

Wriggle Room in the South Downs National Park

Activities, stories and explorations for under-5's and their caregivers developed by Katy Beinart and Lydia Hunt.

A Story about the Colours of Cuckmere

Phoebé and Raffy live by the river Cuckmere in the chalky grassland that surrounds it. They love playing together around the beautiful river banks and listening to the water trickle by as they fly.

Phoebé is a bee, she is yellow and black and she has amazing, fuzzy, stripes, they go up and down her body. Raffy is a butterfly, he has lots of vibrant colours: blue, yellow, red, orange, green and purple.



Can you find any of Raffy's colours around you?
What do you think Raffy's wings feel like?



They move differently as they explore the grass-lands. Phoebé moves very fast, buzzing around, round and round. Raffy is much slower, gently flying left, right, up and down. They're always chasing each other through the long, swishy green grass that tickles their wings.

Make yourself tall and swish and wave
your body side to side to be the grass.



Phoebé and Raffy love finding and smelling the flowers as they fly - blue, red, and yellow flowers are their favourites. "Raffy, you are so colourful!" Phoebé said one day. "Our friend the bird is blue like the bluebells, our friend the ladybird is red like the poppies and I am yellow like the dandelions but you have so many colours. Why are you so different?"



Story and activities written and designed by Lydia, and designed by Lydia, in session by Wriggle Room participants

To finish the story, can you move
around like you are really happy?

Phoebé and Raffy stared up to the sky in amazement. "Wow, look..." said Phoebé. "Raffy, you are all the colours of the rainbow!" Raffy the butterfly was so pleased and he, Phoebé the bee with their friends the bird and ladybird danced under the rainbow until the sun went down.

Move your arm in the shape
of a semicircle over your head.



Phoebé and Raffy hid together under a big green leaf to stay dry and listened to the drip-drop of the raindrops. But before too long, sunbeams burst through the grey clouds. It was wonderfully warm as fantastic colours lit up the sky - a rainbow!

Put your arms in the air and wriggle your
fingers, moving your arms down to your knees or lightly drop water on your skin like raindrops.



Raffy thought about this and couldn't answer his friend. Phoebé was right, Raffy was very different. He wasn't at all like their friends who were the colours of the grasslands they called home. The next morning there were grey, thick, fluffy clouds rolling in the sky and rain began to fall along the banks of the river Cuckmere.

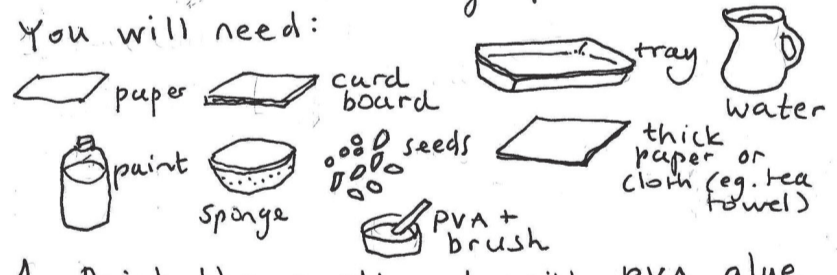


An Activity for children and their adults to try at home:

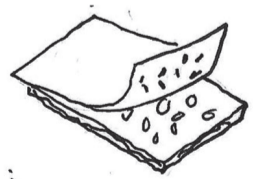
Printing with natural materials

Make a seed collagraph

You will need:



1. Paint the cardboard with PVA glue then sprinkle on the seeds. Let it dry.
2. Using the sponge, cover the seeds with paint.
3. Wet the paper in the tray & blot on thick paper/cloth
4. Press the wet paper on to the seed collagraph. Peel off to see your picture!
5. Place somewhere to dry.



You could also try using: rice, lentils, beans, leaves, small sticks, shells, grasses, feathers, bark...

Activity and Illustrations by Katy



Places we've visited, and you can too....

Wriggle Room is Towner's early years programme for under-5s and their caregivers at Towner and The Trees Community Centre. Activities and workshops are developed in response to creative exploration and connection to nature through art-making, storytelling and performance.



PINE CONE



BARK



MOSS



A LEAF FROM A TREE



Berwick Church

Make yourself small and slowly grow like a flower



Friston Forest

Look up through the tree canopy and copy the movements of the branches and leaves.



Cuckmere Haven

Look into the distance and wriggle and wave your body side to side like the winding river.



Butts Brow

There are lots of insects around, spread your wings and fly like a butterfly.

GETTING HERE

Cuckmere Haven and Friston Forest
12A or 12 Bus to Seven Sisters Park Centre (Eastbourne - Brighton)

Berwick Church
Train to Berwick, then take a big walk to the church (direct from Eastbourne)

Butts Brow
1, 28 (Regency Route), 51, 52, 98 Bus to Church Street (Eastbourne), then take a big walk up the hill

Activities developed by Wriggle Room's artists Katy Beinart and Lydia Hunt.

Thanks to South Downs National Park Trust for supporting the delivery of Wriggle Room.

Location images: Source material from *How to Draw* series by Bela and Jan Bodo, a Walter Foster Publication (1950s-1970s)

