

Canal Life: Activities Menu

- Canal Art
- Common Whipping
- Macramé Planters
- Origami Boats
- Printing
- TimeSlips

Canal Art

Materials List:

- Ceramic Tiles
- Ceramic Paints
- Ceramic Pens
- Brushes
- Palettes
- Canal Art Inspiration – Prints

Instructions:

1. Spend time talking about and looking at Canal Art found on barges and narrow boats.
2. Take a section of a piece you like and draw the basic shapes onto a clean ceramic tile, using ceramic pens, or a soft pencil if you prefer.
3. Add colour using ceramic paints – remember to use colours that are found in canal art, which are usually primary colours. You can mix small amounts of coloured paints together in a palette to make bespoke colours if you like.
4. If you find it easier, you could make a simple stencil out of card or paper to fill in with paint. Remove the stencil once the paint is dry.
5. Make sure you wash brushes quickly before the paint dries on them.
6. Allow the tiles to dry before using or displaying them. Paint will wash off with warm soapy water. If you would like to make your designs permanent, place the tiles in a cold oven, set the temperature to 150C or Gas 4/5, and once the oven has reached temperature, bake for 35mins. Allow them to cool in the oven thoroughly before removing.

Common Whipping

Common Whipping is the simplest type of [whipping knot](#), a series of knots intended to stop a [rope](#) from unravelling. They are often used on boats.

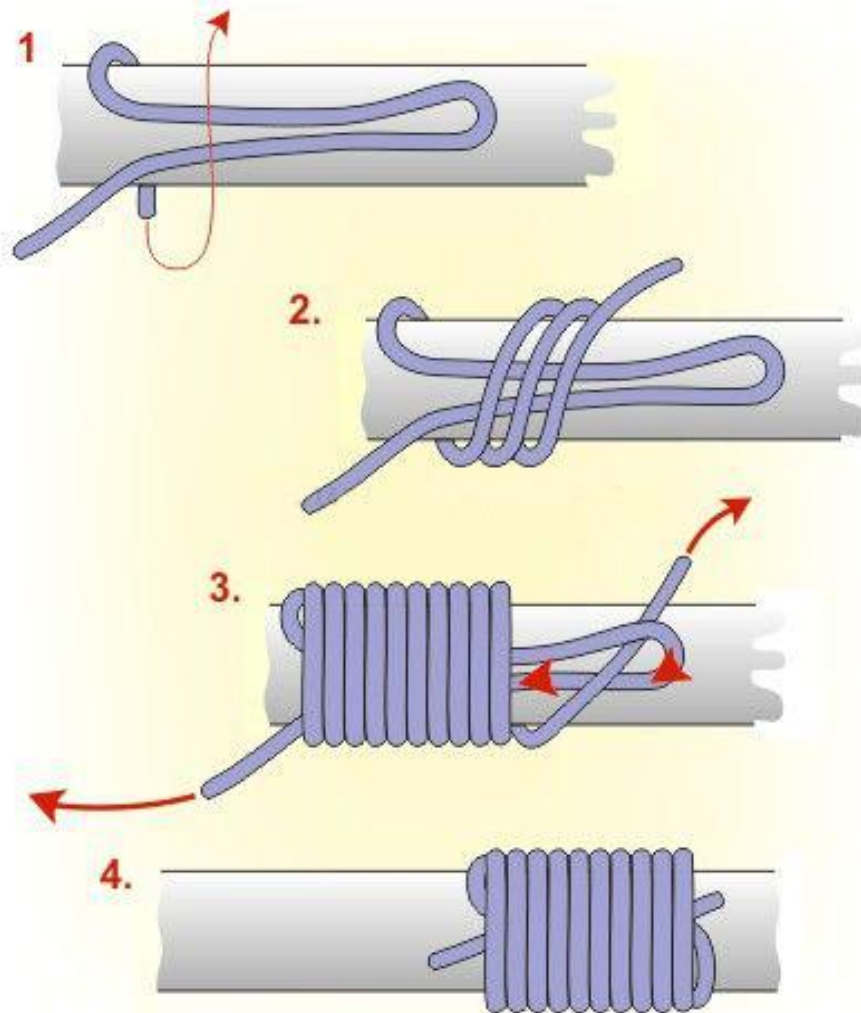
Materials List:

- Coloured Liquorice Strands
- Paracord, coloured rope or string (various textures, colours and sizes)
- Instructions for Common Whipping
- Objects to cover or wrap

Instructions:

1. Familiarise yourself with the technique from the instruction sheet.
2. Use coloured liquorice strands to start with – it's a great way of exploring the knot before starting – then you can eat it!
3. Choose object to cover – a stick or chair are great to do the technique on!
4. Select various colours and textures to jazz up your selected object.

COMMON WHIPPING



Lay the head of the twine along the rope, making a loop back along the rope.

Begin wrapping the twine securely around the item you are covering, including the loop of twine.

Wrap until the 'whipping' is one and a half times wider than the item you are covering is thick.

Slip the working end of the twine through the loop. Carefully pull on the standing end of the twine until the loop and working end are pulled under the whipping, making sure the working end doesn't get dragged completely through the whipping.

Cut the twine flush with the edges of the whipping, and the rope-end not less than half its width from the whipping to give the end a neat finish.

Macramé Planters

Materials List:

- Paracord or string (various textures, colours and sizes)
- Instructions for Macramé
- Plant Pot
- Wooden Ring

Instructions:

1. Begin by selecting your paracord or string and laying out the various strands.
2. Select your plant pot – use the small ones provided or source larger pots, jars or decorative containers of your own. Make sure your strands of paracord or string are the correct length for the container.
3. Follow the Macramé instructions on the sheet.
4. Source some small plants or succulents to plant in the pots.

1



GATHER TOOLS AND MATERIALS

2



CUT THREE 54" PIECES OF ROPE

3



FOLD IN HALF AND TIE ONTO WOOD RING BY CREATING LOOP AND PULLING THROUGH (LARKSHEAD KNOT)

4



STARTING 7" DOWN FROM TOP RING, TIE A HALF KNOT





Insert plant into holder, hang up using the wooden ring and admire!



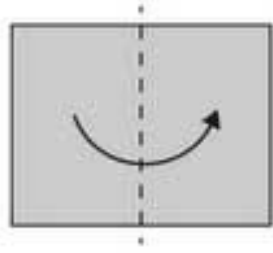
Origami Boats

Materials List:

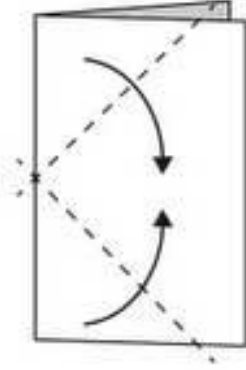
- A4 Paper
- Pens
- Origami Boat Step by Step Instructions – follow this to create your origami boats

Tips and Ideas:

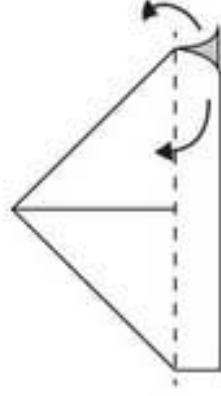
- Origami is very effective and the activity can be led through visuals rather than through verbal communication.
- Spend time naming the Boats, inspired by names found on the Barge Boats on the Bridgewater Canal. These could be personal or comical.
- You could then have a boat race on water, or why not visit the Bridgewater Canal and put them on the water.



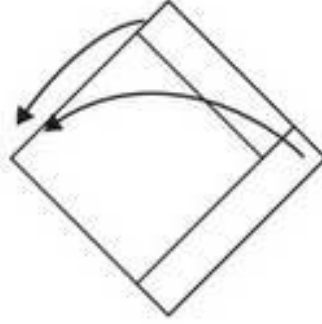
1. Fold paper
(A4 or letter size)
in half



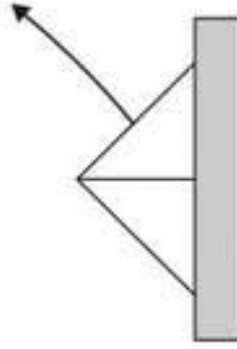
2. Fold corner in



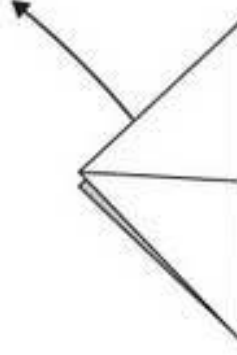
3. Fold along bottom
on both sides



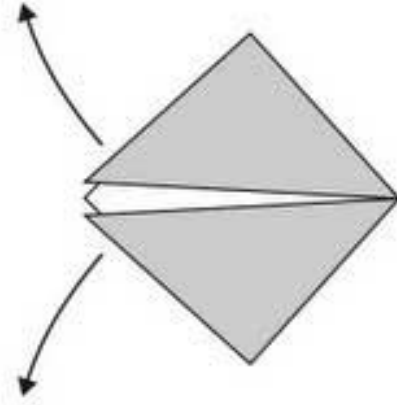
5. Fold bottom
points up



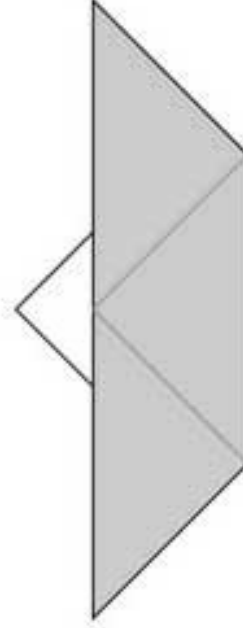
4. Lift the
middle and push
sides together



6. Lift the
middle and push
sides together



7. Pull apart the
sides and shape
into a boat



Origami Pie

8. A boat! ;)

Printing

Materials List:

- Canal Art Prints
- Styrofoam
- Sharp Pencils
- Rollers
- Printing Ink (assortment)
- Inking Trays
- Coloured Card

Instructions:

1. Explore the images, patterns and shapes in the examples of traditional canal art and decide on what you would like to print.
2. Draw your design into a piece of Styrofoam with a sharp pencil. Make sure you push in firmly otherwise it won't print!
3. Squeeze a small amount of ink in a colour of your choice into a tray and distribute it evenly with a roller.
4. Roll over a thin layer of ink in a colour of your choice over the Styrofoam, making sure it is evenly distributed. Turn it over and print onto a piece of coloured card, pressing down all over with the flat of your hand but ensuring the Styrofoam doesn't move.
5. You can repeat this process, changing colours and how many times you decide to print it – the designs may make pretty greetings cards.



TimeSlips

TimeSlips is a technique that places imagination and storytelling ahead of the pressure to remember, and is an award-winning technique of working with people with memory loss. Check out the TimeSlips website www.timeslips.org for more tips and imagery that you can use with this approach!

Materials List:

- Imagery based on the Bridgewater Canal (with people and objects)

Instructions:

1. Ask the group to decide on an image relating to the Bridgewater Canal.
2. Create and write down a story with the group by asking them open ended questions such as:
 - What can you see?
 - What are they doing?
 - What colours can you see?
 - What could you smell / hear (if you were 'in' the picture)?
 - What do you think people are saying to each other? What are their relationships?
 - What has just happened / what will happen next?
3. Read back and repeat until the story concludes.
4. Add a title and congratulate the group on the story they have created!

* You could add drama and characters into the story – by adding costumes and asking what the opinions, characteristics and back stories of those characters would be....



