Norfolk:

# Let's All Create



Make It Mes

Lake It Marz



Creative challenges you can do at home

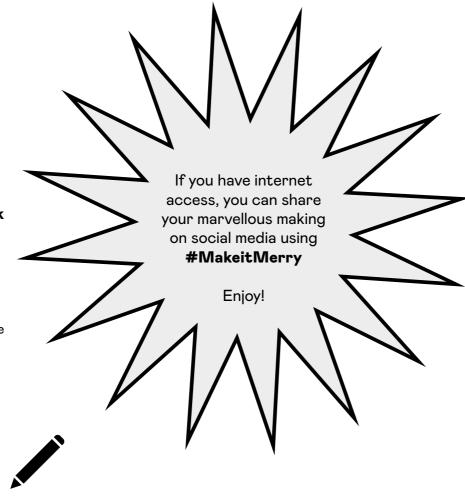


# What's inside?

We have gathered activities from many different cultural and creative organisations and you can find out a bit more about them and what they do on the relevant activity pages.

#### There are blank pages at the back for your doodles and designs too.

These challenges are designed to be fun for all ages, from 2 to 92, and you could do them by yourself or with other people in your household. Whoever you are, wherever this finds you in Norfolk, we hope that these activities will bring you fun, joy, discovery, and connection.

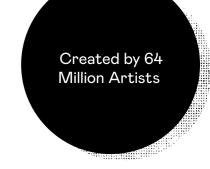


PAGE	ACTIVITY	MATERIALS
3	Winter Haiku	A pen or pencil; paper
4	Whatever the Weather	Various
5	Tree of Life	A pen or pencil; paper
6-7	What Animal Would You Be?	A pen or pencil
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## Winter Haiku

A haiku is a short poem, originally from Japan and traditionally inspired by nature or the seasons. Get winter off to a creative start with a haiku of your own.





Suitable for: All



#### **WRITE A 'WINTER HAIKU'**

A haiku has three lines made up of five syllables, seven syllables, five syllables, like this...



Write five syllables



The next line should have seven



Mention the season

Experiment with describing the sounds and smells of a winter day and thinking about what winter means to you.

Try not to spend much longer than 5 - 10 minutes writing your poem; create and see what happens!

If you have more time, you could illustrate your haiku to bring your words to life.

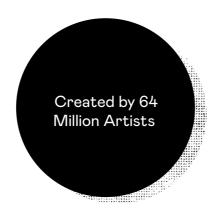






# Whatever the Weather

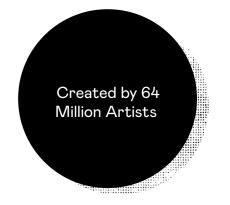
People take part in the 64 Million Artists challenges all over the country and around the world. How's the weather where you are? Capture the day in a frame inspired by the weather.



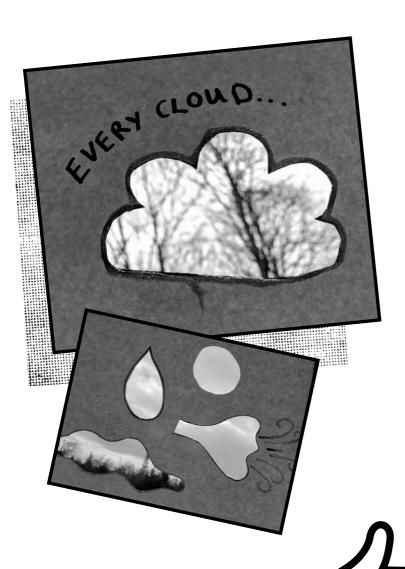
Suitable for: All



A tree of life is a fun and creative way to reflect on what nourishes us and gives us strength. What will be on your branches?



Suitable for: All



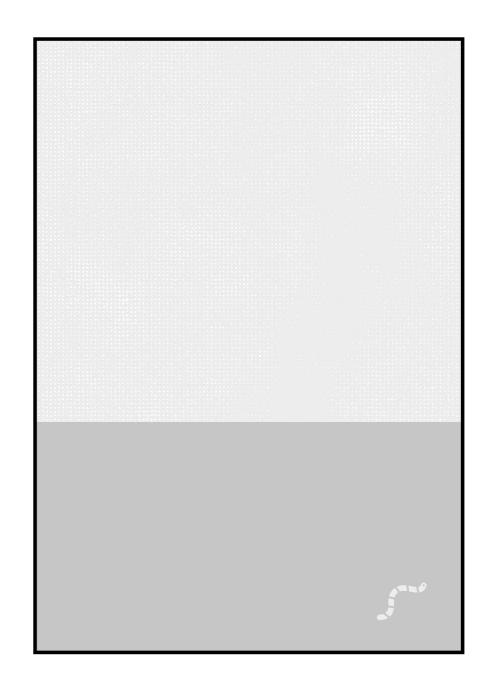




**STEP 1:** Have a look outside your window to see what the weather's like today.

**STEP 2:** Create a frame that represents the weather using things around you to capture your view. This could be cut out from paper or material, or put together with objects or your hands.

**STEP 3:** Think about how the weather is different each day. Maybe have a go at framing the weather at the same time each day for a week and see what changes!



#### WHAT TO DO

Draw a tree and add words, colours and symbols to represent your life.

#### For example

- The roots could represent where you come from
- The trunk could show your strengths and resources
- The branches could stand for people who are important to you
- The fruits could be gifts that you have received or have to offer

Think about what tree you might want to use: is it an oak, an apple or fig tree? You could create meanings for the leaves, the twigs and the bark.





At **64 Million Artists**, we believe everyone is creative. We want to help catalyse that creativity in everyone in the UK, through work in health, education, culture and with you. Take part in The January Challenge to kick start 2021 with 31 days of creative challenges, curated by our inspiring collaborators! Find out more at **64millionartists.com/our-work/the-january-challenge/** 



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# What animal would you be?

Inspired by Poppy's poem 'The Wish', if you could become an animal what would you be? In 'The Wish' the writer explores becoming a bird. You can watch Poppy perform her poem at youngnorfolkarts.org.uk/thewish

Once you have chosen your animal create a word web describing the animal. Write down any words that you think of when you imagine this animal. What does the animal look like and sound like?



Suitable for: 6+

Here's an example:

BLUE DIPPING FLAPPING **BEAUTIFUL** SPAN FLYING BROWN BOBBING COLOURFUL DULL **WEAVING FEATHERS** BIRD MIGRATION **PAINTED BLACK** SINGING TIP CLUMSY **NEST NOISY** CHIRPING WINGS DIVING **TWEETING FLEDGED** 

Draw your word web here:	

#### LET'S USE YOUR ANIMAL TO MAKE A POEM

Explore the positives and the not-so-positives of being your chosen animal!

What would you love about becoming that animal? Being able to fly? Run fast? Live somewhere cold or hot?

What would you miss about being human? Eating pizza? Playing with friends? Reading books?

I make a wish to become a .....and it comes true.

Things I **would like** about becoming a .....

Things I **would not** like about becoming a

.........

#### In Poppy's poem 'The Wish' the writer says...

'I would like to travel to every country

To go wherever it is sunny

but

I am scared of heights

Even on aeroplane flights'

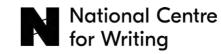
Now it is your turn:

I would like.....

But

I am/would not

ike.....



**Poppy Stevens** is a poet, actor and educator living in Norwich. She is also the cofounder of Grape Arts. Her writing has been commissioned by the National Centre for Writing and Young Norfolk Arts, TOAST Poetry and BBC Radio Norfolk. She loves dogs, mashed potato and chocolate buttons (not together).

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## A Winter Scene

Some of our favourite stories and fairytales are set at this time of year. Could you create a picture book describing your own winter scene? Maybe you could make one as a festive gift for your family or a friend.



Suitable for: 6+

You will need:



A piece of A4 paper



Some pens or pencils



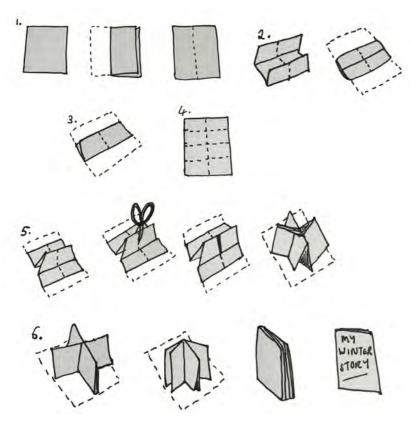
Maybe some scissors



Definitely your imagination!

(get an adult to help you with any cutting out)

#### STEP 1



**1.** Fold your A4 drawing in half and unfold it again so the sheet is split into halves.

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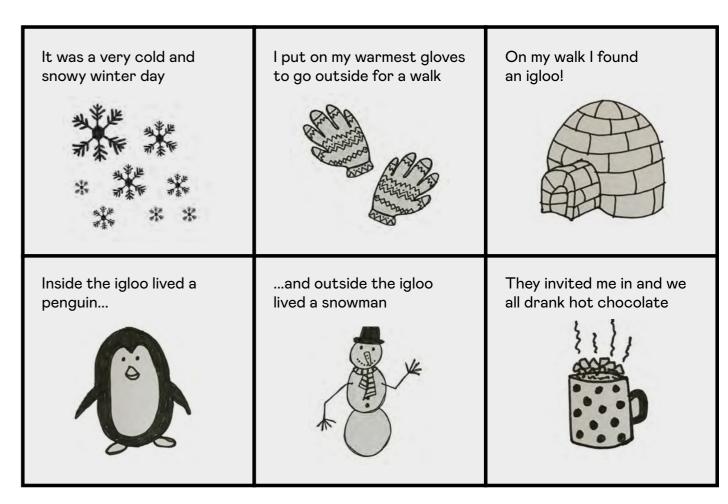
- 2. Now fold one side of your paper into the middle to the crease. Repeat on the other side of the paper.
- **3.** If you unfold your paper you should have four equal sized vertical columns. Fold your paper in half again but this time vertically.
- **4.** Unfold your paper again and you should now have 8 equally sized rectangles.
- **5.** This is a very important step: Fold your paper back in half. Now cut halfway in at the crease (you can also tear very carefully). This will create an opening in the middle of your paper.
- **6.** Open up your paper, fold in half and push the ends of the paper in. You should now be able to fold it like a small book with a front cover, back page and 6 pages on the inside.

#### **STEP 2: CREATE A WINTER SCENE**

Close your eyes and imagine a day in winter. Imagine where it is, what characters might live there, what objects are around you, how does the air feel, can you hear any sounds?

Write down your thoughts here:

Using the 6 pages inside your book template, create a short winter story based on your winter scene. You could draw your scene or just describe it on each page. You can create a front cover and a back page too. Here's an example:





Young Norfolk Arts provides opportunities for children and young people to create and engage with creativity and culture across Norfolk including our yearly Young Norfolk Arts Festival. Find out more at youngnorfolkarts.org.uk

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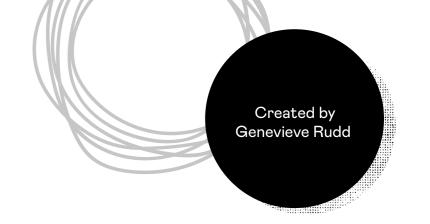
# Nature Drawing

Shadows made by trees and plants make interesting patterns on the ground, especially in winter. On a clear day, you can wrap up warm, go outside, lay on your back on the ground and find shapes in the clouds.



Suitable for: 6+

# Window Diary



Turn your windowsill into your own artist's studio and draw what you see outside!

Suitable for: 6+

Drawing shadows you will need:

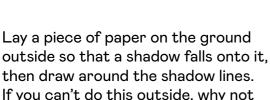


A piece of A4 paper

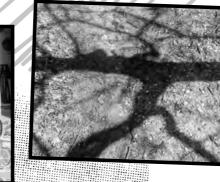
Some pens or pencils

**1** 

Optional: object and lamp







then draw around the shadow lines. If you can't do this outside, why not collect some branches or leaves and make shadows at home lit from behind

by a lamp (get an adult to help!).

Drawing clouds you will need:



A piece of A4 paper



Some pens or pencils

Have a go at drawing the shapes of the clouds moving across the sky. What shapes do the clouds make? What else can you see in the sky?



You will need:

A piece of A4 paper



Some pens or pencils

Sit by a window and draw what you see. You could choose the same time every day to draw what you see over a few days, or see what you discover at different times of the day.

You might see birds flying past, trees, people walking their dogs, washing lines or shops... What else can you spot?



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				J -			

GENEVIEVE RUDD

All images © Genevieve Rudd

**Genevieve Rudd** is a community artist from Great Yarmouth. She works with people of all ages using different arts techniques to explore the natural world, such as plants and changing of the seasons. **www.genevieverudd.com** 

## Make a Cut-**Out Creation**

Created by Common Ground

Hi! We're Common Ground and we'll be setting you one of our most popular challenges... ARE YOU READY? Drum roll please.

#### CAN YOU: MAKE A CUT-OUT **CREATION, HERITAGE STYLE**

If you're thinking, "of course I can, looks easy as" then you really need to partake. We promise it's harder than it looks... and don't even get us started on what happens when the wind picks up.

You will need:



A piece of A4 paper



Some pens or pencils

Some scissors (get an adult to help you with any cutting out)

STEP 1: Choose the shape you are going to cut out into the paper and draw the outline with the pencil. This shape could be anything: a dolphin, a flower, a mini you.

STEP 2: Grab your scissors and lightly fold the page in half to cut a hole in the middle of the shape, then work your way towards the outline of your shape until the shape is all cut out.

STEP 3: Check in: are you happy with your shape? If you've made a mistake you can always grab some sticky tape and patch it up. Or you can start again no-one's watching.

STEP 4: Venture outdoors (if possible) and search for some local heritage. Heritage is all around us: it might be a church near your house, an old wall you walk past every day, a river running through where you live, the old oak tree in that park. If you are inside you could find something that captures your heritage, your room, family photos.

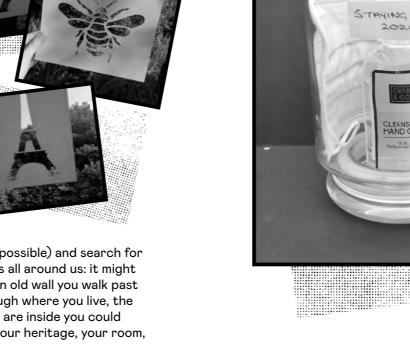
STEP 5: Admire your creation. If you can, take a photo!

**STEP 6:** Why not share the photo of your creation on social media and tag us @nnfcommonground?

#### Suitable for: 13+

if you are under 13 make sure you have an adult by your side for support.





Museum in a Jar

Create a miniature museum of your own, all about you! All you need is a clean jam jar with a lid. The idea is to use your upside-down jam jar to display an object under glass, like the Victorian glass domes you might see in a museum.



Suitable for: 9-90

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STEP 1: Find an object or objects, small enough to fit in your jar, that are meaningful or special to you personally. It can be anything - maybe something that reminds you of how you felt or what you did during lockdown? Or what about a memento of a special time, or something you love doing?

It could be a small model, a photo or drawing, a piece of writing, or something you found on a walk. Whatever you choose, there is no right or wrong - it just needs to fit inside your jar.

STEP 2: The jar will be upside down and your chosen object will be stuck to the inside of the lid. Before you stick anything, put the base of the object on the inside of the lid and gently put the iar over it to test it fits.

If your item is very small it might look a bit 'lost' at the bottom of the jar, so you could raise it up by putting it on something like an empty matchbox or a bottle top. This would bring your object up to the centre of the iar.

STEP 3: Make a small label saying what the object is and put that in the jar too.

STEP 4: Display your Museum for all to enjoy and why not make a whole collection?!



Common Ground is about connecting young people with their local heritage through the arts. We are a Norfolk & Norwich Festival 250 project, supported by the The National Lottery Heritage Fund. Find out more about us at www.nnfcommonground.org.uk



Museum in a Jar is created and delivered by Kick The Dust - Norfolk in association with the National Lottery Heritage Fund, Creative Collisions youth arts network, YMCA Norfolk and Norfolk Museums. To find out about all our exciting activities in Norfolk's museums email rachel.duffield@norfolk.gov.uk and check out Kick the Dust-Norfolk on Facebook to see lots more Museums in Jars.

# Capture the Castle!

Built as a royal palace and stronghold more than 900 years ago, Norwich Castle continues to inspire visitors today. The medieval Keep is currently being renovated to recreate the look and feel of its former splendour — the Royal Palace Reborn. In this activity, you'll create your own impressive and imaginative medieval castle!

It's time to capture the castle! This activity is all about 'drawing' with scissors. You will cut out a series of shapes and arrange them in layers to create an image of your medieval castle.

You will need:



Different types of paper



Sticky tape or glue



Some scissors
(get an adult to help you with any cutting out)



Created by Norwich Castle

Museum & Art

Gallery

with artist Gaby Copemar

Suitable for: 6+

Norwich Castle Museum & Art Gallery © Norfolk Museums Service

**STEP 1:** For this activity, you will need a pair of scissors, a glue stick or sticky tape, and a range of different types of paper in different colours. You could use scrap paper, old newspapers, wrapping paper and tissue paper, and even the flyers and leaflets that might come through your door.

**STEP 2:** Decide what kind of castle you might like to build with your layered paper. You can use the picture of Norwich Castle to inspire you or design your own castle! Think about the kind of shapes you might need to create your building. Perhaps you will need squares to create battlements, a rectangle for doors, a half-moon shape to create a mound for your castle to sit on.

**STEP 3:** 'Drawing' with scissors means that you do not draw shapes onto your paper before you cut it. Use scissors to cut out your shapes; ask an adult to help you. Think about how you might use your shapes to pick out the detail in your castle.

**STEP 4:** Use a piece of plain paper and arrange your shapes to create your castle. When you are happy with where you have placed your shapes, start to stick them down using a glue stick or sticky tape. You could use pens and pencils to create extra features — maybe people, birds or animals.



A National Lottery Heritage Fund project, Royal Palace Reborn, will allow visitors to experience Norwich Castle as it would have appeared in its Norman heyday. For the first time in 900 years, all five floors of the Castle Keep will be accessible to everyone. <a href="mailto:museums.norfolk.gov.uk/norwich-castle/castle-keep-transformation">museums.norfolk.gov.uk/norwich-castle/castle-keep-transformation</a>

### In the Picture

Did you know that Norwich Castle is also an art gallery? The museum is home to big and beautiful oil paintings, such as *The Paston Treasure*, atmospheric landscapes of the Norfolk countryside, 18th century sculpture, and a significant collection of contemporary and modern artworks, plus many more! In this activity, you'll be getting 'in the picture', by re-creating an artwork from Norwich Castle's collection, as shown below.

Created by Norwich Castle Museum & Art Gallery

Suitable for: 8+



The Paston Treasure (c. 1662), Artist Unknown,

Norwich Castle Museum and Art Gallery



Reworking of the Paston Treasure (2020)

Peter Brathwaite

**STEP 1:** Look carefully at the painting, *The Paston Treasure*, on this page and imagine how you might recreate the image with everyday items you can find around your home. Check out this example of the painting re-imagined by singer Peter Brathwaite.

**STEP 2:** Look at the picture – what do you notice? What are the people wearing? Can you find something that might look like their clothes? You could even use blankets, tea towels, dish cloths and pages from a magazine!

**STEP 3:** Once you are dressed and ready with all of your props around you, see if you can copy the person's stance. This means the way in which they are standing. Which direction are they looking in? What are they holding?

**STEP 4:** If you have access to a phone with a camera, why not ask someone in your household to take your picture! You can share your re-imaginings of artworks with us on social media using **@NorwichCastle!** 

**STEP 5:** Why not try another one? Do you have a favourite painting or photo you could recreate? You can visit **norfolkmuseumscollections.org** to search the Norwich Castle collections online for inspiration.

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Explore Norwich Castle's art collections with *In the Picture* — which aims to support the enjoyment, engagement, knowledge and understanding of art for all. This is available to view on the museum's website and YouTube channel. For more activities, art and fun, visit museums.norfolk.gov.uk/norwich-castle/whats-on/events/in-the-picture

### Super **Stitchers**

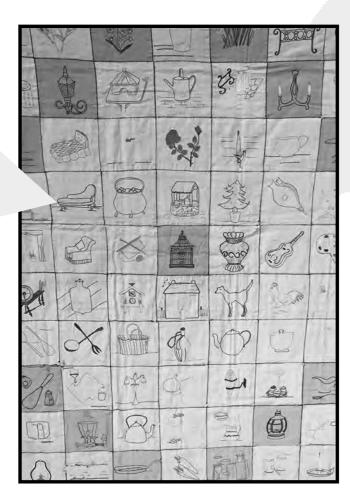
Norwich Castle is home to an exceptional textiles collection, including this object pictured below - the Pitchford Quilt. It was made by the female patients of an Occupational Therapy ward in 1960, as a gift for an NHS nurse who was moving away. We're going to create a patchwork quilt using just paper, pens or pencils, and a grid.

We might think about the Pitchford Quilt as a map of the place and time in which it was made. The women who made it, were asked to think about their everyday lives outside of the hospital, and the objects that made them think of home.



with artist Gaby Copemar

Suitable for: 8+



The Pitchford Quilt (1960-61),

STEP 1: Look closely at the image of the Pitchford Quilt. What kind of everyday objects can you spot? Write a list or collect examples from around you. We've spent lots of time in our homes and indoors in the last few months. Let's create a map of the spaces you have enjoyed spending time in, with everyday objects representing your experience.

STEP 2: Take a piece of blank paper and divide your page into at least four squares - though you can do more if you like! Each square can represent a space you enjoy spending time in, or it could represent a room - a kitchen, living room, bedroom and bathroom or a view from your window.

STEP 3: Pick an object that represents each room or space. For example, you might draw a toaster to represent the kitchen, or a sofa in the living room!

STEP 4: Draw each object in its own square. You can use pencils, pens, crayons - keep going until your map is full. When you are finished, see if a friend, sibling or grown-up can guess which square represents which space.

The Pitchford Quilt will be on display at the museum from January to March 2021 as part of Norwich Castle's Textile Treasures exhibition - a peek into the museum's wardrobe of coats, quilts, patchworks and more! Find more textile themed activities online here: museums.norfolk.gov.uk/norwich-castle/whats-on/workshops-and-courses-forchildren-and-young-people/super-stitchers

<sup>©</sup> Norwich Castle Museum & Art Gallery

## Make an Egyptian Necklace

Created by Kick the Dust

Ancient Egyptians wore bead necklaces made from coral or blue-green polished clay. You can design your own and look like an Egyptian king or queen too! This activity was created by Shannon, a participant in the Stories of Lynn Kick The Dust group.

Suitable for: 8+

You will need:



Piece of string





Felt pens



Some scissors

(get an adult to help you with any cutting out)

STEP 1: Colour the pasta tubes using the felt pens

STEP 2: Let the pen dry

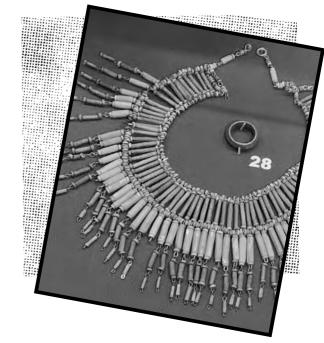
**STEP 3:** Thread the pasta on to the string

STEP 4: Knot the ends of the string together

**STEP 5:** Add other shorter length pieces of strings of pasta to make the fringe sections of the necklace.

Shannon's necklace was inspired by a real beaded necklace which was part of the Ancient Egyptian collection held at Lynn Museum in Norfolk.

To find out more about what they are made of and who would have worn them, search for: "Turning Back time to Ancient Egyptians with the Time Turners" online to visit our exhibition.





We are a diverse group of young people aged between 12 and 25. Meeting at Stories of Lynn, we help rejuvenate the museums of King's Lynn and West Norfolk as part of Kick the Dust Norfolk. We're friendly and get along well with each other; throughout 2019 we enjoyed enhancing arts and cultural events around our town including making a film tour of the Southgates, fabricating escape rooms in the Gaolhouse and curating art exhibitions for the King's Lynn Festival. We have also created our own Ancient Egyptian public online exhibition with a game to go with it.

We are always looking for fresh faces to join our group so look no further than www.storiesoflynn.co.uk or call us on 01553 774297 for information on how to contact us. We hope to meet you soon.



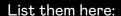
# Get Active with the Ancient Egyptians!

Created by Alive West Norfolk

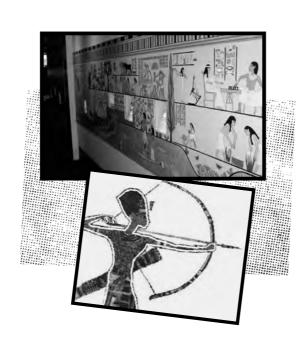
Suitable for: 8+

Learn fun facts about how the Ancient Egyptians lived versus how you live today. Join in the fun by completing the activities and setting yourself the physical activity challenge. Don't forget to enter our free prize draw!

Sports were an important part of daily life for the Ancient Egyptians. The most common sports included gymnastics, boxing, high jump, archery, running, handball, javelin throw, weightlifting and swimming. How many of these sports have you tried?



On the next page you will find an ancient Egyptian headdress for you to colour and decorate. Make it as colourful as you can and then wear it during your exercise routine! Why not have a go at these activities daily to help you to build strong muscles and good coordination. Everyone in the family can take part.



#### BEAR CRAWL

All you need is a piece of rope, skipping rope or a long thin object. Make a wiggly line just like the snake that is reported to have killed the Egyptian Queen — Cleopatra - and crawl along it. Crawling is a great all-in-one exercise which will work all the major muscle groups. Repeat as many times as you can.



#### 2. RELAY RACE TO BUILD A PYRAMID

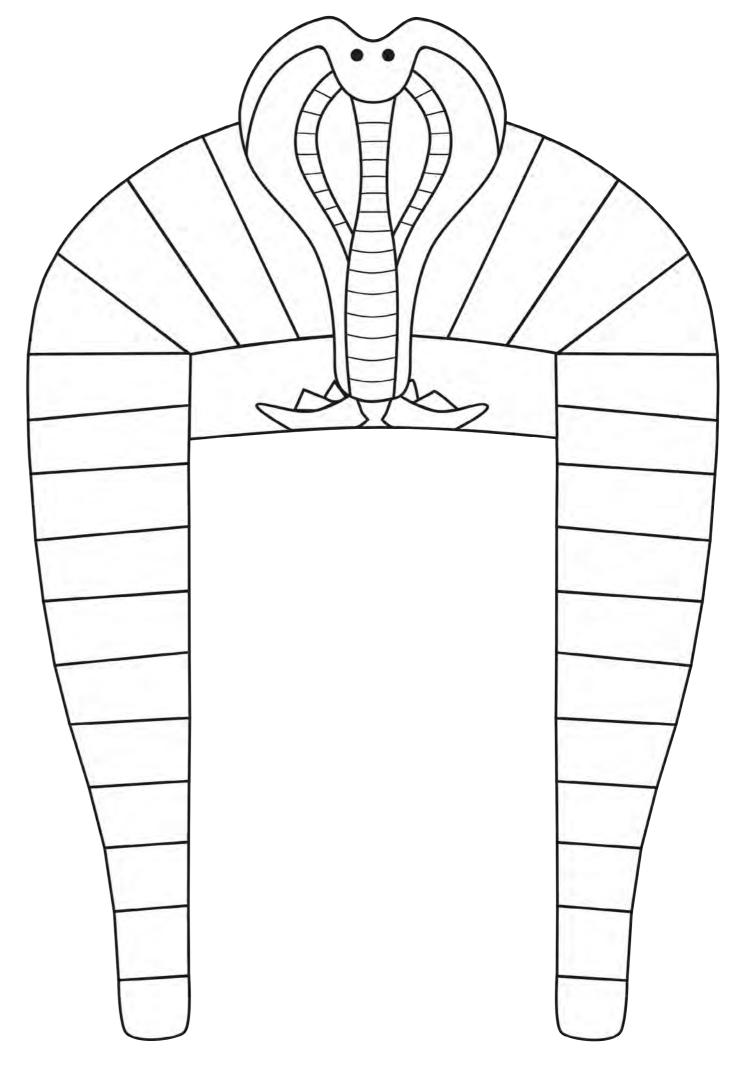
You will need 6 boxes. Cereal boxes or cardboard boxes will do. Mark a start and finish line. Time yourself moving the boxes from one point to another, building an Egyptian pyramid as you go. Running is great exercise whatever your age. It strengthens bones, improves coordination, strengthens muscles and is great fun! How many times can you do this?

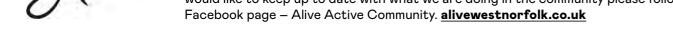
### **3.** CLIMB THE PYRAMID

If you live in a house then you can use the stairs; if not then you can use a doorstep or pavement edge (get an adult to check this is safe for you). Climbing is a vertical exercise where you have to push down to lift your entire body up. It is great exercise for increasing strength in your legs, thighs and hip muscles whilst toning the tummy muscles. Slow and steady is good; you do not need to run. Try and step up/climb as many times as you can!



Alive West Norfolk is a not-for-profit Local Authority Controlled Company, operated by the Borough Council of Kings Lynn and West Norfolk. Our website will provide all the information you need about our venues which are situated across West Norfolk. If you would like to keep up to date with what we are doing in the community please follow our Facebook page — Alive Active Community. alivewestnorfolk.co.uk



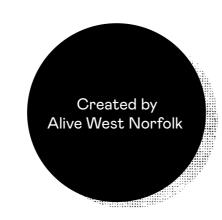


# Eat Like an Egyptian!

Ancient Egyptians ate really well compared to other ancient civilisations. The River Nile provided water for livestock and kept the land fertile for crops.

Ancient Egyptian artwork shows the growing, hunting and preparation of food. They used similar cooking methods to us — baking, boiling, grilling, frying and roasting. Favourite foods included vegetables, lentils, figs, dates, onions, fish, birds, eggs, cheese and butter. Bread was also a staple part of their diet.

A healthy balanced diet is important for everyone but in young people it is essential to ensure that you have enough energy to play, grow and learn. When you have lunch or dinner draw your plate and list the food you are eating and which groups it falls into.

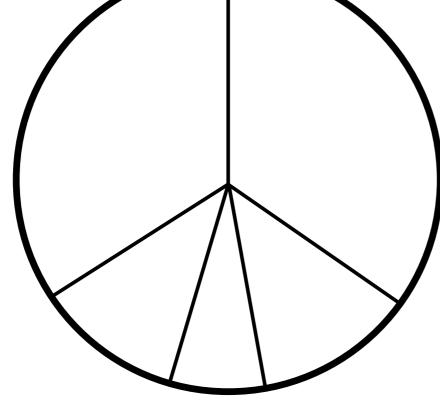


Suitable for: 8+



Complete the Eatwell Plate with what you have eaten today. Below is an example of how it might look.





# To enter a prize draw with Alive West Norfolk, take a photo of you playing the Egyptian Game, doing the exercises or a copy of your exercise log or your Balanced Plate. All we need is evidence that you took part in our activity and you could win a family ticket for the cinema at Alive Corn Exchange or a family swim ticket at any of our Alive swimming pools. Send your photo, name and contact details by email to — community@alivewestnorfolk.co.uk. Visit any of our leisure centres, Alive Corn Exchange, Town Hall or Stories of Lynn and show the evidence and they will send it through. Closing date 9th January 2021

# Make Your Own Jazz Drum Kit

Created by Creative Arts East

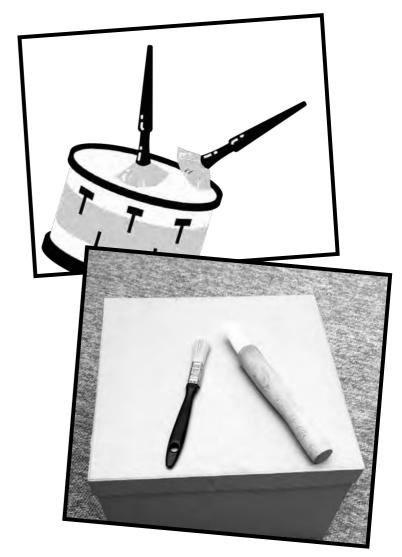
The drum kit is an important part of most bands. In jazz music, jazz drummers don't just use drumsticks to tap out rhythms; they also use brushes. Let's have a go at making our own jazz drum kit and brush set with objects we can find around the house!

Suitable for: 3+

**STEP 1:** Find something to be your drum. You could use a washing up bowl, an empty paint tin or biscuit tin, or anything else that might make a sound when you hit it.

**STEP 2:** For your jazz brushes, any brush you can find round the house will work. Try a toothbrush, washing up brush, paint brush, or even a pastry brush!

**STEP 3:** Try using your brushes to tap out a steady rhythm on the drum. How does it sound different than when you use your hands to tap out the rhythm?



Photography credit: Creative Arts East



Creative Arts East is an arts and community development charity working in rural communities across the East to increase people's skills, enjoyment, health, and wellbeing through the arts. We have many projects people can get involved in, particularly older people who would like to receive free twice-monthly creative wellbeing packs. **Call 01953 713390** for more details. **www.creativeartseast.co.uk** 

## Letter to a Friend

Have you ever noticed that everyday objects around the home, or perhaps things you pass by outside, can look like faces if you look at them in a certain way? Let's have a play with some letters and see if we can create a face!

Created by Creative Arts East

Suitable for: 4+

A glue stick

You will need:



Paper letters

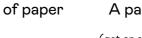
(you can use old magazines, newspapers or the letterpress printed pages on the next page)



A piece of paper

A pair of scissors

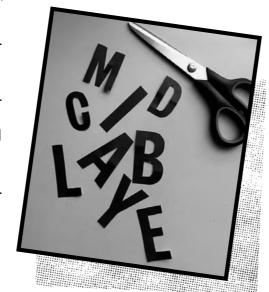
any cutting out)



(get an adult to help you with

**STEP 1:** Use your scissors to cut out individual letters from the page provided or from old newspapers and magazines.

**STEP 2:** Move the letters around and experiment with how they can make the different features of a face. Have fun with it - as well as making eyes, nose, a mouth and ears, why not try a moustache? A hat? A beard? What expression will your character have?

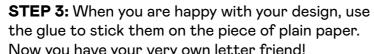




Photography credit: Donna Thompson

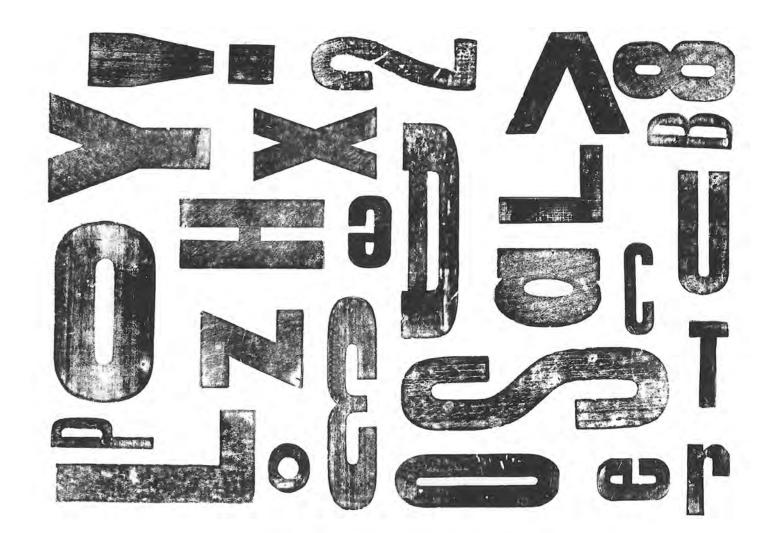


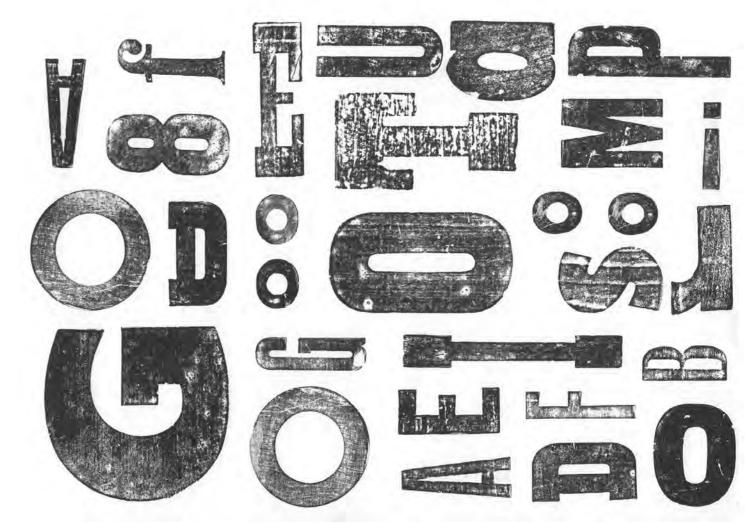
the glue to stick them on the piece of plain paper. Now you have your very own letter friend!





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## Many of these activities have been created by artists and facilitators living and working in the region- our huge thanks to them all.

The Let's All Create project has been coordinated by a working group of representatives from cultural organisations across Norfolk. Our sincere thanks to everyone involved in its creation and distribution. We are proud to be part of a much wider effort by partners from the arts, and other sectors, to provide creative resources and materials for children, young people, and the whole community during COVID. Hopefully it won't be too long before we can welcome you into all of our venues (from theatres to museums and concert halls to studios!) where joyful things happen together. In the meantime, though, every home can be a creative place, and every person can find and make wonderful things.

This collaborative effort has been made possible thanks to the energy and commitment of all of the cultural organisations featured, as well as the financial support of Festival Bridge, Norwich University of the Arts and Norfolk County Council and the individuals who contributed to our fundraising campaign.

We are also grateful to the designers at ARK, printers Page Bros and Recktangle Films, all of whom supported this project with their skills and expertise.

#### **SHARE**

We would LOVE to see your creations, hear what you think of the challenges, and find out what else you would like to create. You can give feedback to whoever you received this booklet from, or you can send photos or emails to us, and find us on social media below.

Share your creations with us using #MakeltMerry

- bridge@nnfestival.org.uk
- @FestivalBridge
- @NNFestivalBridge
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#### THANK YOU TO ALL OUR SUPPORTERS & PARTNERS



































# # Weltings





