

Creative Arts Activity Toolkit



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This toolkit is designed to encourage young people to participate in the creative arts in a safe fun environment. The activities can also be used to contribute towards a Hi5, Dynamic Youth award or a Youth Achievement award.

The minimum number of hours needed on activities for Hi5 & DYA is 5 hours and 10 hours for one YAA challenge. The toolkit can be used flexibly and includes a wide selection of activities that vary in duration and complexity. To get young people started on an award, simply choose an activity from the toolkit and start their chosen award with the challenge title: *Take part in creative arts activities*.

Multiple activities from this toolkit can contribute to an overall Hi5 Award, DYA or YAA challenge to meet the minimum hours required for each award. Script Writing, Top of the Props and then Creative Video could be used together to produce a final creative arts award. (see our website for awards details).

Health and safety briefing

Part of every creative arts youth work activity should be a creation of a safe space for young people to feel confident to express themselves in a safe and fun environment. Remember, when leading activities it is your responsibility to ensure you use age-appropriate materials and equipment. In particular be aware and take any necessary precautions when using certain materials and environment (space and materials needed for each activity), such as: scissors, liquids, glass and allergies to seeds, rice etc.

Children and young people should be supervised at all times and your own organisations Health and Safety policy and any other relevant policies should be followed. Please note that to the extent permitted in law, Youth Scotland shall not be liable to any person for any loss or damage that may arise through using this toolkit. We have given a guide age for all of the activities in this toolkit. These should be used as a guide only as we recognise you know your young people best and know what activities would suit them. This is the same for the time spent on activities guide. This may change depending on the number of participants or the delivery of the activity as some can be used as icebreakers. It is always a good idea to try any activity yourself in advance, especially if it involves making something. It is also good practice to end each session with a discussion about what the young people feel they have gained from doing the activity.

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Music Section

1. Junk band

(Age 10+)

Using household equipment and recycled materials create a musical percussion rhythmic junk band.

Time:

1-2 hours

What you need:

- Plastic bottles
- Spoons
- Buckets
- Pots
- Pans
- Brooms
- Dustbins
- Chopsticks (or any other wood stick)
- Glasses
- Water
- Peas
- Rice
- Any other household object that can be made into a percussion instrument

What to do:

- Help the young people to make different instruments using the materials they have
- Start by tapping out a single rhythm that everyone can copy. You can use the sound of a word to make it easier e.g. apple would make two sounds 1,2 1,2 1,2
- Get them to come up with more complex rhythms e.g. strawberry would make three sounds 1,2,3 1,2,3 1,2,3

Helpful hint:

- Encourage everyone to join in and make their own rhythm matching fruit sounds. You can do this with animal themes or any other words that could be made into a rhythm, creating a junk percussion jam band

2. Jingle

(Age 8+)

Create your own catchy jingle for a specific subject or article that is easy to remember.

Time:

1-3 hours

What you need:

- Pots
- Paper
- Pencils/pens
- Spoons

What to do:

- Pick a subject, or object you want to write your jingle about e.g. homework
- Write a small four-line jingle about this (jingle e.g...."When I play my games, it makes me feel so good, and when I finish everything, I'm in a great mood")
- Add a tune to your jingle
- Using your pots and spoons tap out the rhythm and add your jingle with the music

Helpful hint:

- This can be recorded or even used as part of a drama sketch



3. Body percussion

(Age 5+)

Create your own body percussion band.

Time:

1 hour

What you need:

- Space

What to do:

- Start by getting the young people to clap their hands in time
- Once they can clap in time ask them to clap four times and then stamp their feet four times
- Introduce four finger snaps and four chest slaps
- You can also introduce table slaps if you are doing it sitting down
- You can now introduce some vocal noises e.g. shout 'hey' in rhythm
- Once the young people can do all of the movements start to introduce a mixture of the movements to make a body percussion rhythm. e.g... 2 stamps, 2 claps, 1 snap and 2 body slaps and a vocal 'hey' each time getting quicker and quicker to speed up the rhythm

Helpful hint:

- You can write down some different rhythms you want to try out first. Try splitting the group and get them to do different parts of the body percussion to produce a band. You can also make up rhythms to accompany words they can say in between the beats

4. Musical masterpiece

(Age 5+)

Draw a unique picture to match the music playing.

Time:

1 hour

What you need:

- Coloured pens/pencils
- A3 Paper
- A music player or computer

What to do:

- Give each young person a piece of A3 paper and coloured pens/pencils
- Ask the young people to start drawing on the paper when the music starts and stop when the music stops
- Once the music stops ask the young people to leave their drawing on the desk and move to another desk
- Once everyone has moved start the music again and ask the young people to continue drawing on the new sheet of paper until the music stops again
- Ask young people to continue to do this until you finish the game
- The young people will now return to their own picture to see the final result

Helpful hint:

- You can place the instructions for the game up on a flip chart for them to follow. You can also do this with a huge piece of paper to make a music masterpiece mural for your group



5. Ribbon of sound

(Age 10+)

Create your own ribbon of sound that travels round the group.

Time:

15–30 minutes (depending on size of group)

What you need:

- Medium space
- Paper and pens

What to do:

- Ask the young people to sit down in a circle
- Pick one young person to start the ribbon of sound, they will make a sound and the next young person picks it up and repeats the sound. Each young person should pick it up and pass it on as soon as possible
- Once you have done a full circle and made a ribbon you can transform the sound with the next person to the one that started it and keep all the sounds going in a ribbon of sound until all young people have had a chance to start their own ribbon

Helpful hint:

- You can give each young person a different sound at the beginning for them to use or you can ask the young people to come up with their own sounds at the beginning of the session

6. Bottle of what?

(Age 5+)

Create different bottles of sound using various materials.

Time:

1–3 hours

What you need:

- Small plastic bottles
- Peas and rice
- Pebbles and beads
- Sand and birdseed
- Thick paper or thick poster paint

What to do:

- Fill each bottle with different materials from the list above and replace the lid
- Cover each of the bottles with thick paper or paint them to cover the contents
- Ask young people to pick a bottle at random
- Get the young people to take it in turns to shake their bottles and get everyone to guess what is in the bottle

Helpful hint:

- You can get the young people to make the bottles all different types of colours and designs before you fill them. Everyone can get a chance to shake all the bottles to guess the contents



Dance/Movement Section

7. Animal magic

(Age 5+)

Each young person will move around the room and act like a different animal to find the rest of their pack. This is a good icebreaker game if the group are already comfortable with each other.

Time:

10–15 minutes

What you need:

- Space to move about in
- Sticky notes
- Pen/pencil
- Plastic cup

What to do:

- Make a list of sticky notes with different animals on them (you should have at least six of each animal prepared before the session)
- Count out how many sticky notes of each animal you will need to cover all the young people participating
- Ask the young people to pick a sticky note out of your cup, but not to look at it yet
- Once all the young people have picked their sticky notes ask them to spread out and find a space in the room
- Ask the young people to look at the animal written on their sticky note, but not say it out loud or let anyone else know what animal they have
- Explain to the young people that they will now have to move about mimicking the animal they have picked using movement and sound
- They should then try to find the other young people with the same animal and make a pack

Helpful hint:

- You can vary the game by asking young people to close their eyes and only go on the sound of the animal to find the rest of their pack

8. Top of the props

(Age 5+)

Each young person will get to be creative and make up some fun dances/moves with their props they have picked to music.

Time:

1 hour

What you need:

- A music player/computer/phone
- Space to move around in
- A table
- Props: hats, balloons, ribbons, pom-poms, wigs, teddy bears, flowers, masks, broom, hula hoops, ropes, bean bags and so on

What to do:

- Set up a table at one end of the room full of all the props
- Ask the young people to go to the table and collect a prop
- Play some music and ask the young people to move around dancing with their prop until the music stops
- Once the music stops they must return their prop to the table and pick up another one
- Play the music again and get the young people to dance around with their new prop until the music stops
- Repeat this process until everyone has had a chance to use most of the props

Helpful hint:

- You can theme the music to different feelings and the young people can dance to the way the music makes them feel. After the activity you could start a discussion topic with older young people about how different types of music may make them feel



9. Party island

(Age 10+)

Create your own party island dance/movement in a confined space. This will help young people to strengthen their balance. This can be a good icebreaker game.

Time:

15–30 minutes

What you need:

- A music player/computer/phone
- Newspapers
- Space to dance/move

What to do:

- Separate the pages of the newspaper
- Give every young person a page from the newspaper
- Ask the young people to find a space on the floor for them to dance/move
- Ask the young people to place the newspaper page on the floor in front of them
- Explain to the young people that when you play the music they must dance/move on top of the piece of paper without touching the floor until the music stops
- When the music stops ask the young people to step off their newspaper page and fold it in half
- Ask the young people to place it back on the floor and start the music again
- Explain they must dance/move on top of the paper and not touch the floor until the music stops
- Continue to do this and ask young people to fold it smaller every time you stop the music and dance once you start the music again
- Young people who step off their paper are taken out of the game and the last young person left dancing is the winner

Helpful hint:

- Start collecting newspapers in plenty of time for the activity. This can be done with A3 paper and each young person can decorate their dancing platform in their own creative way

10. Name game

(Age 8+)

Create your own movement to represent your name that others can join in. This is a good icebreaker game for young people to get to know each other.

Time:

15–30 minutes

What you need:

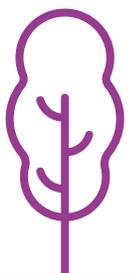
- Space to dance/move

What to do:

- Ask each young person in turn to shout out their name and do a movement at the same time
- After they have done the movement the rest of the young people must join in, say the name of the young person, and perform their movement
- Ask the young people to do this in a rhythmic pattern e.g. 'John, John, John' to help them remember the name and movement
- Continue until all young people have completed their names and movement

Helpful hint:

- If you have a large group, it is good to put them into smaller groups and then you can mix things up once the young people have all taken a turn by getting one young person to point to another and everyone has to try and remember their name and movement



11. Choose a leader

(Age 5+)

Young people get the chance to become the movement leader and secretly everyone else should copy the leader.

Time:

1 hour

What you need:

- Space to dance/move

What to do:

- First choose a young person to leave the room
- Choose another young person to be the leader
- Ask the young people to stand in circle and be aware of the leader but not look directly at them
- Young people should change their movements when the leader does
- Once everyone has the idea ask the young person who is outside to return to the room and ask them to stand in the middle of the circle
- The young person in the middle should try to figure out who the leader is
- Swap the young people about and play the game over until everyone has had a chance

Helpful hint:

- Try to encourage the young people to do small movements

12. Remote control

(Age 5+)

Be creative with quick movement changes directed by a single person.

Time:

1 hour

What you need:

- Space to dance/move
- Paper/card
- Coloured permanent felt tip pens
- A music player/computer/phone

What to do:

- Make a large remote control with buttons using card and pens
- Ask young people to find a space in the hall for them to be able to move
- Play the music and ask young people to dance to the music
- Turn the music down and using the remote control press the button and shout out the instruction e.g. Rewind, Fast Forward, Pause or Play
- The young people should mimic the instruction you have given e.g. rewind – they should run or move backwards
- Once you are ready press play, turn up the music and the young people start to dance again, repeat this using different instruction each time
- You can pass the remote control onto a young person to lead the sessions

Helpful hint:

- It is easier if you have someone leading with the remote control and someone leading with the music



Drama Section

13. Creative video

(Age 10+)

Working as part of a group create a short video about a specific subject.

Time:

3 hours

What you need:

- Pen and paper
- Props (if needed)
- Costumes (if needed)
- Mobile phone or tablet device

What to do:

- Start by asking the young people to decide on a subject they want to make the video on
- Ask the young people to work as a group to write up a script and storyboard
- Once they have the script and storyboard they need to think of what scenes they want to recorded
- Get young people to decide who will be acting and who will be recording (they can take turns to do both)
- Using your device record your individual scenes or take photographs to be put into the video
- Once you have shot all your video this can be edited and you can add music if you want

Helpful hint:

- You can theme the video to aid with a particular subject or issue you are discussing with the group. Encourage the group to work as part of a team

14. Express yourself

(Age 8+)

Create individual emoji's to represent your emotions and play a guess what expression you are acting out.

Time:

1 hour

What you need:

- Pen
- Permanent felt tip pens
- A3 paper
- Laminator and laminate sheets (if required)
- Card

What to do:

- Start by asking the young people to draw and colour in large emotions emoji's (there is a copy of some emotion emoji's below) on A3 paper
- Cut the card into small square pieces like a deck of cards
- Ask young people to draw the emoji's again on the small pieces of card.
- Place the large A3 emoji drawings around a large room on the walls or floor
- Shuffle the small cards together
- Ask the young people to stand in the middle of the room and pick two young people to pick a card from your pack and act out the emotion
- The rest of the young people have to run to the emotion emoji that they think the young people are acting out
- Take it in turns for everyone to get a shot at acting out the emotions

Helpful hint:

- You can laminate the large emoji's and the cards to make them last longer. You can expand on the game by discussing how the different emoji's have made the young people feel



Frustrated



Scared



Sad



Worried



Excited



Happy



Angry



Surprised



Silly

15. Pass the box

(Age 8+)

Using imagination, create an item to mime that has been taken out of the imaginary box.

Time:

1 hour

What you need:

- Space to sit in a circle

What to do:

- Start by asking the first young person to open the imaginary box and mime what they have chosen to be inside the box
- Ask the rest of the young people to guess what it is
- The young person will then pass the box onto the person next to them and they in turn will pull something out of the box and mime it
- Continue this until the whole circle has their turn

Helpful hint:

- If the young people are a new group, they could be encouraged by giving them some hints as to what could be in the box

16. Conga character line

(Age 5+)

Creating your own character walk or movement.

Time:

1 hour

What you need:

- Large space to move around

What to do:

- Start by asking the young people to stand in a conga line in the middle of the floor
- The young person at the front of the line invents a character walk or movement
- The movement is passed on down the conga line until every young person is doing the same character movement
- Shout out next and the person from the front of the conga moves to the back and the next young person invents a new character movement and again this is passed down the line

Helpful hint:

- You can expand on the game and get the young people to invent their character first. Then ask them to give their character a name and a story. This could then be played out and used as a full drama piece



17. Recycle fashion show

(Age 8+)

Creating your own outfit from recycled materials and walking down the catwalk.

Time:

3 hours

What you need:

- Old bottles, bin bags, paper, (any type of recycled materials that can be used to make an outfit)
- Sticky tape
- Stapler and staples
- Paper and pencil/pen
- Space for a catwalk

What to do:

- Start by collecting lots of recycle items that can be used to make an outfit
- Ask the young people to design an outfit on a piece of paper using the materials they have collected
- Ask the young people to make the outfit they have designed out of the recycled materials
- Ask them to give their outfit a name for the catwalk
- Once all the outfits have been finished split the young people into two groups
- The first group will walk in the catwalk show and the second group will be commentators, audience members and camera operator
- Once the first show is over swap the group and create a new catwalk

Helpful hint:

- This activity can be done as part of an environmental programme to help young people understand the importance of recycling

18. Buzzy bee

(Age 8+)

Using the initial from your first name act out an object from a subject or place for others to guess.

Time:

30 minutes

What you need:

- Space to move around

What to do:

- Start by asking the young people to come up with a subject or place to start
- Ask the young people to pretend to act out a word or object starting with their first initial to a specific subject or place e.g. Things you would find on a plane – Alan “arm rests” – Sarah “seats” e.g. Things you would find in a zoo – Alan “anteater” – Sarah “Snake”
- Ask the young people to guess what each other is acting out
- Change the subject or place once all young people have completed the first round and play again

Helpful hint:

- You can ask the young people to take the lead and come up with the subject or place for the rest of the group



Creative Writing Section

19. Story telling

(Age 8+)

Through picking words from a lucky dip, young people will make a creative story incorporating the words they have chosen.

Time:

1–3 hours (depending if this is done on their own or a group story)

What you need:

- Cups
- Paper
- Pencils/pens

What to do:

- Write on pieces of paper different animals, different areas or countries, different activities, e.g. swimming, football, singing and boys and girls names
- Tear the pieces of paper and place them in cups on the table
- Explain to the young people they have to pick a piece of paper from one of the cups to start their story
- Get the young people to start writing about their animal and then introduce them to the other cups during their story until they have completed a story about their animal
- The young people can introduce as many characters, places, activities they want during their story
- They can also do this as a group with each member taking their turn to add to the story

Helpful hint:

- This activity can be recorded, written down and performed

20. Perfect poems

(Age 10+)

Create a perfect poem about yourself.

Time:

1–3 hours

What you need:

- Computer/laptop or tablet (if they want to type their poem)
- Paper
- Pencils/pens

What to do:

- Ask the young people to write down their name lengthwise on a piece of A4 paper
- Explain they are going to think of a poem about them starting with their first initial
- They should start the poem with their name e.g. JOHN

John likes to be on time for football

On the bus he comes along

How happy he is and feeling cool

Never forgetting to sing his song

- The young people can colour their poem with coloured felt tip pens and decorate the page

Helpful hint:

- Help young people to think of things they enjoy and are good at that they can incorporate into their poem



21. Script writing

(Age 10+)

Design and create a new script for a specific subject or activity.

Time:

1–3 hours (depending if this is to be done on their own or as part of a group story)

What you need:

- Computer/laptop/tablet (if typing it up)
- Paper
- Pencils/pens

What to do:

- Ask young people to think of a situation or activity they would like to write a script for
- Split the group up to work in teams to create their scripts
- Ask the young people to work on different types of scripts e.g.: funny, sad, angry, thriller, horror (you can have these on scraps of paper and get the young people in their groups to pick one that they will use to do their script on)
- Once they know what type of script they are doing they need to start with how many characters they want in their scene
- Ask the young people to write a script that has a beginning and ending
- Once their scripts are written ask them to do a read through with all of the group involved

Helpful hint:

- This can be recorded or they may wish to act it out as a small play. This could be incorporated with story cube pictures to help the young people

22. Consequences

(Age 8+)

Create a short story using two characters in only six stages.

Time:

30 minutes

What you need:

- Pens
- Paper
- list of moves

What to do:

- Write on flip chart or power point the six stages to the story 1: Dog's name 2: Cat's name 3: Place they met 4: What dog said 5: What cat said 6: What happened in the end
- Give the young people a piece of A4 paper and ask them to write a dog's name at the top of the page, this could be a pet, cartoon character or dog from a movie
- Ask the young people to now turn down the page to hide the dog's name
- Young people will then pass their piece of paper to the person on their left (this can be done in small groups of six around a table or in pairs)
- Ask the young people to write a cat's name on the piece of paper and turn it down, and then pass it on again
- Ask the young people to continue doing this until all six stages have been completed
- Ask young people to take it in turn to read out the short story on the page they have finished

Helpful hint:

- You can repeat this game several times and read out the consequences to the story each time. You can also explore how sometimes not knowing the full story can lead to different endings



23. Telephone Pictionary

(Age 8+)

Create a story from words and pictures.

Time:

30 minutes–1 hour

What you need:

- Pens
- Paper

What to do:

- Give each young person pen/pencil and an A4 sheet of paper
- Ask the young people to write a sentence about something they like to do
- Ask the young person to pass the sheet of paper to the person on their left who will now draw a picture of the sentence
- Once they have drawn their picture ask them to fold down the paper to cover the first sentence written and to only leave their picture visible
- Ask the young people to pass the paper on to the person on their left who will now write a sentence about the drawing on the piece of paper
- Once they have written a sentence ask them to fold down the paper to cover the picture leaving only the sentence visible
- Repeat this process until there is no room left on the page
- Have fun comparing each original sentence with the final drawing and the information in between

Helpful hint:

- Encourage young people not to worry about spelling, grammar or being good at art. The best pictures are the messy ones

24. Telephone oracle

(Age 10+)

Design and create an answer sheet from the oracle.

Time:

1 hour

What you need:

- Paper
- Pencils/pens

What to do:

- Split the young people into two groups and get them to sit round a table
- Give each young person a sheet of paper and pen/pencil
- Explain to the young people they have to think of a question they would like to ask the oracle and to write this down on the top of their page
- Get the young people to fold down their question at the top of the page and pass their paper on to the person on their left
- Ask the young person to write an answer as the oracle on the piece of paper they have been given without seeing the question
- Get the young person to pass on the paper to the person on their left with their answer visible
- Ask the young people to now write down a possible question to the answer on their piece of paper
- Ask them to now fold down the answer leaving their question visible and pass on to the person on their left
- Continue to the bottom of the page and end on an answer
- Get the young people to unfold the paper and each read out the first question, final answer and then everything in between

Helpful hint:

- The more off the wall the questions and answers are the better the game is. Young people will get more creative each time they play the game



Version: 2021-07

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A company limited by guarantee No: 125456.

Scottish Charity No: SC000501.

Registered in Scotland.

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