

# Hearts and Hands

## Introduction for children and families

A theme connecting Well-being and Arts Education Grades 3-5

### Week 2: Something from Nothing

Are you missing your music, visual art, drama, or dance time at school?

Here are some ideas to inspire you to explore your creativity, and support others too. Feel free to invite your siblings and family to join in on the fun and learning. This is a series of opportunities intended to move at your own pace, and opportunities that you can either skip or repeat multiple times.

The theme for this series is “Hearts and Hands”. Each week there will be one book and some ideas for you in art, drama, music and dance.

Hearts and Hands are vital to our wellbeing and survival. You may have heard about the symbol of a heart being used in windows to show support for all the healthcare professionals working so hard to keep us safe and healthy. Our hands are often used to show ways that we are learning and growing.

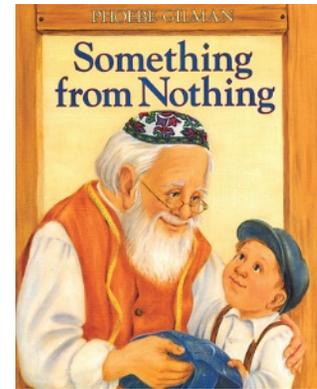
**“There was something else my mother did that I’ve always remembered:  
‘Always look for the helpers,’ she’d tell me.  
‘There’s always someone who is trying to help.’  
I did, and I came to see that the world is full of doctors and nurses, police and  
firemen, volunteers, neighbors and friends who are ready to jump in to help  
when things go wrong.”  
~Fred Rogers**

#### Overall considerations that will promote wellbeing as you complete the activities:

- Go at the pace of your child or family to complete the activities and don’t force an activity if it is just not going well.
- See these activities as invitations - choose as few or as many as would like to do
- Allow your child or family to adapt an activity if they have ideas and go with the flow!
- Consider your location – go outside if you can.
- Are there any opportunities for social connections throughout? Can you send any images of your activities to friends or family or can you connect online to do one of the activities together?

## Week 2: based on the book *Something from Nothing* (Gr 3-5)

- Watch Youtube reading of the book “Something From Nothing” - <https://www.youtube.com/watch?v=Hgf30cKgUo0>



### What can you reuse to make something new? Or use in a different way?

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#### Visual Arts:

• In this book, the grandpa keeps making interesting things from the same blanket... can you make interesting things from things you have at home? Find a piece of fabric or an old t-shirt and create as many different things as you can from it. What was challenging about this task? Was it easier to create big or little things? What other materials did you add to your creation(s)?

• If you look at what is in the recycle box, what else can you make or reuse in a different way? Something for someone in your family? Could you build something interesting out of the recycled material? A home or a town for the mice in this story?



*Sometimes we display interesting things to remind us of special memories or people. Do you have anything in your house that is on display that makes you think of something special? What does it make feel or remember? Do other people in your family have the same or different memories?*

#### Dance:

• In this story the family is a key aspect of the book. Does your family have any special or traditional dances that are an important part of your culture? Encourage your family to dance some of those dances. If your family does not have any traditional dances can you create a dance using music and dance moves that are special to your family?

• Teach your dance to your family and share it with your extended family. Use a video platform to dance with your family who may not live with you.

*Dance is way to express our creativity through movement of our body, often in connection to music. How do you feel when you dance? Do you notice any different sensations in your body or words that pop into your head? How do you feel when you watch other people dance?*

#### Drama:

• In this story there is a parallel story about a family of mice being told at the same time. Can you tell the story from their point of view? Use different voices for each mouse or have other members of your family take on a character.

• Take something out of the recycle box. It might be a tin can, a plastic bottle, or a piece of Styrofoam. Use that item to act out all the things it could be and have your family guess. Maybe it's a cell phone, or a sandwich, or hat... see how many things you and your family can act out and guess.

*When you act out the story of the mice and pretend to be different characters how do you make them unique? If your family were the characters how would you pretend to be them? How can you act out their unique traits in a way that makes everyone feel valued and loved as part of the family?*

#### Music:

• In this story the mice create new things from the fabric that they find. Can you make a musical instrument out of items found in your home, yard, or recycling box.



• Make music with your instrument. Is this music happy or sad? Why do you think this? Can you change your instrument to change the mood of the music?

*Music can be a helpful tool to calm and soothe us, especially before bedtime. How does the sound of your rocks or new instrument make you feel? Does it calm you or make you energized? If you change the volume or rhythm does it make you feel any different?*