

TRINITY:



CHILDREN AND FAMILIES WINTER PACK

A WARM HELLO FROM TRINITY!



Trinity Community Arts

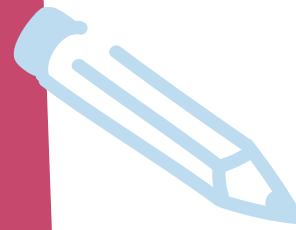
Trinity Centre, Trinity Road, Bristol BS2 0NW

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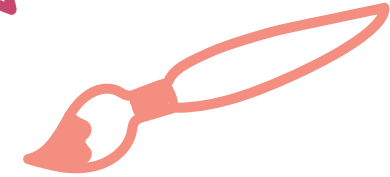
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CHILDREN AND FAMILIES WINTER PACK



TRINITY.



A WARM HELLO FROM TRINITY!

Dear parent/carers

This Winter Activity Pack is full of fun activities for children and their families to do at home.

Children and families can follow the easy step-by-step instructions using materials that are found around the home.

These packs are created by the team at The Trinity Centre in Old Market. A community arts centre offering of activity including Community Dance Classes, Heritage Projects and life changing music making projects for young people. Our children's and family programme includes garden activities, Forest School programmes and volunteer opportunities.

WANT TO KNOW MORE?

Scan the QR codes using your Smart Phone Camera and find out more about taking part in activities at Trinity. Or you can visit Trinitybristol.org.uk

We hope you enjoy these packs - get cosy, get crafting and get going!

Big love

Team Trintiy x

Share your creations

Made something amazing?

Let us know by tweeting us at @TrinityBristol

Or send photos and comments to info@trinitybristol.org.uk

Let us know what you think

Like it or love it, send your comments to info@trinitybristol.org.uk



PROTEST AND RESISTANCE

TRINITY.



THE ART OF RESISTANCE



The Art of Resistance, is a 2-year project exploring 100 years of resistance in Bristol.

How to do this activity:

Have a go at the activities and questions below. Answers are at the bottom of the page.

To find out more about Trinity's Art of Resistance Project scan here:



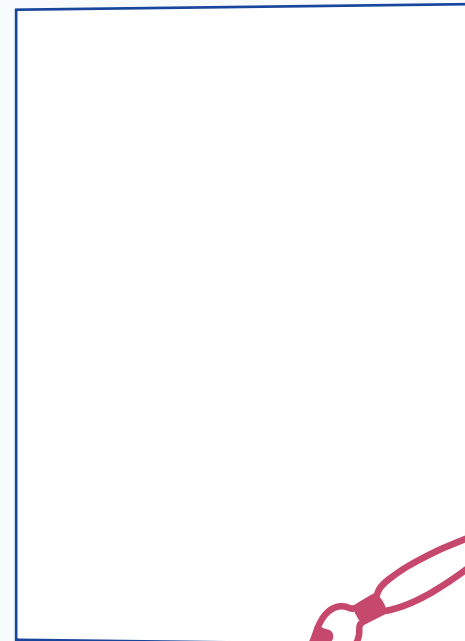
1. Words and phrases are very important parts of protest. Can you design a poster and see if you can use just 1-5 words that tell everyone one or more of the following:

- What your protest is for?
- What they should do?
- What you want to change?

Below are some examples that might help:

Fight the Power
Black Lives Matter
12 Years to save Earth

2. Earlier this year a statue of Edward Colston was removed from the plinth in the Centre of Bristol. Think of a cause, or a person that really matters to you and draw a picture of what you think should be in its place.



Fancy something a bit more challenging?

3. What do the following locations in Bristol have in common? You can use the internet to search for clues.

- Queens Square
- Old Market/Castle Street
- Bristol Bridge
- Cheltenham Road

4. Key Protest Words in Bristol. Can you fill in the blanks?

- _L_CK_IV_S_A_T_R
- _XT-N_TI__EB_LI_N
- _R_S_L__S_OY_T
- _L_M_T__H_N_E



3. Answer:
They are locations of Bristol riots:
Queens Square 1830
Old Market/Castle Street 1932
Bristol Riot 1794
Tesco Riot 2011

4. Answers:
Black Lives Matter
Extinction Rebellion
Bristol Bust Boycott
Climate Change

COLOURING IN

TRINITY:

GET COLOURING IN

Colour in this illustration by artist **Adam Menzies**.

Want to try something extra?

What does Trinity mean to you?

If you were to draw a picture about Trinity what would it look like? Maybe try your own image on a different page.

Want to share what you have made with us – **find out how on the back page.**



GINGERBREAD CUPCAKES

TRINITY.



HOW TO DO THIS ACTIVITY

Prep Time 30 minutes

Cook Time 20 minutes

Total Time 50 minutes

Servings 12

WHAT YOU NEED

Equipment:

- 12 Cupcake Cases
- Cupcake Tray
- Whisk or Hand mixer
- 2 Mixing Bowls
- 1 small bowl
- A small Pot
- Spatula
- 1 tablespoon



INGREDIENTS

For the cupcakes

- 100 g Butter or baking spread
- 100 g Light brown sugar
- 115 g Golden syrup
- 35 g Black treacle (also known as molasses)
- 2 Eggs large
- 125 ml Milk
- 200 g Self raising flour
- 1 tbsp Ground ginger
- 1 tsp Mixed spice

For the buttercream

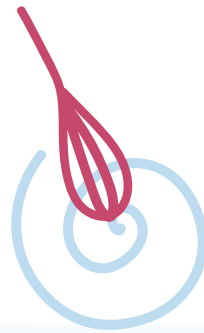
- 200 g Butter
- 400 g Icing sugar
- 1 1/2 tsp Vanilla
- 1 1/2 tsp Ground ginger
- 1/2 tbsp Milk optional, if the buttercream needs loosening

For the decoration

- Gingerbread man fondant shapes or any biscuit you want (optional)
- Sprinkles



GINGERBREAD CUPCAKES



TRINITY.

HOW TO MAKE THE CUPCAKES:

Preheat your oven to Fan/180C/350F/Gas Mark 4, and line a cupcake tin with cases.

Melt the butter, golden syrup, light brown sugar and black treacle on low heat. Leave on the side to cool for 10 minutes.

In a mixing bowl, stir together the dry ingredients (self-raising flour, ground ginger, and mixed spice).

In another mixing bowl, whisk the eggs and milk together. Slowly add the cooled butter and syrup mixture whisking as you pour until everything is combined.

Slowly pour the egg and butter mixture into the flour mixture and whisk well.

Divide the mixture equally between the cupcake cases.

Bake them for 20 minutes until they are golden brown or until a skewer inserted in the middle comes out clean, remove them from the tin and place them on a cooling rack to cool down fully.

Decorate your cupcakes:

To make your buttercream, whisk together the butter (200g), icing sugar (400g), vanilla extract (1 ½ tsp) and ground ginger (1 ½ tsp) until smooth. If the mixture is too thick you can add a splash of milk.

Pour all your sprinkles into a bowl.

Scoop a dollop of butter cream onto your spoon and onto the cupcake.

Repeat so you have two dollops of buttercream on top of your cupcake to make dome shape (smooth with back of spoon to make a smoother dome).

Pick up the cupcake and roll in the sprinkles (don't push too hard as you don't want to squish the buttercream dome).

Add a gingerbread man on top.



Want to try something extra?

If you don't want to use this gingerbread recipe, check out some of my other recipes and use the same buttercream sprinkle dome technique! linktr.ee/Montyscakeshop

Want to share what you have made with us – **find out how on the back page.**

LEAF PRINTING AND CARD MAKING

TRINITY:

HOW TO DO THIS ACTIVITY

Make your own homemade cards to send to friends and relatives.

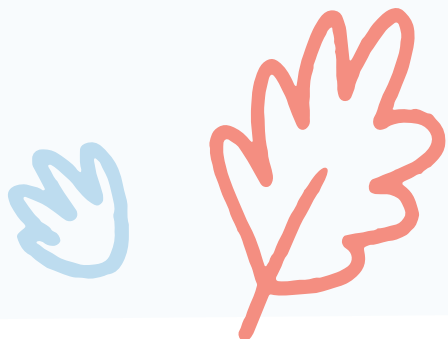
What you need:

- Paint
- Paintbrush – preferably flat
- A4 card (or thick paper)
- Scrap paper or newspaper
- A leaf or lots of leaves!

INSTRUCTIONS:

1. Fold your piece of card in half.
2. Put your leaf on a piece of scrap paper.
3. Using the paintbrush, carefully paint over one side of the leaf – you can use more than one colour if you want to create a multi-coloured print (photo 1).
4. Place the painted leaf paint-side down on your card.
5. Put a clean piece of scrap paper over the leaf and push down gently (photo 2).

(Go to next page)



LEAF PRINTING AND CARD MAKING

TRINITY.:



6. Carefully remove the scrap paper and leaf, you should now see a painted print of the leaf.
7. If you want to add another leaf print to the same card then leave the paint to dry and repeat steps 2 to 4 (photo 3).
8. When all the paint is dry, you can add extra decorations using a pen.
9. Send it to a friend, family or someone you love!



Want to try something extra?

Why limit yourself to a small card?

Why not make a bigger piece of art, either of a larger piece of paper or on a piece of material (an old bedsheet would be perfect), and create your very own Nature Banner or Flag!

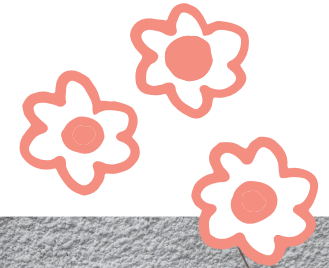
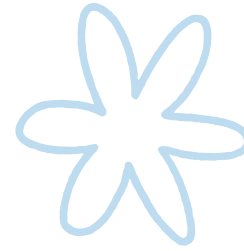
Maybe you could tell us what message you want to communicate through your art?

Want to share what you have made with us –
find out how on the back page.



NATURE MOBILES

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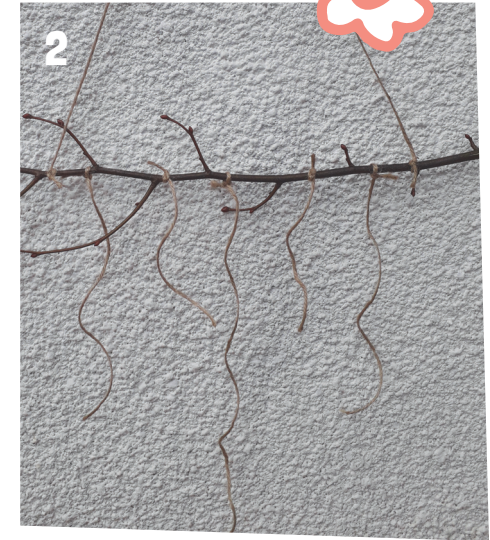
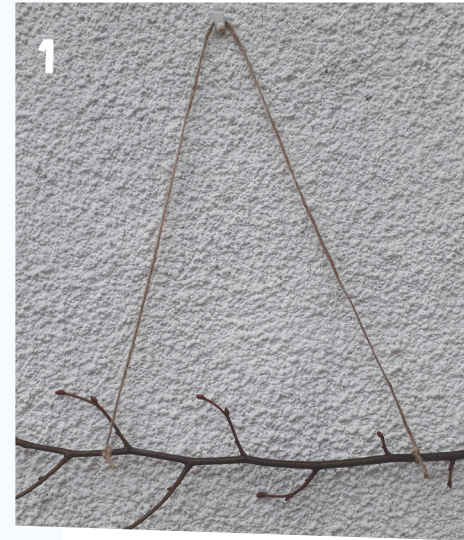
WHAT YOU WILL NEED

- One Stick – about 40cm long and at least 1cm thick is good but any size will work
- String – make sure it's strong!
- Scissors
- Items found in Nature to hang in your mobile



HOW TO DO THIS ACTIVITY

1. Cut a long piece of string (about 60cm) and tie either end to each side (about 10cm in) of your main stick (photo 1). This is what you will hang your Nature Mobile on.
2. Cut lots of pieces of string of different lengths and tie them around your main stick so that they hang down - you can put as many pieces of string as you want (photo 2).
3. Attach the items you have found in Nature to the loose end of each string, such as flowers, leaves, berries, pinecones, acorns, pebbles, bark, twigs, etc. You can put more than one item on each string (photo 3 & 4).
4. Find a place to hang your Nature Mobile and bring the wintery nature into your home!

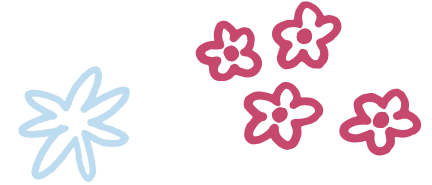


SALT DOUGH ORNAMENTS

WANT TO TRY
SOMETHING EXTRA?



TRINITY.



WHAT YOU WILL NEED

- 1 cup of plain flour
- ½ cup of table salt
- ½ cup cold water
- 1 Bowl
- A Rolling Pin
- Baking Tray and Parchment

INSTRUCTIONS

1. Mix the flour and salt together.
2. Add the water and knead for about 5 minutes on a floured surface (photo 1).
3. Flour your rolling pin and partially roll out your dough.
4. Choose your decorative items to add to your ornaments by positioning them onto your dough and rolling them gently into your dough until your dough is about 1cm thick (photo 2).
5. Cut out your dough shapes using a glass, egg cup or a knife to make any shape you like.
6. Make a hole near the top using a skewer to hang ornament later (photo 3).
7. Dry Ornaments: Turn on your oven on to 100°C and carefully place your ornaments on a piece of baking parchment on a baking tray (photo 4). Bake for 2 hours or until solid and leave to cool. Or you can leave to air dry for around 2-5 days
8. Tie ornaments onto your main stick following the same steps as **Nature Mobiles**.

Want to share what you have made with us – **find out how on the back page.**



MAKE YOUR OWN TIN CAN DRUM

WHAT YOU WILL NEED

- Empty Tin Can – clean and dry with no sharp edges
- Range of Papers - coloured, gift-wrap, shiny... anything will do
- Stickers
- Scissors
- Sellotape
- Balloons
- Glue Stick
- Colouring Pens / Pencils

Want to try something extra?

You could try making a shaker by adding dried rice / lentils to the inside of the tin can before you stretch the balloon tightly over the top. Look around your home and see what other things you can find that make interesting sounds. Gather some of these different items together and make your own family percussion band!



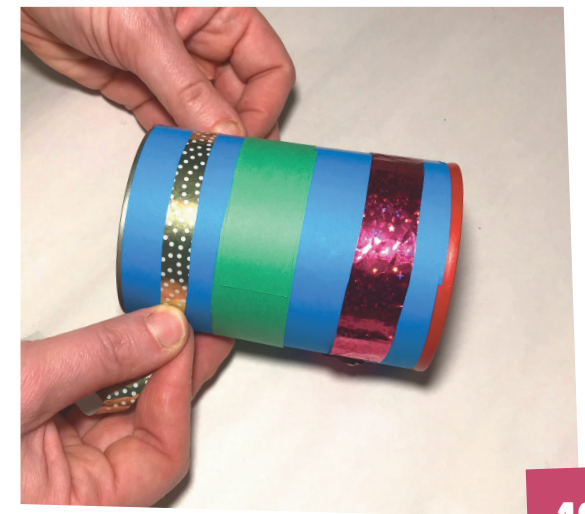
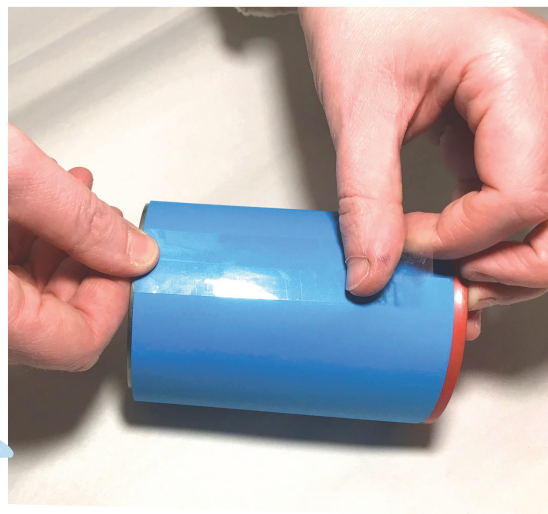
TRINITY.:

MAKE YOUR OWN TIN CAN DRUM

INSTRUCTIONS

1. Carefully cut off the thin end of the balloon.
2. Stretch the wide end of the balloon and pull it down tightly over the top of the tin can – The tighter it's stretched the better the sound. This is the top of your drum!
3. Using a pen, mark the height of the tin can on your paper.
4. Fold the paper where you have marked it and using scissors cut the paper to fit the tin can.
5. Wrap the paper around the tin can.
6. Stick it together with sellotape.
7. Decorate your tin can drum however you like using strips of paper, stickers, drawings, and patterns. This is your chance to get really creative!
8. Your tin can drum is finished! Now you can have fun making rhythms using pens or pencils as drumsticks, or just use your fingers to tap a beat.

Want to share what you have made with us – **find out how on the back page.**



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LULLABIES PROJECT

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HOW TO DO THIS ACTIVITY

Sing (or hum!) this beautiful Somali Lullaby.

If you know the song already then sing along!
If its new to you – have a go and have fun!

(SOMALI) Dhammow

Hobeeyaa hobeheey hobeheeyaa
Markaad dhalatee dhawaaqday, Dhadow dhaxan
bayga duushay, Dhulkaa ii wada iftiimay.
Dhammow dhuux iyo lafoowaa, Dhammow dhuubane dhalyow waa,
Dhammow dhogor xaajiyow waa, Dhammow kaan ku dhaartayow waa
Dhammow dheega Hartiyowa'. Hobeeyaa hobeheey hobeheeyaa.

(ENGLISH Translation) Oh, Perfect Child

When you were born and first cried,
All of my body glowed. The whole world shone.
Oh perfect child, you're from the finest, deep roots.
Oh perfect child, you're the son of a tall, slim father.
Oh perfect child, you have the skin of a pilgrim.
Oh perfect child, you're the one whose life I swear upon.
Oh perfect child, you are of the highest strength.

WANT TO TRY SOMETHING EXTRA?

Do you sing a lullaby at night?

Do you have a lullaby song you love?

What did your family sing to you?

And by lullaby we mean any song you may have been sung or sing it doesn't have to strictly be a lullaby.

What do you sing to lull your child to sleep at night?

We'd love to know the story behind it, who taught it to you? and what does it mean to you?

Want to share a lullaby with us?

Find out how to submit yours by scanning the QR code of visiting www.trinitybristol.org.uk



WORD SEARCH

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A WINTER IN NATURE

The 21st of December is the winter solstice which marks the start of the coldest season of the year and lasts three months.

During winter, Nature slows down and lots of things go to sleep for a while but there is still magic to be seen if we look carefully. There are 17 winter words hidden below – can you find them all?

Did you find all the words? Well done!

Now, why not go for a Winter Nature walk outside and see if you can spot as many items from the word search as possible.



L	W	Y	D	F	I	L	W	J	Z	C	D	N	U	W
E	U	F	B	E	J	O	X	Z	V	Q	Y	R	R	I
N	O	I	T	A	N	R	E	B	I	H	M	M	E	N
E	X	B	M	S	F	I	R	E	U	O	U	N	C	T
E	J	A	F	G	O	R	G	N	M	R	O	Q	E	E
C	I	R	Q	S	C	R	D	Q	M	C	U	D	C	R
I	O	E	G	I	N	A	F	U	E	P	D	Q	I	X
H	F	L	T	Y	R	O	R	N	N	X	C	N	T	L
T	K	R	D	K	I	A	I	D	Y	D	X	I	S	B
C	U	U	X	M	T	P	T	T	O	E	D	B	L	Q
S	H	K	Q	I	E	V	M	Q	A	R	T	O	O	W
O	A	W	O	R	P	L	C	W	V	R	M	R	S	W
T	M	N	R	E	I	N	D	E	E	R	G	A	Q	R
A	S	W	X	S	O	Y	L	L	O	H	J	I	N	M
Z	W	I	B	B	K	P	B	H	O	W	X	U	M	T

BARE
CITRUS
COLD
DARK
DORMANT
FIRE
FROST
HIBERNATION
HOLLY
MIGRATION
MURMURATIONS
PINECONE
REINDEER
ROBIN
SNOW
SOLSTICE
WINTER

SCENTED DECORATIONS



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WHAT YOU WILL NEED

- 4 large oranges
- Chopping board
- Wire oven rack or baking paper
- Baking tray
- Sharp knife
- Fresh cloves (approx. 20-30)
- Large length of string/ribbon

HOW TO DO THIS ACTIVITY

1. Put the oven on a lowest heat, around 65 degrees centigrade.
2. Slice the oranges, about 1cm thick.
3. Decorate the orange slices with cloves. Push each clove through the orange with your fingers, with the star facing upwards.
4. You could create a ring of cloves on the outer or inner edge of your slice, or do your own thing.

5. With the knife, carefully make a small incision at one end of the slice. This is where your string or ribbon will go through once your slices have dried.
6. Put your orange slices with the design face up on your baking tray on a wire rack/or baking paper. Bake for about for 3-4 hours depending on your oven.
7. Once baked, leave to cool for 30-60 mins.
8. Now you can string your orange slices with the string/ribbon. You could make individual Christmas tree decorations, add them to a wreath or string up as one line.

Want to share what you have made with us – **find out how on the back page.**



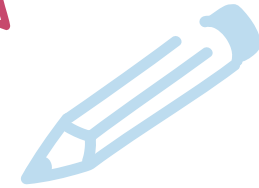
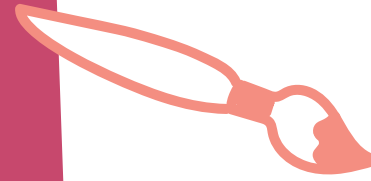
Want to try something extra?

If you have left over oranges and cloves...make your family their own pomanders! Just tie ribbon around whole oranges and pop cloves through the skin in a pattern. No need to bake! Why not decorate each orange with your family's initials and patterns you think they would like?



CHILDREN AND FAMILIES WINTER PACK

TRINITY.



THANK YOU

This pack was created using Funds from BBC Children in Need, Quartet Community Foundation, Bristol City Council and Power to Change.

Thank you to the Trinity staff and team who submitted their ideas:

Dave Thomas, Activities Manager – Music Makers
Claire Goulding, Activities Coordinator - Garden
Fleur Handley, Project Assistant - Garden
April Henry, Receptionist (and Monty's Cake Shop)
Edson Burton, Heritage Curator
Roxanna Vilks, Associate Artist – Lullabies

Thank you to The Group of Seven and Hounsfield Printing Ltd for working with us to pull this together so quickly.

SHARE YOUR CREATIONS

Made something amazing?

Let us know by tweeting us at [@TrinityBristol](https://twitter.com/TrinityBristol)

Or send photos and comments to info@trinitybristol.org.uk

Let us know what you think!

Like it or love it, send your comments to info@trinitybristol.org.uk

Find out more about the projects and activities at Trinity:
www.trinitybristol.org.uk

