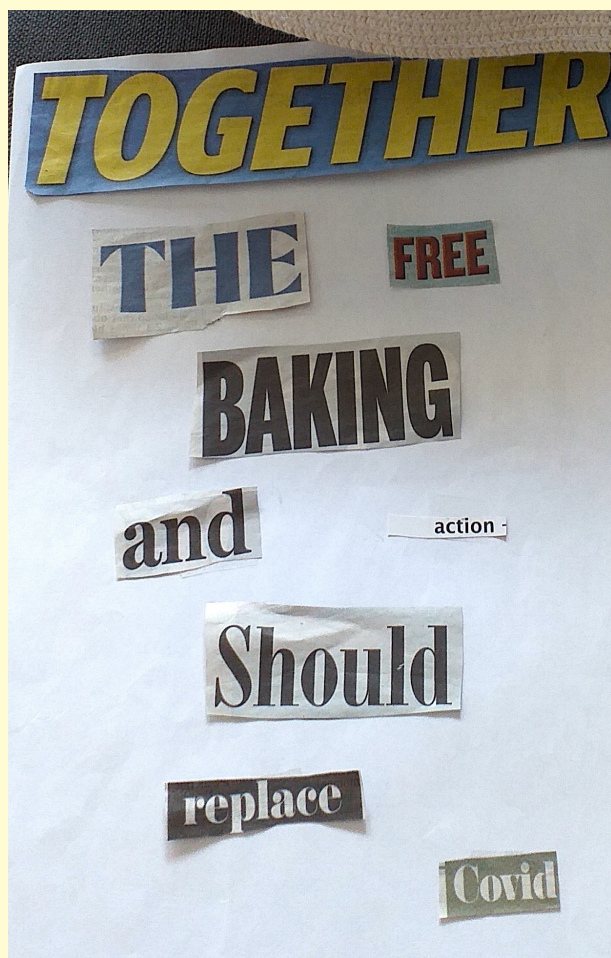


Your Responses

Welcome to Week 7 of Zest at Home!

Even though we remain at home, we hope you have been able to enjoy snippets of the sunshine and blue skies this week.

Changing seasons and warmer weather recalled this striking collage of skies by Michael and Marion, made during a Hythe Zest Session back in January.



Shirley and Brian also in Hythe made this playful poem in response to the 'cut up' activity from Week 4. We love the message and felt inspired!

Care
Create
Collaborate

& cake!

Musician Natasha Rose Douglas who led Zest sessions last year, is doing one-to-one sessions with Delysia in Dover through her garden window!

Natasha played a number of songs on guitar and the musical saw. She also helped shape this week's activity which encourages inventive ways of exploring sound at home.



This is Natasha's soundscape using words, images, shapes and patterns!

A final note...

Please continue to share images of artworks by emailing zest@brightshadow.org.uk and find more on www.myzest.org.uk

We would also like to ask you to consider making a donation to Bright Shadow, as you might usually do at our sessions.

If you visit our website you will see a Donate button with a heart symbol right at the top. This is a safe way to make a donation, if you are able to do so.

Your support will help us to continue all our Zest at Home activities this year. Thank you.



Highlights



Soundscapes

Activity: Create a soundscape using objects around you.

Time: 30 mins (ish)

You will need: Objects, paper and something to draw with.

Suggested Steps:

- 1) Listen** - Close your eyes and pay close attention to all the different noises around you. Loud and quiet, close and distant.
- 2) Draw** all of the sounds you can hear as a map, using shapes, symbols, colours and words. Fill the page.
- 3) Create** sounds by interacting with objects around you. Be inventive with what you choose. Try tapping them, shaking them or brushing them.
- 4) Look** at your sound drawing and imagine it as a musical score. Try playing this score with the objects as your instruments.
- 5) Record** it if you can on a phone or take a photo of your sound map and send it to us!