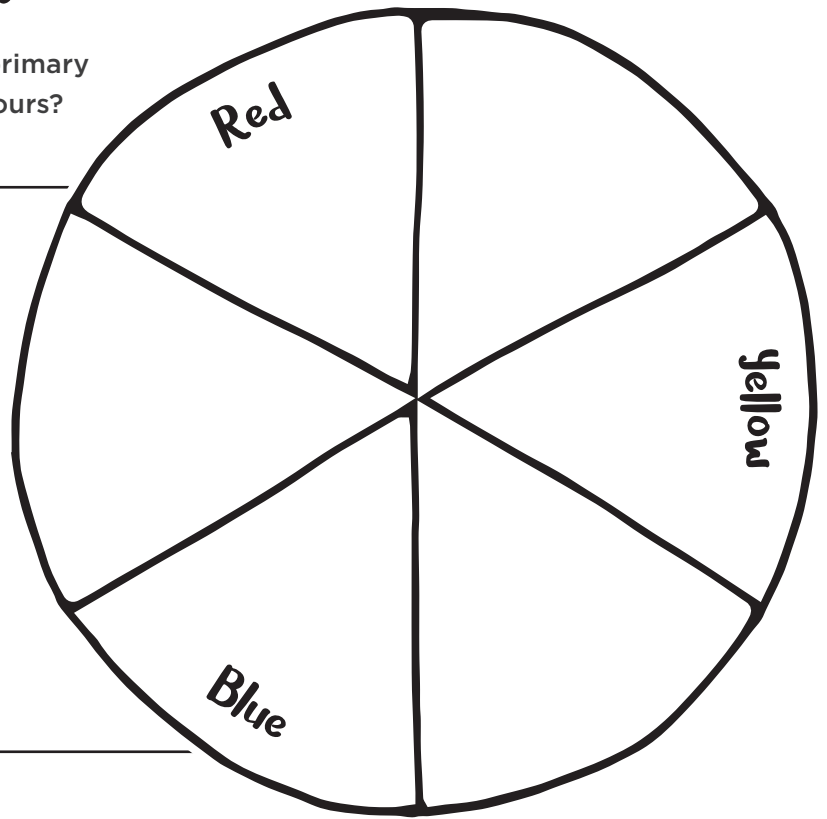
What advise would you give about staying safe in the future?

# Paint a rainbow

Can you paint a rainbow by mixing up primary colours? Can you name the primary colours?

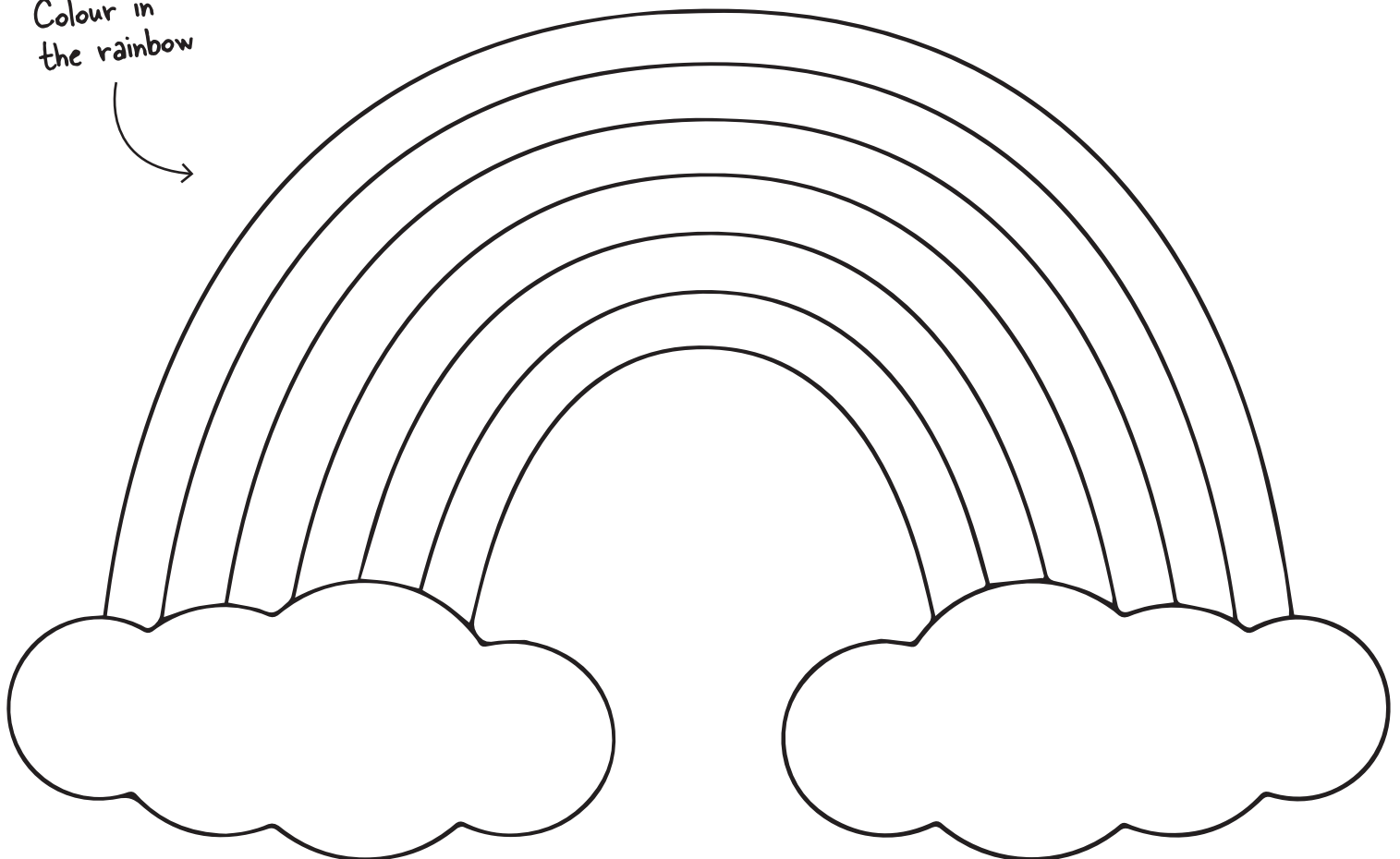
Colour in the wheel, use the colours written down to help you fill in the blanks.

You can use a paper plate if you have one. But don't forget to wear an apron!



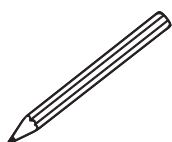
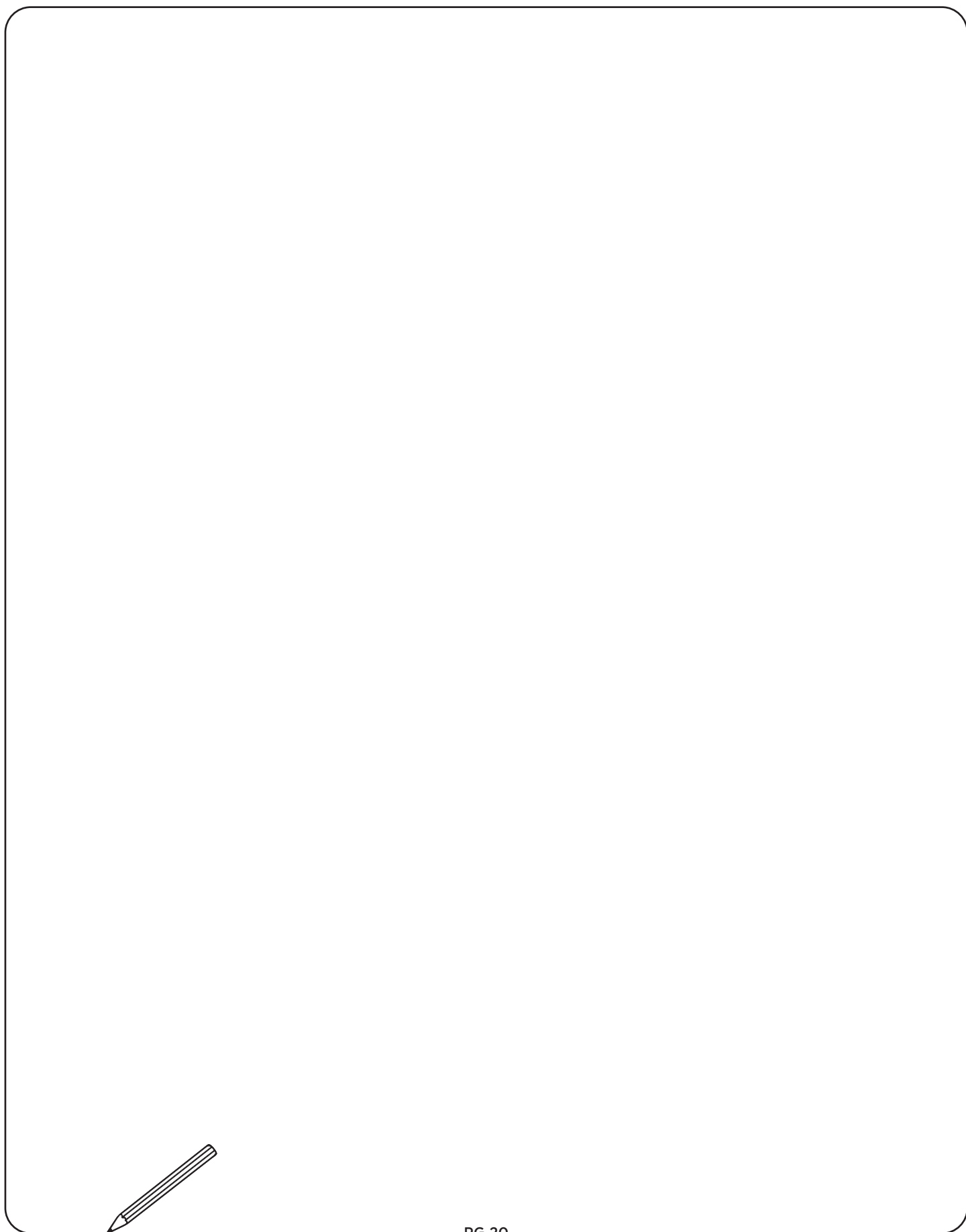
Can you paint a rainbow by mixing primary colours?

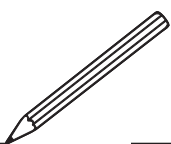
Colour in the rainbow



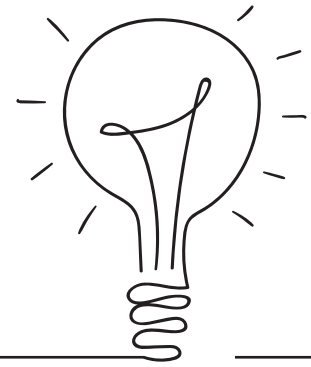
# Iconic image of 2020

What iconic image would you draw to describe 2020?





# Lots more ideas...



Here are few more ideas to help you tell your story.  
Don't forget, keep your stuff to A4 so we can use it!



## Play 'Come Dine with Me' with your household

You could plan a themed menu? It could be French, Italian or space age?



## Take a walk

Describe it or draw it or photograph it - what did you notice? share it with us!



## Play hopscotch

Using coloured chalk make a hopscotch grid on a pavement outside or near your house...



## Learn a language

You could try French, Spanish or how about Japanese...?



## Grow some vegetables

If you have a little space in your garden try growing your favourite veg. You can even grow in a pot so they wont take up too much room!



## Learn to sew or knit

Can you sew a button on a sock and create a puppet show for the family? If you have a sewing machine you can pick up basic sewing techniques through YouTube videos. You could make facemasks for NHS staff - how cool is that?



## Practice keepie-uppies with a football

It's a great way to practice ball control, and is a great workout too.  
Set a target of how many you can do in a row.



## Do a jigsaw puzzle

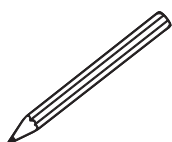
You could even make one of your paintings or photos into a jigsaw puzzle.



## Learn to play an instrument



## Have you tried Skipping? or laughing Yoga?



Thanks for being a part  
of The Lockdown History  
project we hope you've  
enjoyed taking part!



Remember there is no right or wrong.  
Everything you do is an important part of making history!

**KEEP SAFE, STAY CONNECTED, BE CREATIVE!**

