



The painting above is by the artist **Jo Kelley** and is part of the UCC Art Collection. Climate Action and Sustainability priority strand for the Glucksman’s community programmes. We are proud to partner with UCC Green Campus on creative projects that explore environmental issues. You can find out more here: <http://www.glucksman.org/discover/community/climate-action-and-sustainability>

This week’s **#creativityathome** activities encourage you to think about sustainability and individual action, we’re inviting you to make your own homemade art materials.

CREATIVE EXPLORATION

The way we shop and eat can have huge environmental impacts. By growing your own or by finding your food locally you can cut down on ‘food miles’ and reduce your carbon footprint.

Can you find out where the food from your last meal came from?

How far did it have to travel to get to your plate?

Track the journey by sketching out a map of how the food travelled to your belly!

ART ACTIVITY

MATERIALS: Grow your own - Old nylon stockings/tights, seeds (grass or cress), potting mix, small pot (old yogurt or ice cream pot or toilet roll), googly eyes (optional), old fabric, coloured paper, glue.
Garden Bugs – stones, paint, paintbrush, water, mixing tray.

Today, we will be showing how to get started with a cool grass-head and inviting you to create some wonderful garden decorations.

Activity 1: Grow your own

Learn about plant life and your local ecosystem by starting your own garden. Find a space with some sunlight where you can keep your garden, maybe a window sill. Now follow the instructions and check out our tutorial video for a step by step guide to making your own grass-head!

Gather together all the materials. Ask an adult for help.

Take a scissors and cut off about 12 inches of the foot end of the old stocking.

Pop in your seeds.

Next fill up a quarter of the stocking with potting mix soil. About three to four handfuls.

Tie a knot on the stocking to keep everything safely inside.

Next we'll make the face – cut out three pieces of paper, two for the eyes and one for the mouth.

Add three blobs of glue to the stocking and stick on the mouth and eyes. Decorate with a marker or pencils.

Pop your grass-head into the pot or toilet roll so that its head is resting above the lid.

Decorate the pot with drawings or by sticking on fabric to make clothes.

Water your grass-head and watch your seeds grow. Don't forget to cut its hair!

Activity 2: Garden Bugs

Decorate your little garden with handmade garden decorations. Follow our step by step instructions to create colourful bees and bugs.

Gather a few flat (smooth) medium size stones. Check they'll fit nicely into your garden.

Wash and dry the stones.

Choose a colour for each stone and get painting. Once dry you can give the stones a second coat of paint to make the colours more vibrant.

Take some black paint and at one end of the stone paint a curve for the head of the bug or bee.

Choose your smallest brush and begin painting black stripes or painting black dots across your bugs.

Finish by adding two white dots for the eyes.

Leave to dry and then pop them in your garden!

We would love to see what artworks you create. Ask your parents or guardian to share them with us on the Glucksman's and through their [Facebook](#), [Instagram](#) and [Twitter](#) accounts and we will post them to our online galleries on our website.

www.glucksman.org