



ZEST at Home

Highlights

Welcome to Week 9 of Zest at Home!

This week we do some looking back and looking forward! Its our last Zest Zoom Session with Grant Stimpson this week, but next week we start a new creative journey with Lisa Payne.

Here are some of the wonderful highlights from the past six weeks of script reading and other shinanigans!



For this final session with Grant, we shared stories of first jobs and read scripts from Shakespeare with a playful twist! Noelene spoke of being a school teacher in Auckland, New Zealand, Clare working in a fruit and veg shop and Pauline with the Ministry of Defense.



The fun continues... next week we start a whole new block of Zest Zoom sessions with actor Lisa Payne. Lisa has worked with Bright Shadow before, most recently on a short pantomime project at Christmas, so she may be familiar to some of you. Lisa has been working with Canterbury participant Noelene to develop the theme for her sessions. This is what she has in store for the series...

THE ARMCHAIR TRAVEL COMPANY

Join Lisa on Zoom, to escape the bounds of 'Lockdown' and travel together. We will explore favourite destinations, share hidden gems and discover new and wonderful places using drama, sharing stories, writing and imagining together.

Artist Cookbook

Activity: Create a page for an creative and collaborative cook book! Choose a recipe to share and display imaginatively. *It could be a classic, a holiday treat, a family favorite or something you've invented!*

Time: 30 mins (ish)

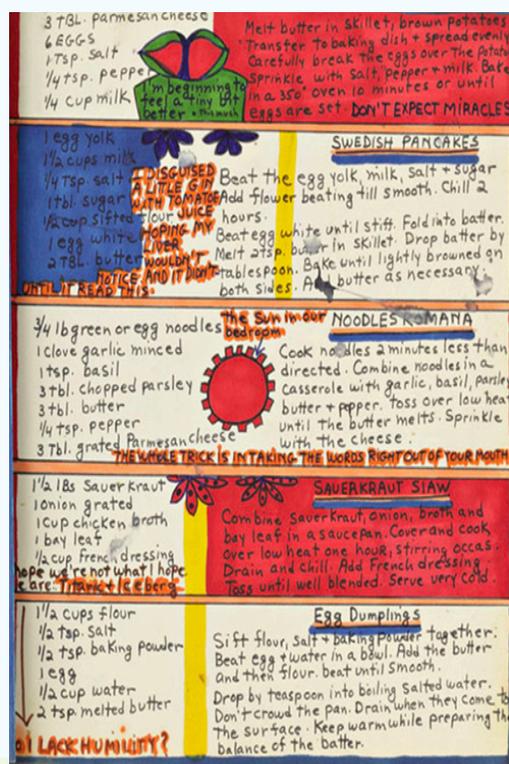
You will need: paper, pens/pencil, anything else e.g. newspaper/magazine for collage.

1) **Choose** a recipe and consider how best to share how to create this dish.

2) **Write down**, draw or collage the ingredients you need for your recipe, its origins, why you like it, where you would eat it and what with.

3) **Illustrate** the steps through words or images - make it look exciting and enticing!

4) **Take a photo** of your recipe and share it with us. Together we can create an artist cookbook and take each other on a journey with food by exchanging new recipes and stories!



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

Thank you for all your donations so far. If you still wish to donate head to our website... www.brightshadow.org.uk and click the Donate button with a heart right at the top of the page.

Thank you so much