

The space around me

Go out and experience a built, old and green space in new ways. Use shiny objects, chalk, a camera, and a notebook and pencil. Scan the QR code for a film of each activity.

Built

Reflection, Shadow, Chalk



Use something shiny. Play with reflections and shadows.

If your shiny thing is bendy try moving it up and down, in and out. See what happens to the image and the reflection.

Play with shadows. Use yourself, objects and card to add to them. Use chalk to mark the shadows in the space and see how they change over time.

Old

Notice, Document, Question



Take a moment to walk around the space and notice what is going on.

Remember: look up and look down as well.

Document the space with drawing, note taking and photos.

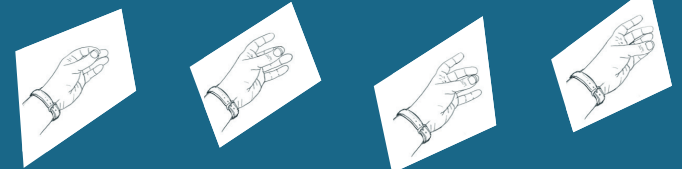
Write questions about the space you are in. See if you can answer them.

Green

Listen, Look, Feel, Touch



Ground yourself with this mindful breathing finger tapping exercise.



Take your hand and tap each finger in turn to count while taking one deep breath: 1, 2, 3, 4

Do the same while breathing out for four: 1, 2, 3, 4

Continue for as long as you wish. When you're done, sit quietly and listen to the sounds around you.

Now look around the green space for objects that are:

- Soft and hard
- Crunchy and squelchy
- Fuzzy and spiky
- Rough and smooth
- Hot and cold

#ExploreIt

Created by artists Louise Fraser and Brooke Milliken for 6–11 year olds, inspired by the work of **Jyll Bradley** at the Fruitmarket. fruitmarket.co.uk

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