



Activity one script.

Slide 1

Hello and welcome to Riverscape, an intergenerational project all about the River Nene, designed to boost creativity and wellbeing.

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Before we get started, let's spend a few minutes checking in with each other, taking time to ask questions to each other and listen well.

Do you have any news you'd like to share? How are you feeling about starting the Riverscape project? Which language would you like to say hello in today?

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Let me introduce the people behind Riverscape. My name is Katherine and my organisation is called Crafting Relationships. We are 10 years old in June 2021 and have worked on lots of projects to do with arts, heritage, education and social action across the East Midlands.

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This is Ann and her organisation is called Avago Crafts. Avago Crafts delivers fun and informative, age appropriate craft activities to schools and community groups, encouraging wellbeing and a sense of creative achievement.

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Nenescape are our funders. They are a National Lottery Heritage Fund project working with lots of organisations between Northampton and Peterborough, celebrating, protecting and conserving spaces along the River Nene.

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Let me tell you about the Riverscape project.

Before lockdown one, way back in early 2020, Crafting Relationships planned to run creative, intergenerational workshops in schools and care homes in Northamptonshire. Well, just as we were finalising our plans, coronavirus struck and we had to think again.

Instead of meeting you in person, we have made shoe box craft kits for you to make into your own River Nene inspired mini theatre. There are slide shows and accompanying videos to work through.

Activity one will see us say hello to the waterway and create a river on your shoebox theatre. Activity two takes a look at animals and nature. Activity three takes a look at people and industry and in the fourth activity, you'll write a mini story using everything you've created.

One of you will need to be in charge of pausing the video when we give that instruction, so you can spend some time doing an activity or thinking about a question together.

The last slide in every activity slideshow will have links to any websites we've referred to.

Take your time working through these activity videos, stopping to talk to each other, share your thoughts, memories and questions. You can pause the videos as you go and pick them back up again whenever you like. We've designed these videos to keep you occupied for quite a while, so take a deep breath, relax and enjoy the process as much as the end result.

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We're going to turn this plain looking shoe box on the left into a stunning mini theatre...and then write a mini play! Ready?

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Now to get minds and hands prepared for some creativity. Find a clean page in your journal notebook and take on the 60 second challenge. When I say go, the

screen will change back to the River Nene image we've just seen and your job is to recreate it using only a pencil. Add in textures, light and shade as you go. I'll let you know when you have 15 seconds remaining. Ready?

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Your 60 seconds start now.

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So, what are we doing first?

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What's in the box? Ann is going to tell us.

Inside your shoebox you will find an information leaflet with the Crafting Relationship's website address and a link to the Riverscape project. There's a journal for you to record your ideas for your shoebox theatre, you could perhaps write down stories and facts you may have heard about the River Nene. Perhaps you could write down scripts for short plays for your theatre. You could keep a record of things you see down by the river and perhaps draw some pictures of the wildlife and plants.

There's a pencil, an eraser and a pack of coloured pencil crayons, you could use these in your journal and even on your shoebox. There's some strong white and brown card for making scenery and puppets. There's some lolly sticks to put the puppets on. There's some blue tissue for making the river. White tissue to draw designs on, cut out and stick on your box. Some scrap wallpaper pieces, shiny paper, textured hessian. Some tracing paper if you would like to trace a picture and copy it. Plenty of scrap white paper for making designs. Some lovely blue shiny paper, you could perhaps make a shimmering effect on your river. An old patterned envelope, and a glue stick to keep everything in place.

There's also a Riverscape sticker, you could perhaps stick that to the front of your journal. Another sticker will go on the front of your shoebox to cover over the label.

Although it's not absolutely essential, you can add to your decorating materials with things that you may already have at home.

I've got a few suggestions. Some tin foil, the inside of business envelopes, they have some super patterns. Egg cartons, they could perhaps become trees. Toilet

roll tubes, scrap pieces of wool and string, ribbon. Feathers, pipe cleaners. Some beads and buttons. Some colouring pens or crayons and paint brushes and paint, if you have any.

So, we'd like you to have a go and turn a plain white shoebox into an exciting Riverscape theatre. ENJOY!

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Now, before we start making anything, we have an important question. How do you say the name of the river? Who taught you to pronounce it like that? How do you know that's the right way to say it?

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I've got another question for you. We have chosen to use shoe boxes for our mini theatres for a special reason. Looking at this map, which place has links to shoes? Pause the video and spend a few minutes discussing between yourselves what you know about this connection.

We'll come back to the subject of shoes and boots in activity video number three when we look at some of the industries the River Nene has supported.

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Inside your shoe box kit is a journal. Your journal is your space to make notes, write down thoughts, do some of the activities, stick pictures, words and photos. It is for you to add to until it is jam packed full of everything to do with the River Nene. We hope that if you visit the river, you'll take it with you and add as you learn and discover more. Everybody's journal will look different, because it is unique to you.

Let's continue with our journals with a 30 second challenge. I'll let you know when your time is up.

In your journal, write down as many words as you can think of to describe a river.

Ready, steady, go.

Now pause the video and read your words out to each other. How many of the same words did you choose? Which word did your activity buddy choose that you wish you had chosen!

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In a minute, we're going to make our river. Here are three facts about the River Nene you might like to incorporate into your design somewhere.

- The River Nene is the 10th longest river in the UK.
- It is 91 miles long, flowing from its source in Arbury Hill in Northamptonshire, to the Wash in Norfolk and Lincolnshire.
- The Nene Way is a long distance footpath, following the banks of the Nene for much of its length.

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Now it's time to make a start on our mini theatres. Ann is going to show us how. Remember, each craft kit has different extra bits of paper in, so we suggest you build up a small supply of extra scrap papers to use too.

OK, so here we go with decorating our shoebox, starting with the lid. We are going to make a river running from one corner to the other, making it bend and wind as it goes along.

Using your pencil from your supplies, mark out a wavy path for your river to run. Use the pencil lightly so that if you change your mind the lines will be easier to rub out and re-do. Ok, using the blue tissue, cut or tear it into smaller pieces ready to put onto your box lid. Always spread the glue onto the lid rather than the tissue because this can be quite difficult and it will tear.

Always work in a small area at a time so that your glue doesn't dry out too quickly. Spread some glue into one area and lay your tissue onto the glue, don't worry about the edges, you can always glue those down afterwards. Overlap the pieces as you go and this will create shadows in the water. Continue doing this until your river is complete.

Taking some pieces cut from some glittery paper, some tissue, the insides of an old envelope, cut some very skinny, wavy pieces to create ripples in your water and then glue them into place. Now onto the rest of the box lid. I've chosen to make grass banks on either side using green tissue paper. I'll do the same as I did with the blue tissue working on small areas at a time. I cut some of the tissue into very small skinny strips and glued them on, a little bit like glitter, and this gives a different effect as you can see on this one here. I also took some of the brown card from the supplies, cut them into stone shapes and glued them in place to create a footpath.

Now for the next stage, IT'S VERY IMPORTANT THAT YOU GET AN ADULT TO DO THIS NEXT STEP. Working on a very flat surface take a craft knife or a pair of scissors and make a hole in the box. Then take your lolly stick, push it into the hole to make it fit. Just make a couple of holes to begin with and then once you know where you would like your puppets to go, the adult can always make some more holes. You can add to your riverscape, perhaps by drawing plants and flowers onto card, using your mini crayons. Cut them out and stick them on. And here we have our riverscape. This can be added to as you go along. I've only used supplies from my shoebox but you could use any other materials you may have at home. Go on, have a go and HAVE FUN!

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Hopefully, today has made you want to explore your local river more. Keeping safe down by the river is so important, so let's spend a few minutes talking about that. If you are clued up about dangers of the river, you can keep yourself safe and tell others.

This is the Water Safety Code and there's a link to their website on the last slide. Go through each of the pictures with each other and answer these questions. Answers are on the next slides:

- Can you list all the dangers associated with being by the river?
- Why should you go to the river with other people and make sure someone else knows you're there?
- If you ever fell into the water, what should you do?
- If there is an emergency situation and you need help, what should you do?

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Stop and think - spot the dangers!

Stay together

There are many dangers with water, which can include:

- It can be very cold
- There may be hidden currents
- It can be difficult to get out (steep slippery banks)
- It can be deep
- There may be hidden rubbish, e.g. shopping trolleys, broken glass
- There may be no lifeguards there
- It is difficult to estimate depth
- It may be polluted and may make you ill

Stay together

- It is always better to go to the water with a friend or family member
- Children should always go near water with an adult
- An adult can point out dangers or help if somebody gets into trouble.

Is there anything here you want to add to your journal?

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Float

If you fall into the water unexpectedly – float until you can control your breathing. Then call for help or swim to safety.

Call 999

You may be able to help yourself and others if you know what to do in an emergency.

If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Fire Service at inland water sites and the Coastguard at the beach.

Is there anything here you want to add to your journal?

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So, that's activity one complete. Take a few minutes to talk with each other and share what you've done. How are you feeling?

Before we meet again, here are a couple of things you can do:

- Collect more scrap materials for your shoe box kit.
- Take a trip down to the River Nene with family or friends, remembering all the safety advice you've learned.

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Useful websites.