

Charlotte Spencer

All these things we can make

— Transcript

A black square containing the word "SADLERS" in white, uppercase, sans-serif font, arranged in three rows: "S A D L", "E R S W", and "E L L S".

S A D L
E R S W
E L L S

Hi! Thanks for joining us today. I hope you can hear me alright. Feel free to turn up the volume if you need to...

We're about to begin a little adventure together - you will be part of making things happen - there will be instructions, suggestions, invitations that, I hope you will enjoy. Listen as closely as you can.

There is no right or wrong way to do this - the most important thing is to take care of yourself and each other and to have lots of fun.

There is room for bold adventurers and quiet explorers, and we need both.

If you miss something, you can always pause, rewind and listen again.

Before we get going, you're going to need to choose an object. We'll give you 20 seconds to look around your home and find something.

It can be anything you like - a toy, a saucepan, a watering can, a clothes hanger, a twig, a shoe. It can be big or small, light or heavy....just not too fragile or breakable.

20 seconds. Ok, are you ready? Go!

[Finding object]

Ok, has everyone got something? Good.

Now, holding onto your object, move to the edge of your space.

That's it, great.

This space is waiting.... Hmmmm? Waiting for what?

Waiting for you to make things happen. We're going... no sorry, you're going to be playing, building, exploring - being in the things that happen - in an adventure that perhaps has already begun.

Holding onto your object - make your way into your room...

And....stop!

Have a look around.

What's the biggest thing in your room? Is it bigger than you?

Ok, look again.

What's the smallest thing? Can you get really close to it?

Now, look up at the ceiling.

If you look really closely is there something up there that maybe you haven't noticed before? Like a little crack or a strange mark?

How do you think it got there?

Hang on a minute, what's going on outside?

Can you see out of a window? Go and have a look.

What's the furthest thing you can see?

Ok, come back... Into your space.

Place your objects down on the ground next to each other.

Ok, good.

We're gonna be doing some building, so, we're gonna need lots more objects and first we're gonna arrange them in a big circle. The things you've just put down, they can be the start of your circle.

Off you go!

If you have any blocks or boxes or books then they would be great. Try and find things that are very different. Different colours, and made out of different materials like wooden things, um, plastic things, big things, very small things, strong things and and soft things. Anything you can find. Work as quickly as you can.

And put everything into the big circle.

Maybe some cushions, and a blanket.

Do you have a rubber duck?!

Some pegs.

What about, urm, a skipping rope or a wellie boot.

Nothing breakable though - not any glasses or plates.

You've got 10 seconds left - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1...

Ok, brilliant work. I think we have enough things now. Thanks.

Where did all these things come from?! Look at all the things we have.

Now we're going to use these objects to make a tower in the space inside your circle. You can work on your own or you can work together.

You can use any of these materials, and anything else that you realise that you might need.

Choose your materials carefully.

Which ones are you going to start with? Maybe make sure that the heavy things are at the bottom.

You have 4 minutes.

How can you make sure something heavy doesn't fall on someone's foot?

How can something rest or... balance on top of something else?

Are there any bits sticking out?

How can you make sure you don't bump into those bits by mistake?

Don't worry if something collapses - it's, it's a chance to build it again...

You could build a little ledge or a shelf to balance something on.

Ok, just pause for a moment.

Move backwards and look at the work that you've done.

Can you move around what you've created and look at it from different angles?

Is there anything you think it still needs?

You've got one more minute to finish your work. You can always make another tower if yours is already finished.

Ok, whatever you've made, it is now complete and it's perfect!

Have a good look.

What kind of tower have you made? Is it very tall? Is it quite chunky or leaning over? Or did it become something else?!

Looking around you - is there somewhere in this room where you could hide and... disappear? Like a favourite hiding place maybe?

Is it possible to be out of sight from everyone else?

Does your home look different from here?

Whilst you're in that special place - can you make a tight circle

with your hands and look through it? A bit like a telescope...

Look closely... What can you see?

Colours? Shapes? Patterns? Maybe some special things in the room? What is fun to zoom into?

Can you focus your telescope on your tower?

Slowly widen the circle so that you can see more and more and more and more...

Quickly disappear back into your hiding place - we're gonna play a little game.

Without anyone else seeing you, can you pop your head out from inside your hiding place?

Did you catch someone out?!

Try again!

Try not to be caught out yourself.... And if you see another pair of eyes, another head, then quickly disappear back inside again...

Ok, shrink back inside your place and sit very quietly for a moment.

Close your eyes. Listen to your breathing.

See if you can keep your eyes closed whilst sliding along on your back, or crawling, sneaking back to your tower...

Oh my goodness, what a mess!

Ok, push everything to the side, clear some space.

Next we're gonna work together to divide your room into two rooms.

Have a think about how you can use what you've got already to split your room right down the middle.

Ok, off you go.

Which of your objects are the most useful? Start with them first.

You know what you're doing - you've made a big circle and you've built a tower already, so, just go for it!

Are there any other materials that would be useful? You could add them in as well if you like.

You've got one minute left...

You've got 5 seconds left - 5... 4... 3... 2... 1...

Ok, brilliant!

Whatever you've made - it is now finished!

If you crouch down, can you see if you can look through to the other side.

Who or what are you separated from?

Now back away, move right back to the edge of your space.

And have a look.

How can you get to the other side as fast as you can?

Ready... Go!

And across again - as fast as you can.

And again...

And again - faster!

Faster!

Ok, now find some space away from other people and away from all the walls.

And if you can, can you start spinning.

You can spin all of your body, or part of your body...

That's right, spinning on the spot.

Faster...

Faster...

Faster, faster, faster...

And... stop!

Just where you are....

[Voice slowing down]

[Deep breathe in and out]

Ok, you can sit down if you like.

Stay really really still...

[Deep breath in and out]

Wow... Look at all these objects.

Useful things, things to cuddle, things to play with, or to play in, things that go.

I wonder if we can take down this wall that's dividing your space and make one last thing?

A space that feels safe and cosy, that we can get inside, like we're in a little home, or a den or a nest.

Use some or all of the objects to make a space with a roof and some sides. Something that you can get inside.

Maybe this is where a blanket or some cushions would be really useful.

Maybe you could incorporate a chair, or a sofa.

What else could you add to make your den feel really cosy?

What about making a little hook for hanging something on?

Ok, pause for a moment.

Shuffle back a little and take a look around you.

Can you spot the very first object that you chose, right at the beginning?

Where is it now?

And if it's easy, go and open a window, or one of your doors.

Poke your head out, or step outside for a moment.

Breathe in the air and listen - what can you hear?

Come back - come back into this world inside your home.

Make your room feel as cosy as you can. Maybe turn a lamp on if you've got one, or close the curtains.

Now hold hands with everyone you are with. Look around your room, your home...

...remembering all the things you've made and un-made and re-made.

And when you're ready make yourself comfy - snuggled up together on your sofa, or in your den or lying on the floor.

Have a think - what is important to you about your home?

What are the things that you really like - that make you feel happy, and comfortable and safe?

What do we share in being together right now?

When the sound fades out, don't rush to tidy everything up.

Maybe you can have a drink and a snack in your den and hang out together for a while?

Maybe there are some stories to be told or to read together?

Take whatever time you need. And thanks for making all these things happen today.

[3 minutes of silence]

When you're ready, here's a little bit of music to make the clearing up more fun.

It would be really great if everyone could be part of making that happen.

Enjoy putting things back where they came from and thanks again for joining in today.