

Date: 21<sup>st</sup> September 2020

**Theme of the week: International Day of Peace**

The COVID-19 pandemic has highlighted how essential creativity and the visual arts are for increasing our ability to learn, connect and improve our general wellbeing. While a lot of venues and cultural organisations may be closed, engaging in the visual arts is more important than ever.

This Weeks theme is '**International Day of Peace**' - The 2020 theme for the International Day of Peace is "Shaping Peace Together." Celebrate the day by spreading compassion, kindness and hope in the face of the pandemic.

**Exercise 1: Peace is.... Heart Mobile**

Write what 'peace' means to you.

Cut out heart shapes using coloured paper. On one heart write Peace is ... then your answers. Fan the other hearts behind the written one. Then, stick some coloured streamers or crepe paper on the heart.



**If you do not want to make the mobile, why not write a piece on peace.**

- What makes you feel peaceful?
- Why is it important to have Peace Day?
- Write a poem about what it sounds like, feels like and looks like to be peaceful.
- How can we teach people to be peaceful?
- Describe peace in five words.

**Exercise 2: Hand print dove.**

**Materials:**

- white paper
- pencil or marker
- orange marker or scrap of orange construction paper
- Optional: scissors



**Instructions:**

Place hand on white paper with fingers squeezed together and thumb extended as far as possible.

Trace around hand

Use marker or pencil to draw on a small wing and eye.

Use orange marker to draw on a beak.

**Exercises 1 & 2 – Please take pictures of your final creations.**

- Send to [sarah.daniels@ymcachelmsford.org.uk](mailto:sarah.daniels@ymcachelmsford.org.uk) and we will celebrate your efforts through our website and Instagram account - ALWAYS GET PERMISSION FROM YOUR PARENTS IF YOU'RE UNDER 18

\*Do not forget to keep your artwork safe and intact so we can display it at our YMCA Chelmsford Branch when our Youth Clubs reopen.

#Internationalpeaceday #GetKidsCreating #ymcaessex

**Outcome / Mission Moments:**

- Did you discover any new skills this week?
- How has this exercise made you feel?
- Maybe encourage other members of your family to get involved!