

Style Acre

Supporting people with learning disabilities



Activity Pack

What's in this pack?

Easy Read info about Black History
Month

Art activity - Hair Zantangles (from Art
with Trista)

Story and dancing game - Punchinella,
Little Fella (from Scouts)

Black History Month colouring

What is Black History Month?



Black History Month is held every October.



It is a month when we all come together to learn more about what black people have done in our history.



We need to talk about black history more, because often people do not learn about it at school or on TV.



Black people have changed the world as much as anyone else, so it is important for us all to learn about their achievements.



Here are some of the people from black history you could learn about.



Mary Seacole was a British-Jamaican nurse in the 1800s. She set up her own hospital to help soldiers in the Crimean War.



Harriet Tubman escaped slavery in America and helped many others to escape too.



Nelson Mandela fought to end racist laws in South Africa, and became the country's first black prime minister.



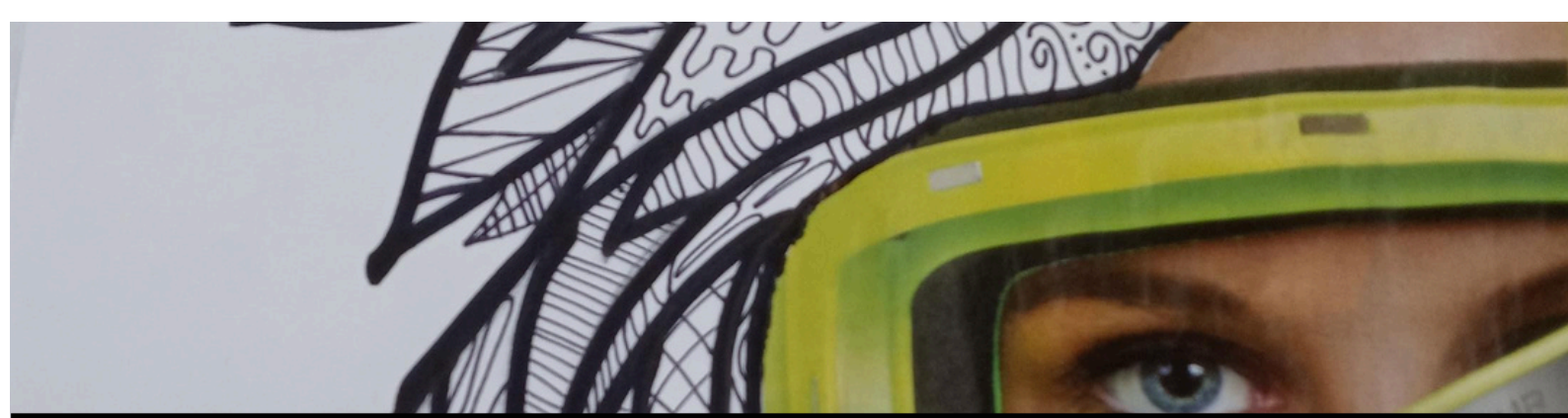
If there is a part of history you're interested in, black people were probably part of it.



You can learn about them and understand history better.



Black history isn't just interesting for black people – it affects all of us!



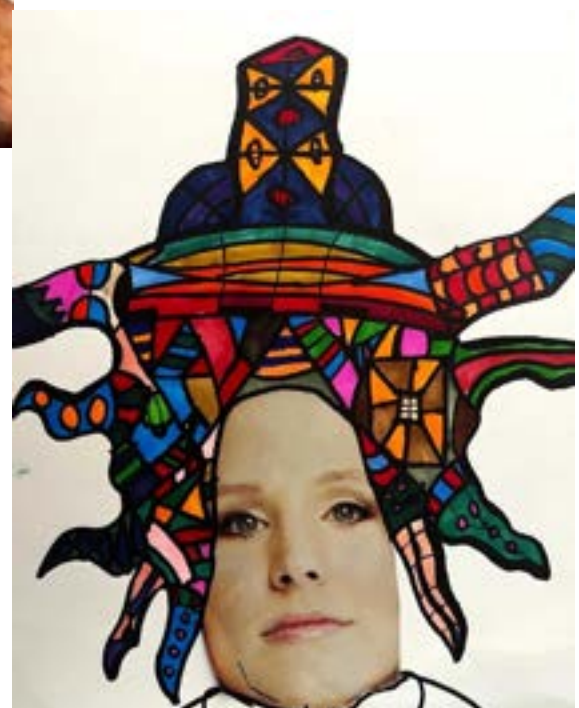
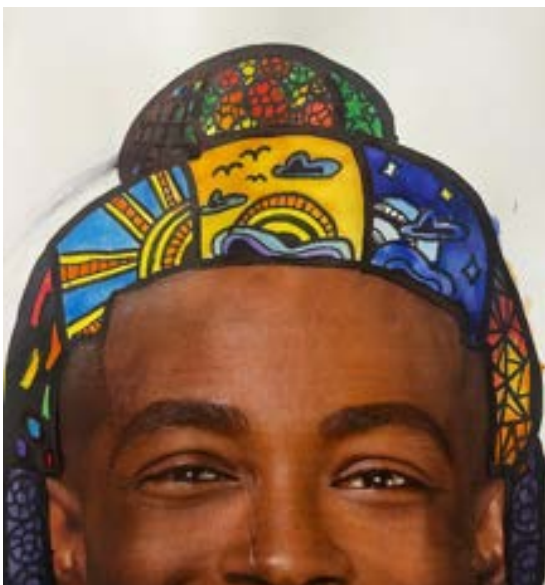
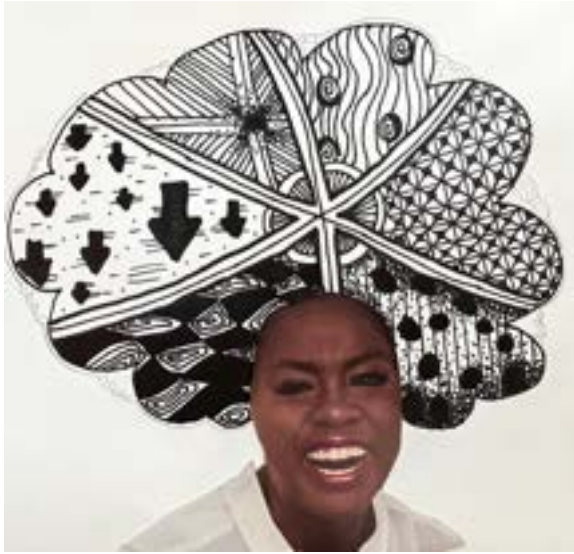
Hair Zentangles

LornaSimpson Inspired Magazine Collage

Materials Needed

- Pencil and eraser
- Drawing paper
- Magazines
- Elmer's glue or glue stick
- Scissors
- Sharpies (ultra-fine, fine and chisel)

Examples



Step 1

Watch Art With Trista Video.

Find a portrait of a person in a magazine. Look for a portrait that is mainly head and shoulders.

Cut out the person neat and clean.

Remove hair.

Use glue stick to glue to person to paper, aligning the portrait to the bottom of the paper or side of the paper.



<https://youtu.be/Slgr1ljcccY>

Step 2

With a PENCIL draw an outline of a hair style.

Break the “hair shape” into sections. Try to have at least 12 different sections.

Fill each section with a Zentangle pattern. Use reference sheets.

Use different kinds of pens to create a variety in lines

About Lorna Simpson

She was born August 13, 1960 in Brooklyn, New York.

She is an only child born to Cuban and Jamaican parents.

As an undergraduate at the New York School of Visual Arts, she studied painting at first but switched to photography in which she got a Bachelor of Fine Arts.

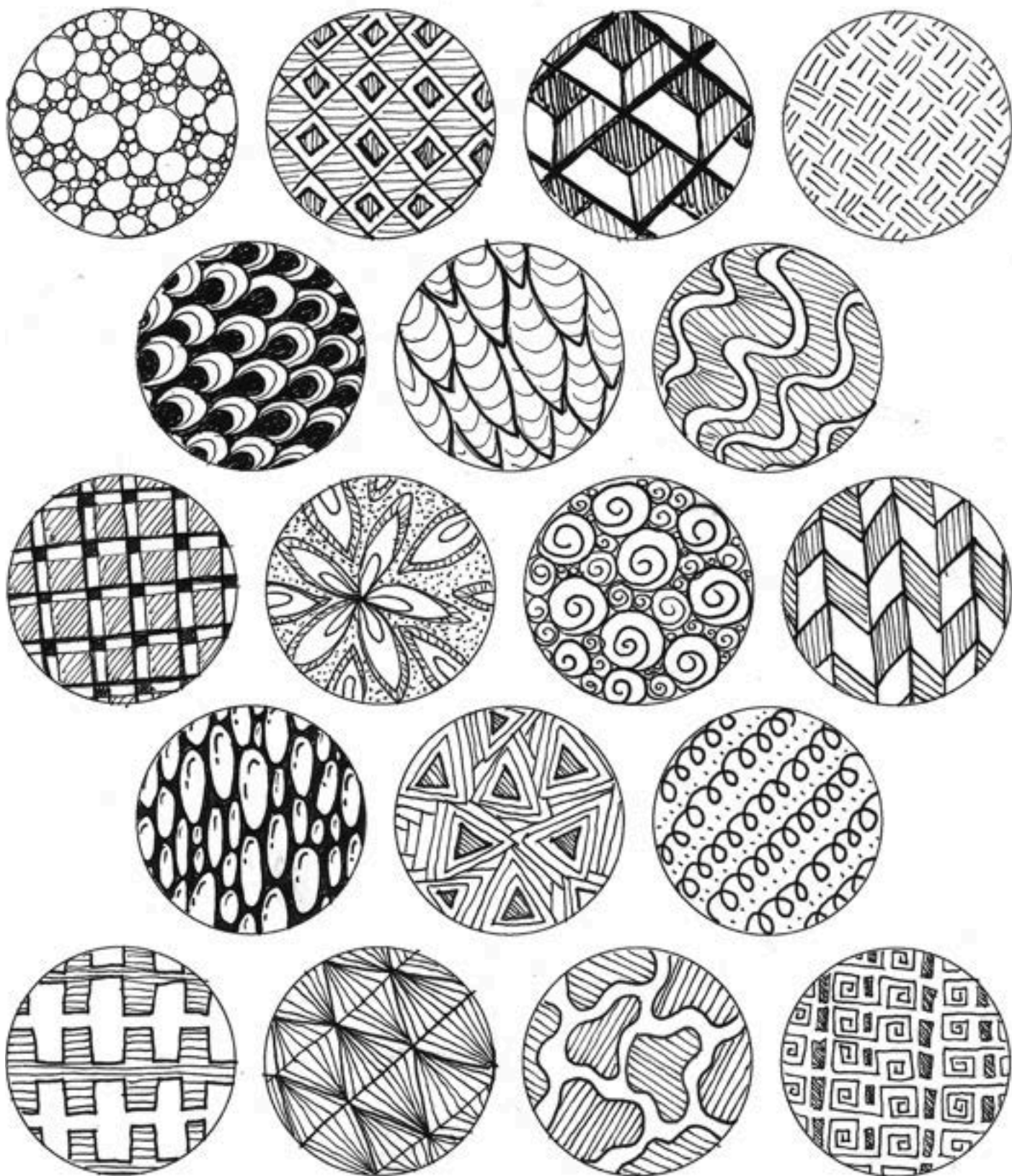
The subject matter of her work explores stereotypes of race and gender, most often with emphasis on African American women, using her own experiences as a Black woman to inspire her work.

She is part of a group of artists that are known to use identity politics in their work. Identity politics aims to make others aware of the issues and unfairness that these marginalized (pushed to the side) people face.

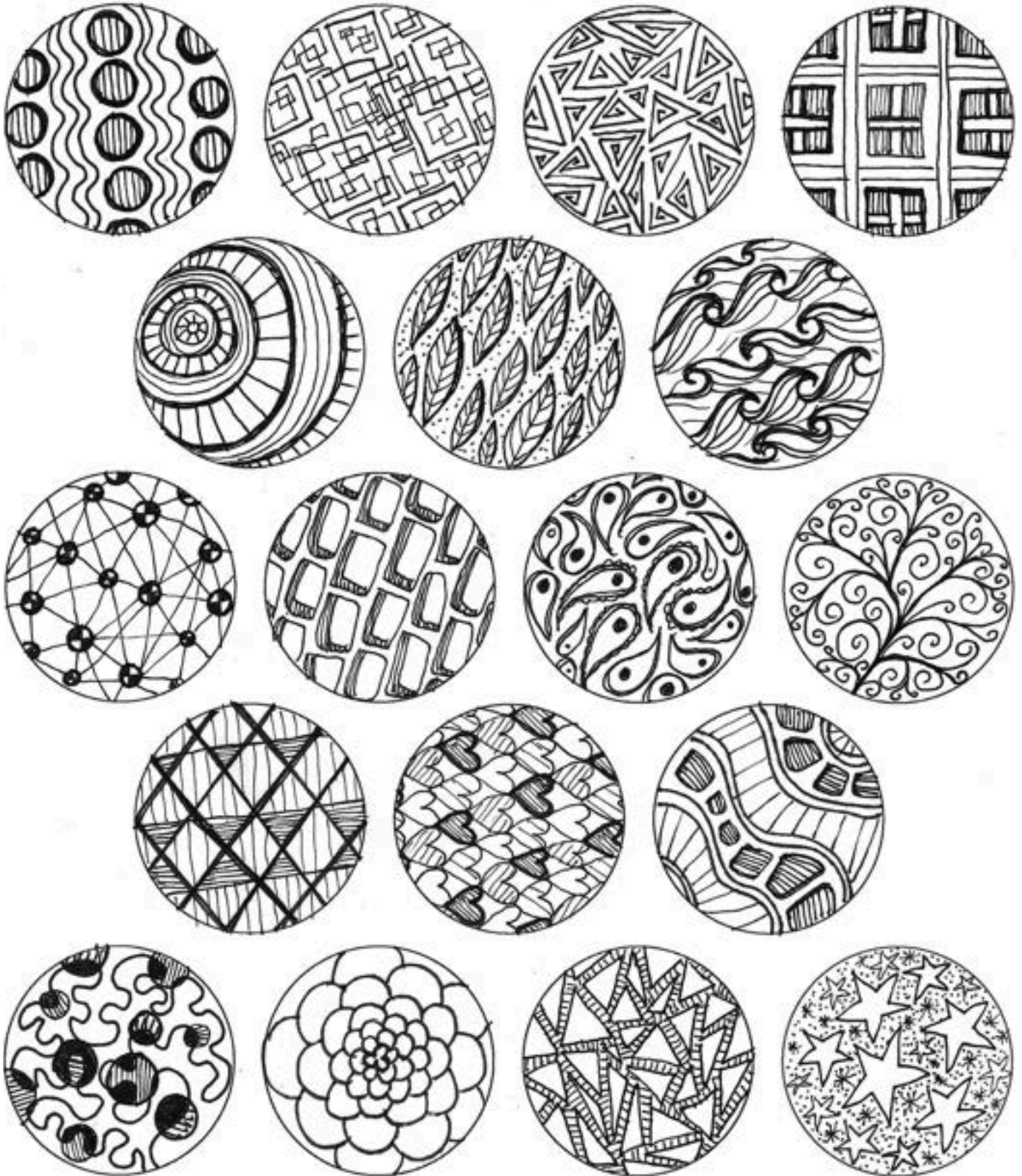
Simpson draws attention to, celebrates, and elevates Black hair.

These beliefs and her passion led her to create a series of collages featuring Black women with abstract hair.

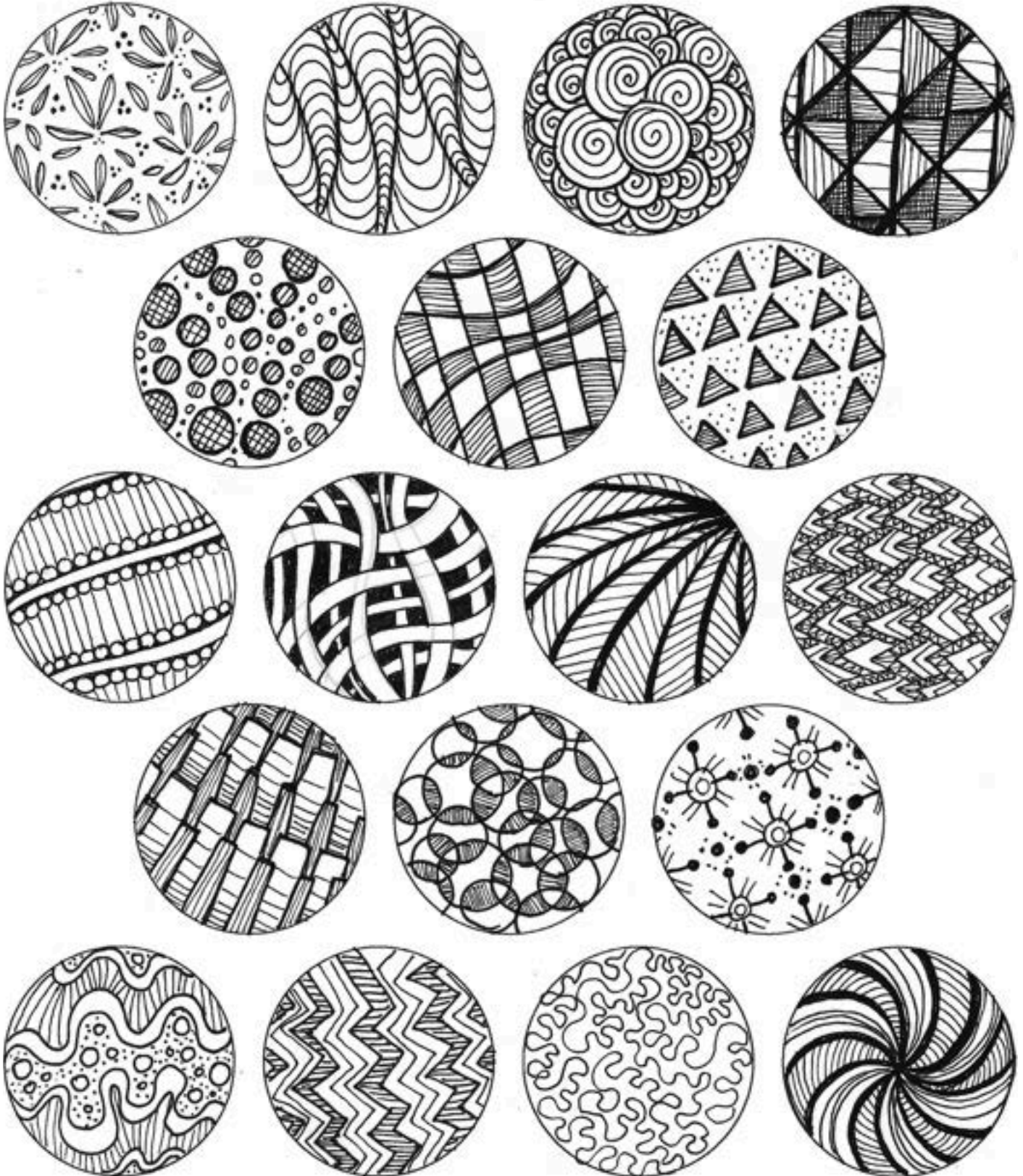
ZENTANGLES



ZENTANGLES




ZENTANGLES



SCOUTS

Activity: Play Punchinella, little fella (Squirrels)

 10 mins

Be independent

Learn to make your own decisions, succeed without adults' help, and achieve things for yourself.

Raise self-esteem

Be confident, understand your strengths and worth, and have a positive attitude towards yourself.

Safety alerts

Active games

The game area should be free of hazards. Explain the rules of the game clearly and have a clear way to communicate that the game must stop when needed. Take a look at our guidance on [running active games safely](#).

Can you copy the person in the middle in this traditional Jamaican children's game?

Before you begin

- Use the [safety checklist](#) to help you plan and risk assess your activity. Additional help to carry out your [risk assessment](#), including examples can be found here. Don't forget to make sure all young people and adults involved in the activity know how to take part safely.
- Make sure you'll have enough adult helpers. You may need some parents and carers to help out if you're short on helpers.
Make sure you've got enough space to play this game – you may need to move things out of the way so everyone has room to stand (and dance) in a circle.



Story time

1. Everyone should sit in a circle.
2. Someone should read *The Deer and their trip to the Market* by Chris Allerton. Make sure you save a copy of the story before the session.
After reading the story, everyone should take some time to reflect on it as a group.
- 3.
4. We've included some questions to help you reflect in the pink box below.
5. Once you've read the story, try playing the game 'Punchinella, little fella'.

The Deer and their trip to the Market

Delilah was a deer and had a young fawn called Finley. Delilah and Finley went everywhere together: to the park, to the doctors, and to the shops. But today, they were going to the food market.

The market was full of sights, sounds, smells – and lots of people. Finley had never been to the market before and was very excited to explore.

Delilah and Finley moved to the first stall, belonging to Pei Pei the panda. There were lots of foods that Finley had never seen before – all different shapes and colours. Pei Pei offered Finley a crispy golden parcel.

'Would you like to try a spring roll? They are from my home in China.'

Finley took a long look at the spring roll. He slowly shook his head and said: 'I don't think I will like that. I don't have them at home.'

Finley turned away and moved to the next stall, which was covered in tiny biscuits. This stall was owned by Kai the kangaroo. Kai bounced over, and Finley asked what the biscuits were.

'These are Anzac wafers,' Kai explained. 'They are sweet crunchy biscuits that I learned to make from my mother in Australia. Would you like to try one?'

Finley carefully looked at the Anzac wafers and slowly shook his head again. 'I don't think I will like them as I don't have them at home,' he said.

Finley moved again to another stall, owned by a fluffy white poodle called Pascal. Before Finley could see what Pascal was selling, he had wagged over.

'Bonjour, my little friend!' Pascal barked. 'Are you hungry? Please try my ratatouille, made from fresh vegetables! I learned to make this at my home in France.'

Finley was a little surprised and quickly said, before hurrying back to Delilah: 'I don't think I will like that as I don't have it at home.'

Finley found Delilah with bags full of food. Finley was very sad. He had gone to the food market and eaten nothing. He wanted to go home.

In the evening, Delilah called Finley down for his dinner. When Finley came to the table he found all the people he had met at the market ready to eat dinner with him. Delilah had invited them so Finley could try all the new food at home.

Finley slowly took a bite out of Pei Pei's spring roll. Then he nibbled one of Kai's Anzac wafers. Then he slurped a spoonful of Pascal's ratatouille. Finley paused, before looking up and smiling.

'I really liked that,' he said. 'Is there any more?'

By Chris Allerton

What's Black History Month?

Black History Month takes place every October in the UK. It started in the United States in 1926. In the UK, Black History Month began in 1987 and is an important opportunity to celebrate and learn about Black history. During this month, schools and communities hold events, activities, and discussions to highlight important figures, such as activists, artists, and leaders. This month is a chance for everyone to appreciate the rich culture and history of Black communities and to understand the impact they have had on our society. However, it's important to remember that Black history is a part of history that people can (and should) learn about all year round.

This activity has been chosen as it's a traditional Jamaican children's game.

Punchinella, little fella

1. As everyone to stand in a circle with one person in the middle.

Everyone can join in with this game – including the grown ups.
2. Everyone in the circle should clap their hands in time and say 'Punchinella, little fella, what can you do?'

3. The person in the middle of the circle should do a short, simple dance move.
 | Some people may need a bit of encouragement to think of a dance move.
4. Everyone in the circle should copy the dance move.
5. The person in the middle should choose someone else to be in the middle and swap places with them.
6. Everyone should keep playing the game until each person has had a chance to be in the middle (or the group loses interest).

| We've included some questions to help you reflect in the pink box below.

Reflection

This game encouraged everyone to be more independent. Hopefully, it also raised people's self-esteem when they thought of a dance move that everyone else in the group copied.

The Deer and their trip to the Market

- When was the last time you did something you were nervous to do?
- How did trying it out make you feel?

Punchinella, little fella

- Was it difficult to think of a dance move on the spot?
- Was it scary to show a dance move in front of everyone else?

Change the level of challenge

Some people may find it difficult to think of a dance move. Adults should encourage them to do even a small movement, then celebrate their involvement – it's great when people give it a go.

To make the game more difficult, everyone could make a noise while doing their dance move – then there are two things to copy (a dance move and a noise).

Make it accessible

Make sure that everyone can be involved by supporting them to think of a dance move and considering what dance moves are accessible to the group.

Take it further

Try teaching family and friends new dance moves and see if they can copy them. Can they teach you any new dance moves?

Youth Shaped guidance

Encourage everyone to think of their own dance moves – if some people are struggling to think of any, a friend or adult could help them come up with an idea.

