

ZEST at Home



Your Responses

Welcome to Week 6 of Zest at Home!

With Zest Assistant Steve, participants in Whitstable have been creating poems over the phone.

These creative poems share lovely snippets about what you have been doing whilst staying at home.



Betty and Fred have been making this wonderful carved boat in Whitstable!

Doing lots in the garden,
new planters have arrived.

More work to do
but not today.

The sun has gone away.

Juanita



Reading Juanita's beautiful poem, I was reminded of Pauline's vibrant print called 'The Tree of Life.' This block print was made during a Canterbury Zest session back in February.

This weeks Zoom session from Grant

This week's workshop explored different movements and mime particularly with our hands!

With this in mind, this week's activity combines making and movement in the form of hand puppets.



Food for thought



Who was Paul Klee?

Paul Klee is an artist known for his paintings. He also made around fifty wonderful hand puppets for his son, using materials from his own household: beef bones, electrical parts, bristle brushes, leftover bits of fur, and nutshells.

Puppet pals

Activity: Create a hand puppet using scrap material

Time: 30 minutes (ish)

You will need:

Tin foil or newspaper, tape/needle and thread, pen, a cloth or scrap of material and anything else you wish to use

Suggested Steps:

- 1) Shape** a head by scrunching tin foil or newspaper
- 2) Cut** a scrap of fabric, dig out an old cloth or find a spare sock to make the body. Seal it up one side using tape but make sure there is space for your hand.
- 3) Attach** the head to the body using tape.
- 4) Decorate** the face - make it have lots of character by giving it a good expression!
- 5) Embellish** the body - What could you use? Consider using pens, scraps, leaves etc to create interesting clothes for your character.

Send us a picture of your puppet if you can!

We hope you enjoyed Week 6 of Zest at Home.

If you would like to share images, email them to

zest@brightshadow.org.uk and find more on www.myzest.org.uk