

MOTIVATION MONDAY
Date: 28th September 2020

YMCA

Theme of the week: Bike to school week

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.

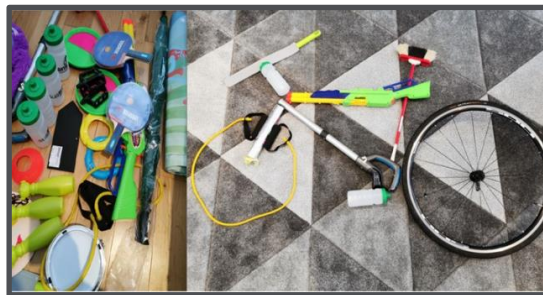
This Weeks theme is '**Bike to school week**' - Bike to School Week is a great opportunity to promote the positive impact that an active lifestyle can have on young peoples' wellbeing and health.

Action

Exercise 1: Bike Floor Art

Aim: Create brilliant bike designs using everyday things from around your home!

Instructions: Search around your home for items of various shapes and sizes. Clear a space on the floor as your 'canvas'. Using the items, you have collected shape these into the design of bicycles!



Exercise 2: My Journey to school

Draw a short storyboard of your journey to school. Start with your house in the first square and end with school in the last one (template on next page, if needed). Please tell us which part of the journey you like/dislike?

Exercises 1 & 2 - Take pictures of your final creations.

- Send to 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.

#Biketoschoolweek #ChildrensArtWeek #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!

My journey to school

My house		
		School