

hubbub

theatre
company

The (not so) Quiet

REVOLUTION

of Kindness



Craft
Pack

It's no surprise that both ancient and modern societies associate the sunflower with warmth, positivity, power, strength, and happiness since it bears such a strong resemblance to the sun itself. Over the years, the sunflower has developed unique meanings across the world, but many cultures share similar views of the flower thanks to its physical characteristics, which include:

- *Long life, mainly since most varieties stand in full bloom for months on end during the hottest days of summer*
- *Feelings of adoration, admiration, and platonic love towards a person, such as a family member or friend*
- *Loyalty and strong bonds between two people, as represented by the strong and upright stem*
- *Seeking out positivity and strength, as the bloom turns to face the sun*
- *Nourishing yourself and others, since the sunflower produces an abundance of edible seeds*
- *Brightening your mood, through the vibrancy of the yellow or orange petals*
- *Good luck and lasting happiness, especially in the Chinese culture*

The sunflower epitomises all we are trying to achieve with our street theatre show, *The (not so) Quiet Revolution of Kindness*, which will uplift and inspire audiences with its colour, physicality and acts of kindness.

We're after your help to make Derby awash with **sunflowers** on the lead up to the show's premiere at this year's **Derby Festé**. So if you're a school, a community or craft group, or just someone who likes to make, knit, bake and decorate get in touch and help us create sunflowers that can adorn shops and the streets, along the route and surrounding area, spreading the revolution of kindness.

We have put together a few ideas for creating sunflowers to get you started and inspired.....

GUIDE TO SKILL / TIME LEVEL



QUICK & EASY WITH SOME SCISSOR WORK



QUITE EASY BUT COULD TAKE A BIT LONGER



TAKES A BIT LONGER TO COMPLETE WITH SOME TRICKIER BITS



PAPER PLATE SUNFLOWER



THESE FUN SUNFLOWERS LOOK FANTASTIC ON THEIR LONG STEMS!


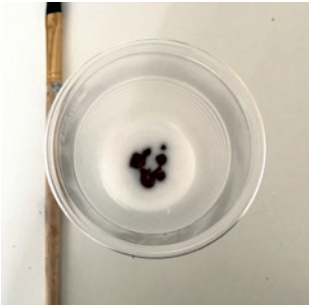
You will need:

- PVA glue
- Brown acrylic paint
- Yellow paper plates (or paint white ones yellow first!)
- Green garden sticks (or paint wooden skewers)
- Bubble wrap
- Scissors
- Double-sided tape
- Green card
- Felt-tip pen
- Scrap of card (for template)
- Glitter (optional)

Instructions


01

Mix together some PVA glue and brown acrylic paint in a pot.



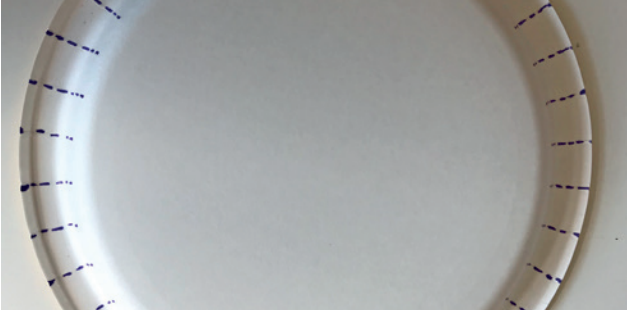
02

Take your yellow plate and turn it over.



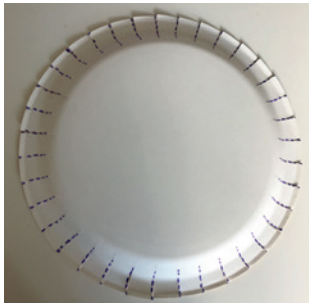

03

Draw along each of the creases to create lots of equally spaced lines.



04

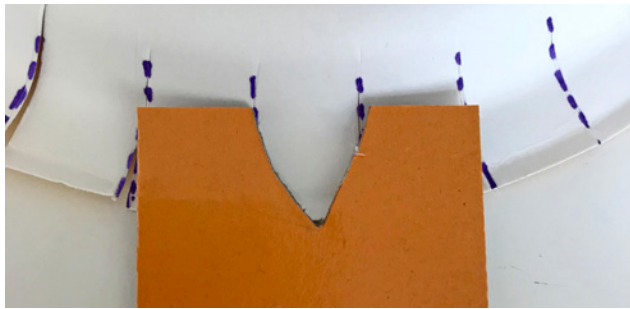
Use the scissors to cut along these lines. Each cut needs to be about 3-4cm long (These will be your flowers petals).



05 Using a scrap of card, make a petal template from the example provided.



06 Hold the template at the end of each of the petals and draw a line on the inside of the templates triangle.



07 Use scissors to cut around the line at the end of each petal.



08 Turn the plate yellow side up again.



09 Do stages 1-8 again so that you have two yellow flower shapes

10 Using the template as a guide, cut out a circle from bubble wrap.

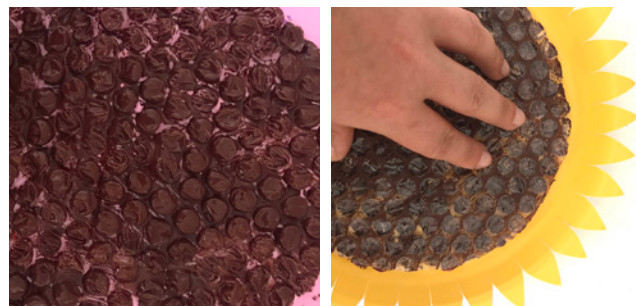


11 Paint the bubble wrap circle (bubbles facing up) with the PVA glue and brown paint mix.



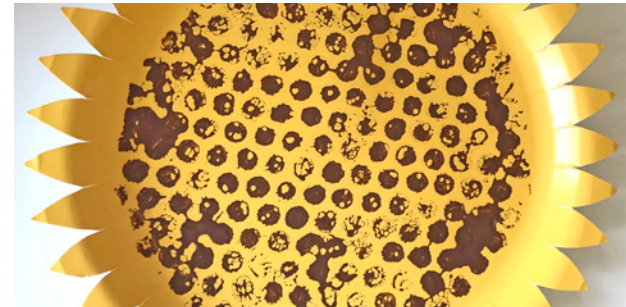
12 Carefully pick up the wet, painted bubble wrap circle and place it wet-side down in the centre of the yellow plate.

Use your fingers to gently rub around the bubble wrap to ensure the paint has transferred.



13 Gently peel off the bubble circle.

14 You will be left with a bubble print in the centre of your flower.



15 Stick the bubble circle that made the print into the centre of the other yellow plate you prepared earlier with PVA glue or double-sided tape.

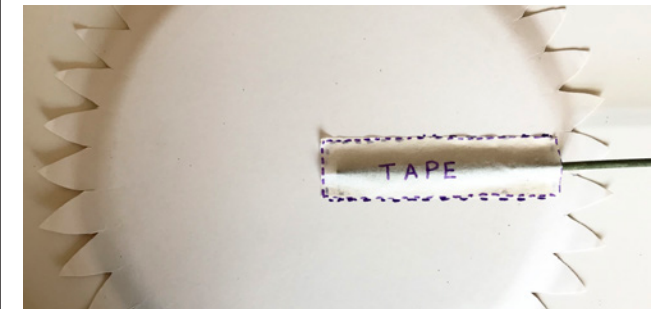


16 If you choose to, you can add a little glitter to the brown centre of your flower.

17 When the flowers are dry enough for you to turn them over, place a strip of tape from the centre of the flower out to the edge.



18 Stick the end of your stick to the tape and place another piece of tape over the top.



19 Use some green card to create a back for your sunflower and stick it in place.



HAVE FUN!!!

RAG SUNFLOWER



RAG SUNFLOWERS ARE FUN TO MAKE ON YOUR OWN OR AS PART OF A GROUP. THEY CAN BE AS BIG OR AS SMALL AS YOU LIKE.

You will need:

Strips of yellow fabric (you can use any shade of yellows/creams and oranges and recycle old clothes or materials)

Strips of brown fabric (you can use any shade of browns/beiges and recycle old clothes or materials)

Scissors that will cut fabric

Scrap of card (for template)

PVC garden netting or tapestry backing material

Masking tape

Felt-tip/permanent pen

Scrap of card (for template)

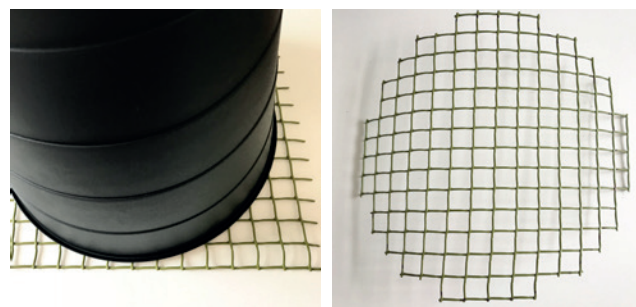
Glitter (optional)

Instructions

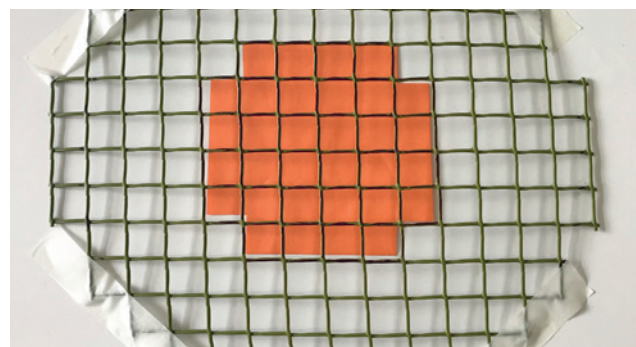
01 Cut lots of strips of fabric from clothes or recycled materials in shades of yellows and brown. Make two piles of each colouring. brown acrylic paint in a pot.



02 Cut a circle from the garden netting or tapestry backing that is the size of sunflower you wish to make. There is no limit to this - it can be as large or as small as you like! When cutting the circle try to work around the grid of squares. (See example) This will help you have more holes to tie your fabric onto.



03 Using a pen and/or the scrap card work out roughly what size the brown centre of your sunflower will need to be. Use masking tape to keep your circle in place.



04 Using a pen and/or the scrap card Thread the strips of yellow fabric through the square holes and tie in place with a knot.



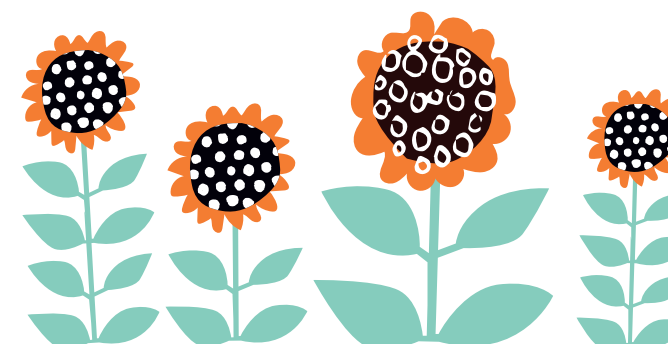
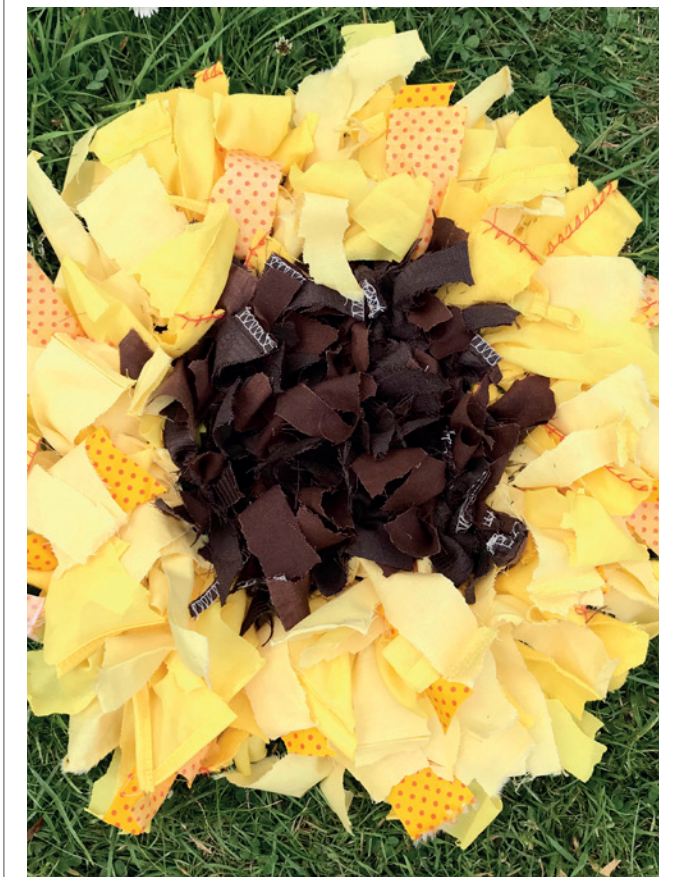
05 Use slightly different lengths of fabric across the flower. Tie fabric strips across any corners of the backing to hide them.



06 Use slightly different lengths of Fill all the squares with varied shades of yellow fabric leaving the space in the middle for the brown centre of the sunflower.



07 Use slightly different lengths of Using the brown strips of fabric fill in the centre of the flower. You can knot these several times to create a slightly different effect to the yellow petals.



HANDPRINT SUNFLOWER



You will need:

Paper (yellow/orange/white)
Yellow/Orange/Brown acrylic paint
Glue stick/double-sided tape
Scissors
Pencil

Instructions

- 01** Draw a circle on yellow or orange paper. The size you would like the centre of your sunflower to be. Cut it out.



- 02** Use the brown paint to create fingerprints across the circle.



- 03** Paint your hand with yellow paint or press your hand into a container of paint.



- 04** Press hand on to paper. Use other hand to press it down so that the paint touches the surface of the paper equally.



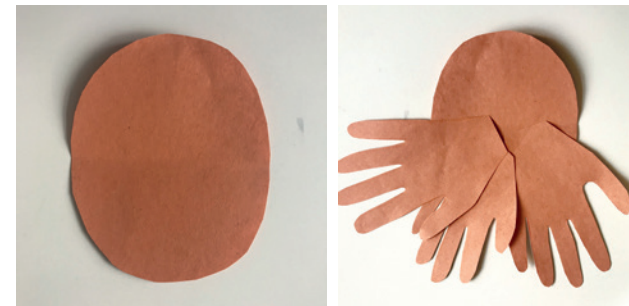
- 05** Make at least six prints. Cut them out.



- 06** After cleaning your hands, draw around your hand on yellow or orange paper. Cut out. You need at least six hand cut-outs.



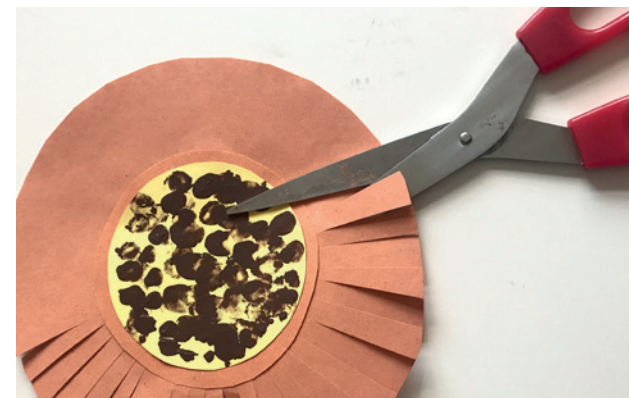
- 07** Cut out a circle from yellow or orange paper. Start to arrange your cut out hands around the circle. Fix in place.



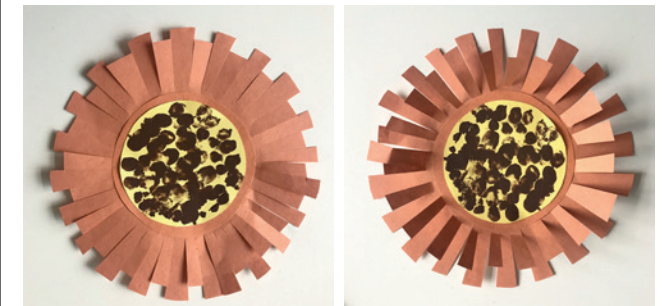
- 08** Arrange the cut-outs of your handprints over the top. Fix in place.



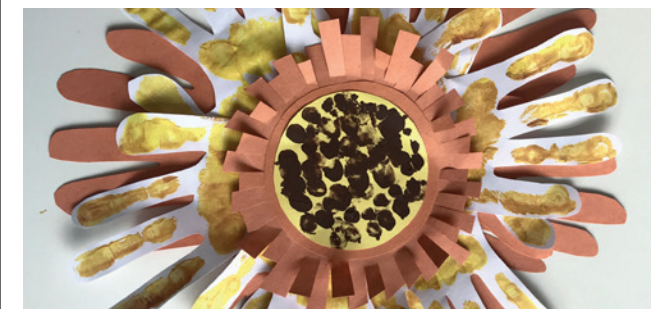
- 09** Fix the centre circle you painted earlier on to some yellow or orange paper. Cut around the centre leaving a border of around 2-3cm. Go round the circle, cutting inwards from the edge to the centre.



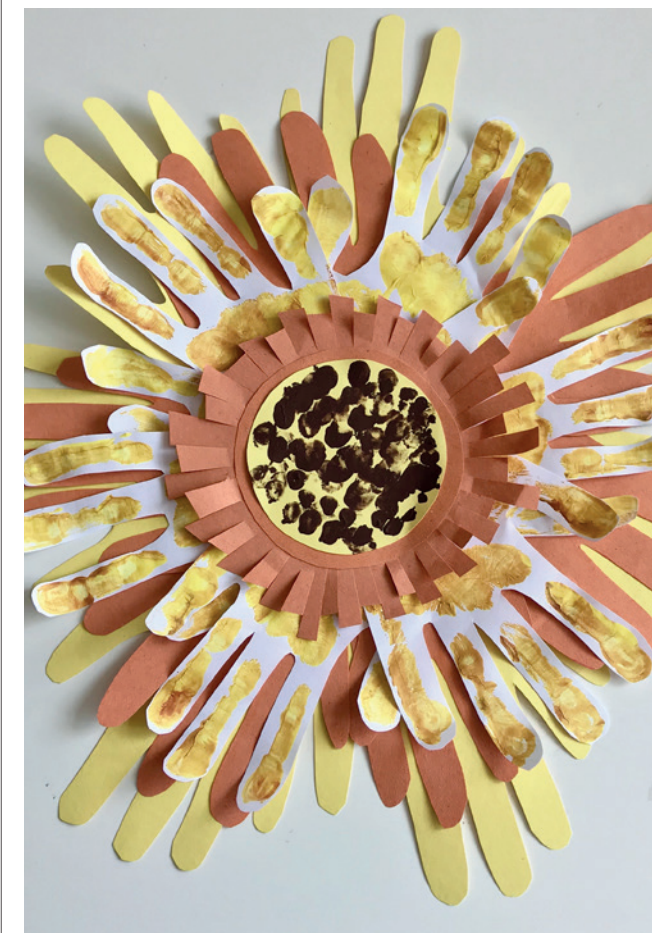
- 10** Cut each strip alternatively so that one is long and one is shorter. Slightly fold each one to help them stand out.



- 11** Fix centre on to the flower.



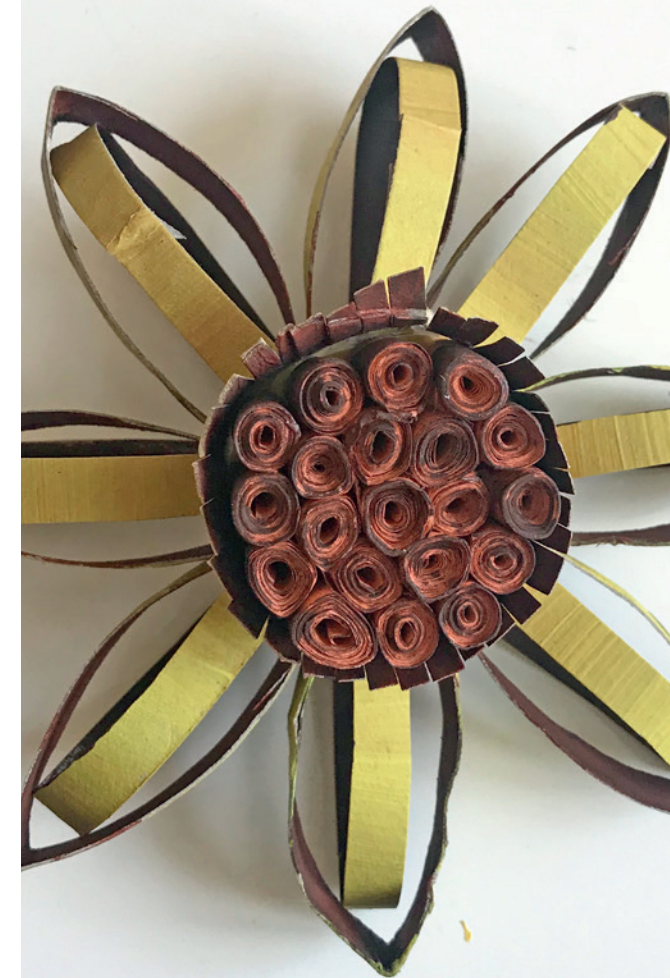
- 12** You're finished! Create as many layers as you wish.



SKETCHES



CARDBOARD ROLL SUNFLOWER



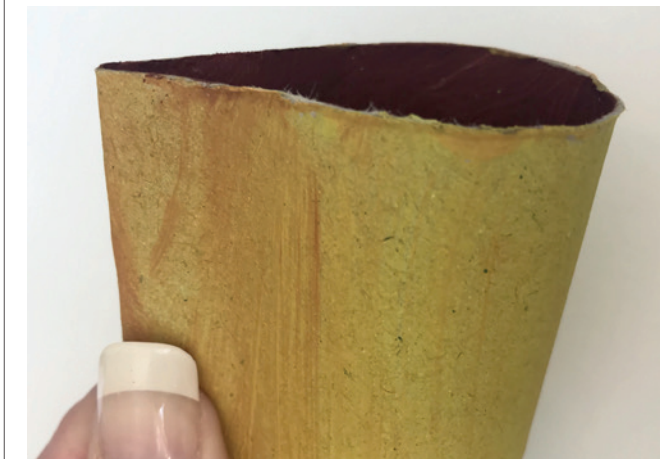
- You will need:**
- 2 x Cardboard rolls
 - Paper (yellow/orange or brown)
 - Card (yellow/orange or brown)
 - Yellow acrylic paint
 - Orange or Brown acrylic paint
 - Glue stick/double-sided tape
 - Scissors
 - Glue Gun (**adults only!**)

Instructions

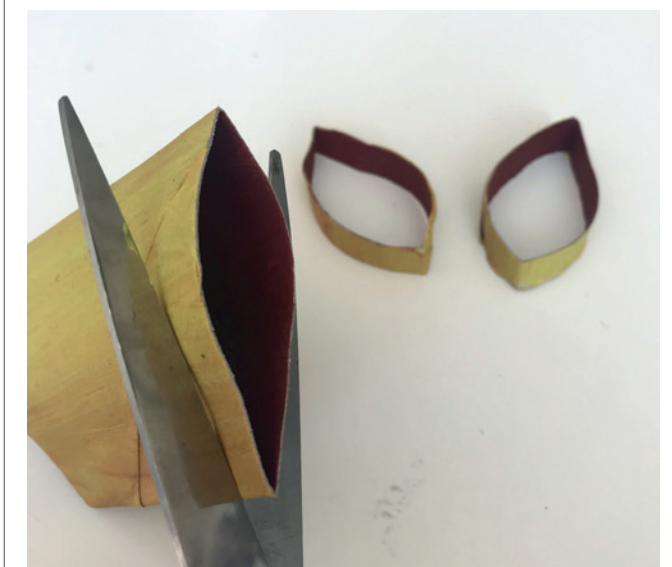
- 01** Paint your cardboard rolls yellow on the outside and brown/orange on the inside. Top tip: If you paint the roll white first the yellow will be brighter!



- 02** Pinch one end of the tube to create a point. Do the same to the opposite side.



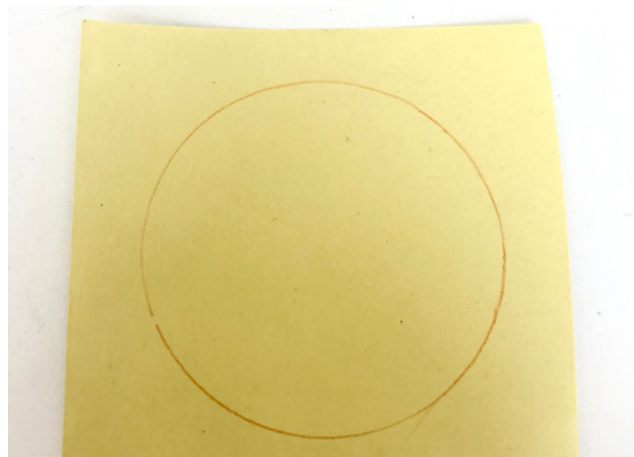
- 03** Use scissors to cut strips that will become petals.



04 Securely fix petals together



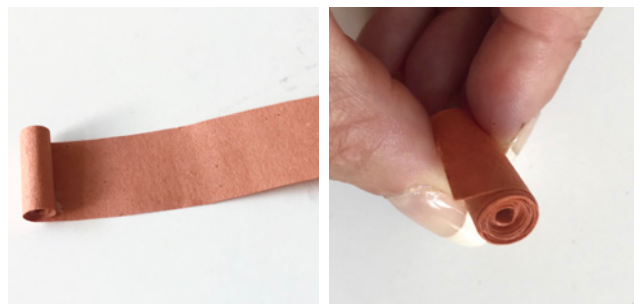
05 Draw a circle on card the size you would like the centre of your sunflower to be. Cut it out.



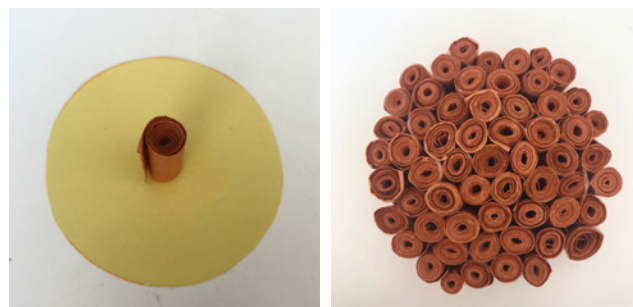
06 Cut strips out of paper (either yellow, orange or brown)



07 Roll each strip and fix at the end with glue or double-sided tape.



08 Securely fix one roll in the centre of the card circle. Fix the other rolls around that centrepiece.



09 Use one more strip to surround the rolls. Fix in place.

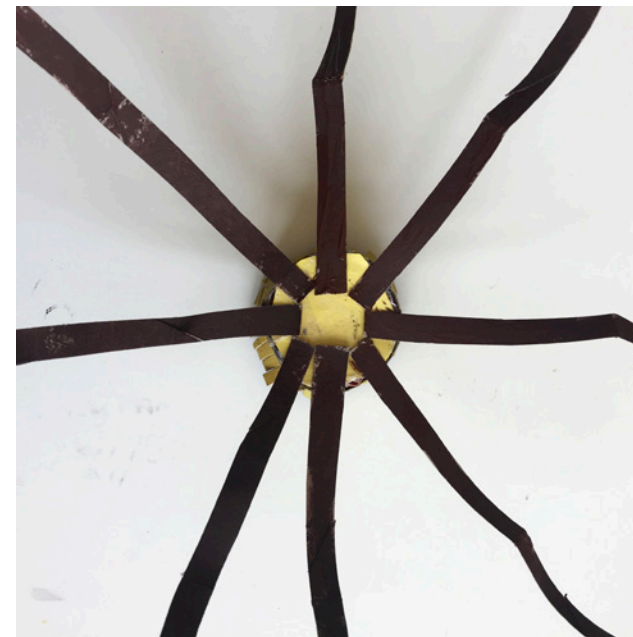


10 As in step 3, use the scissors to cut strips that are slightly thinner than the ones used for petals. Cut into the loop to create strips.



Continued overleaf

11 Turn over your flower centre. Use the same amount of strips as the number of petals. Securely fix the strips, brown side up, on to the centre card circle.



12 Turn over centre and securely fix onto petals, making sure strips are lined up to position of petals.



13 Feed each strip through each petal and fix securely at the back of the flower.



14 You're finished! These look pretty hung up...



HAVE FUN!!!

PAINTED CUT-OUT SUNFLOWER



You will need:

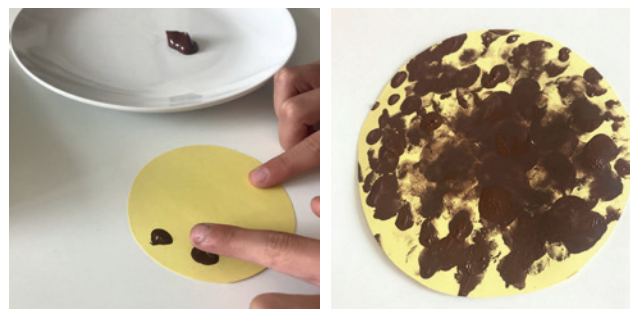
Paper (yellow/orange/white)
Yellow/Orange/Brown acrylic paint
Glue stick/double-sided tape
Scissors
Pencil

Instructions

- 01** Draw a circle on yellow or orange paper. The size you would like the centre of your sunflower to be. Cut it out.



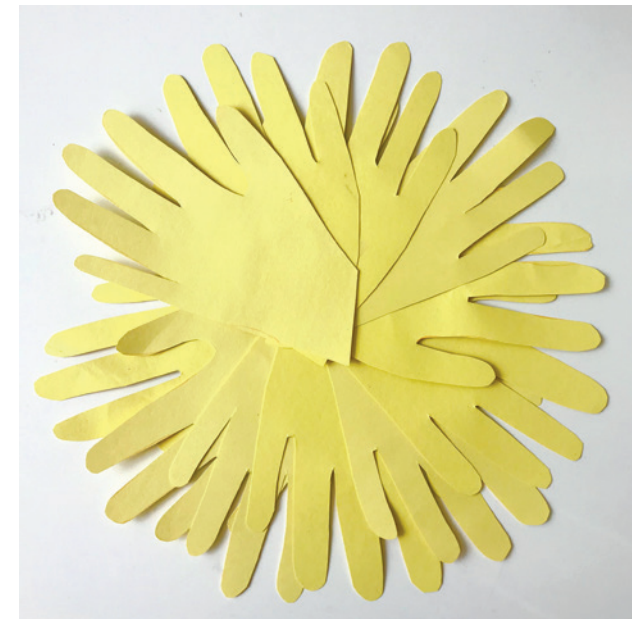
- 02** Use the brown paint to create fingerprints across the circle.



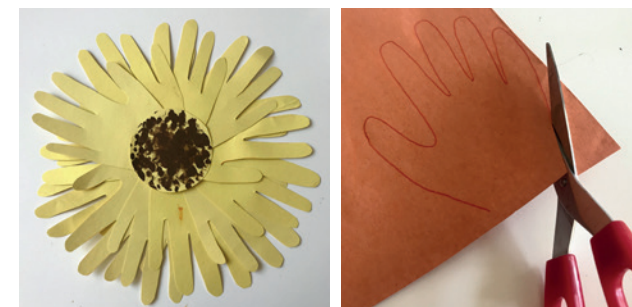
- 03** Draw around your hand on yellow or orange paper. Cut out. You need at least six hand cut-outs.



- 04** Cut out a circle from yellow or orange paper. Start to arrange your cut out hands around the circle. Fix in place.



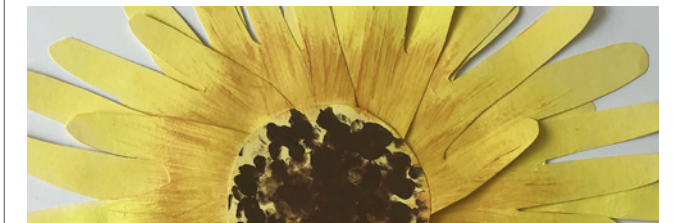
- 05** Fix the fingerprint circle you painted earlier on to the centre of the flower. Dabble brown paint around the edge of the centre circle to merge the centre with the rest of the flower.



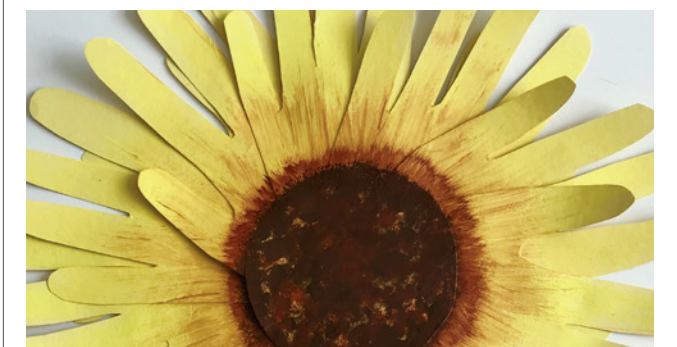
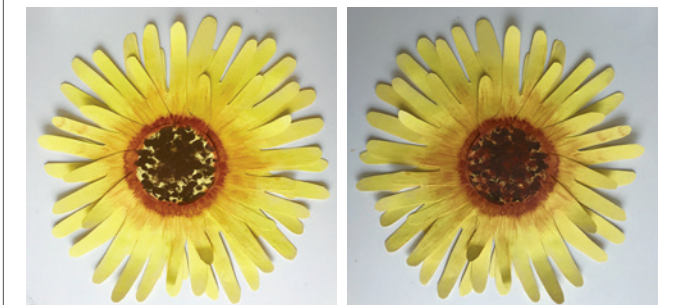
- 06** Add dabs of yellow print to the hand cut-out petals to add colour and texture.



- 07** Mix a little bit of orange or brown with the yellow paint. Using only a tiny bit of paint, flick the brush from the centre circle out towards the petals.



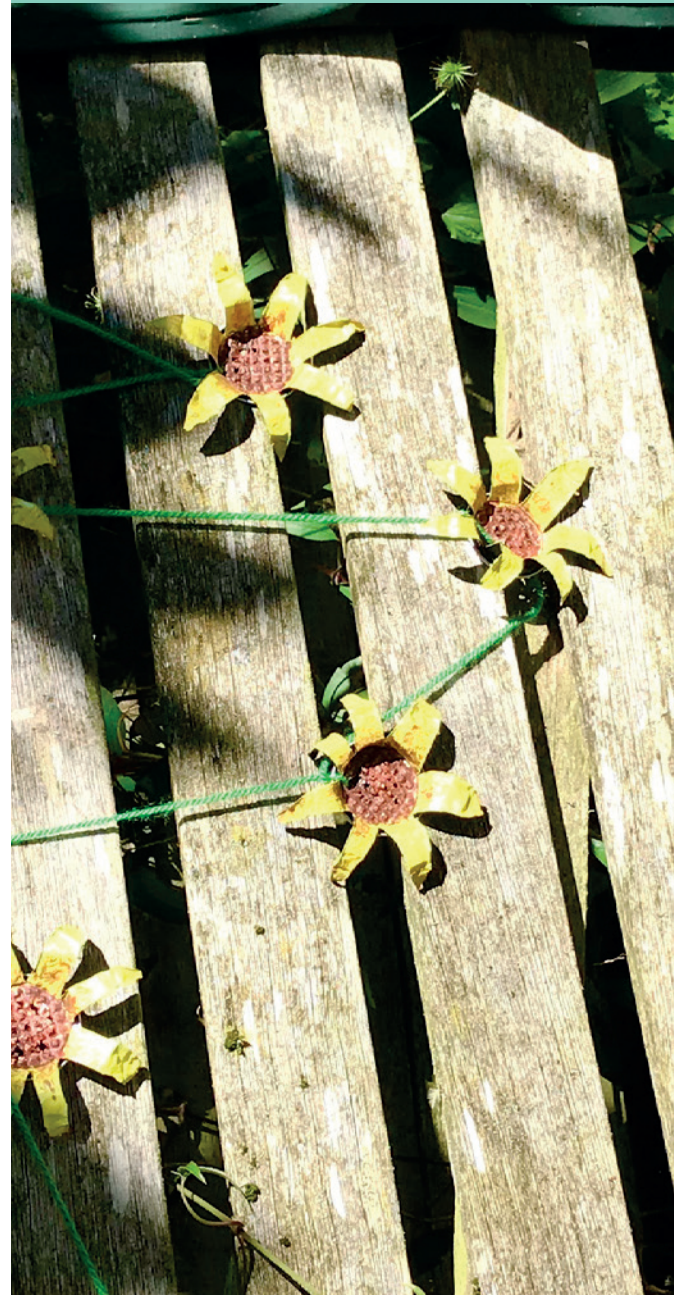
- 08** Arrange the cut-outs of your handprints over the top. Fix in place.



- 09** Use orange and yellow to highlight the seeds in the centre.



COFFEE POD SUNFLOWER CHAIN



You will need:

Paper (yellow/orange/white)
Yellow/Orange/Brown acrylic paint
Glue stick/double-sided tape
Scissors
Pencil

Instructions

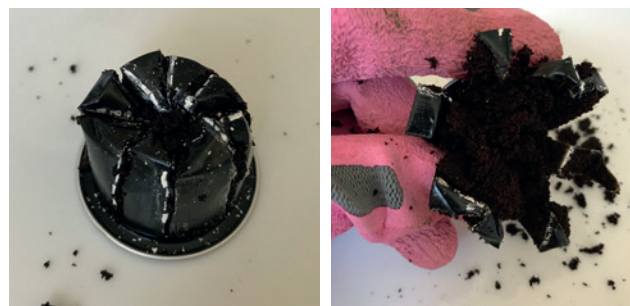
01 Take a used coffee pod and place on a plate or in a shallow container.



02 Put on safety gloves and using the knife cut carefully from the centre of the pod down towards the rim. As if you are cutting a cake, cut what will become approximately 6/7 petals.



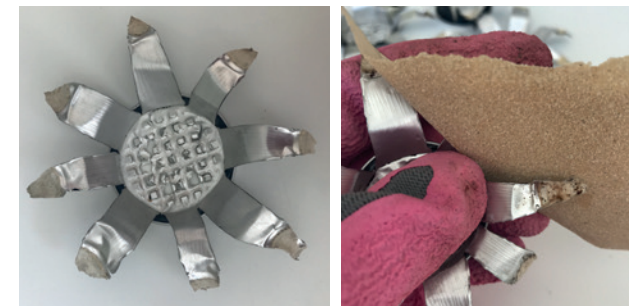
03 When the cuts have been made, carefully pull back each petal revealing the coffee inside.



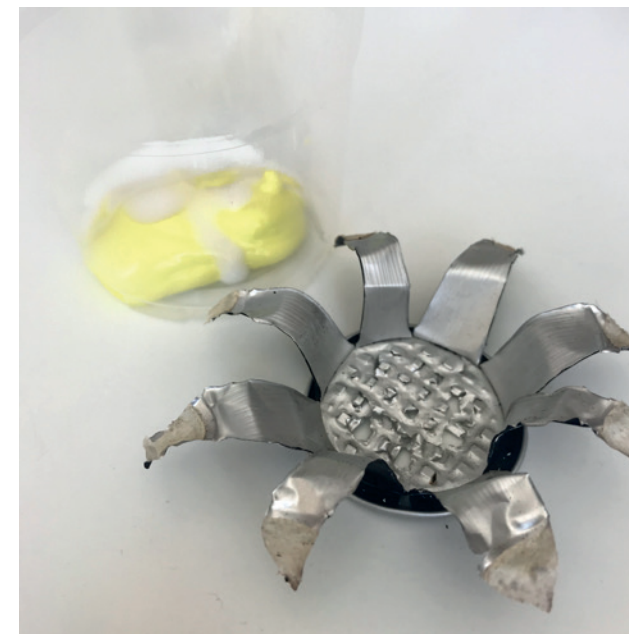
04 Empty out as much of the coffee as possible on to the plate. Wash the pod with water to clean. (Top Tip: You can use the coffee grounds on the soil around real sunflowers to help them grow!)



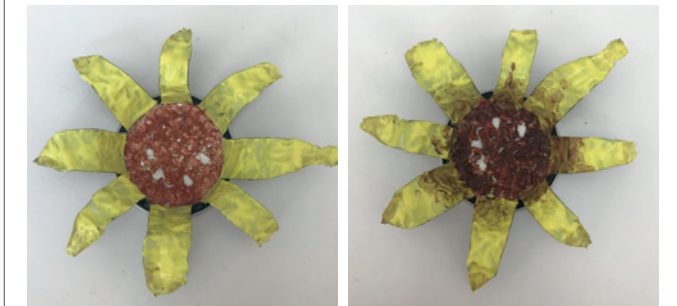
05 Dry the coffee pod and open out each petal by curving the metal into a position you are happy with. If there are any sharp edges, use sandpaper to smooth.



06 Mix a small amount of PVA glue with yellow acrylic paint. Do the same with some brown acrylic paint.



07 Paint the sunflower. Dab the brush over the metal using generous amounts of paint. You can paint both sides or just one.



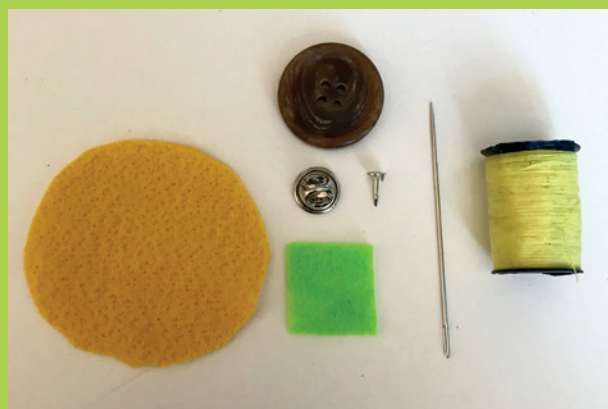
08 Leave to dry.



09 If you would like to make these sunflowers into a sunflower chain, tie green wool or string through one of the small filter holes near to the rim and tie in a knot.



SUNFLOWER FELT PIN

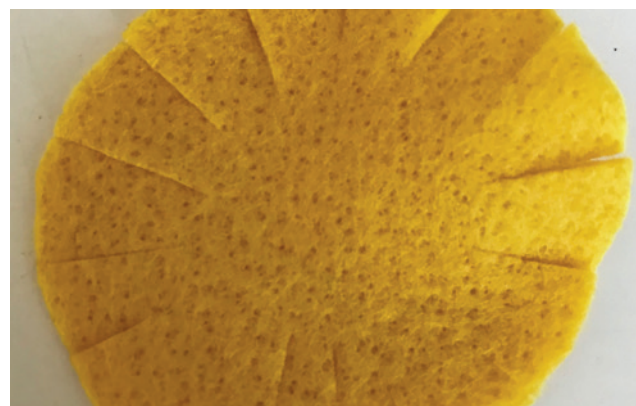


You will need:

Yellow felt circle
Green felt square
Butterfly clutch pin/brooch pin/safety pin
Scissors
Needle
Coloured thread
Brown button

Instructions

01 Take the yellow circle of felt and hold it in the centre between your finger and thumb. Cut from the outside of the circle in towards your thumb. Continue all the way around the circle. This creates the petals of your flower.



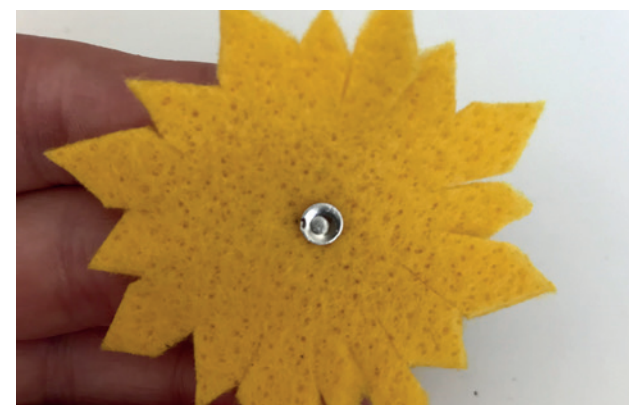
02 Use the scissors to cut each alternate petal slightly shorter. This helps to give definition to the petals and helps them stand out.



03 Petals can be left straight across the top or use the scissors to add points.



04 If you are using a butterfly clutch pin, push the pin tack through the centre of the yellow felt circle.



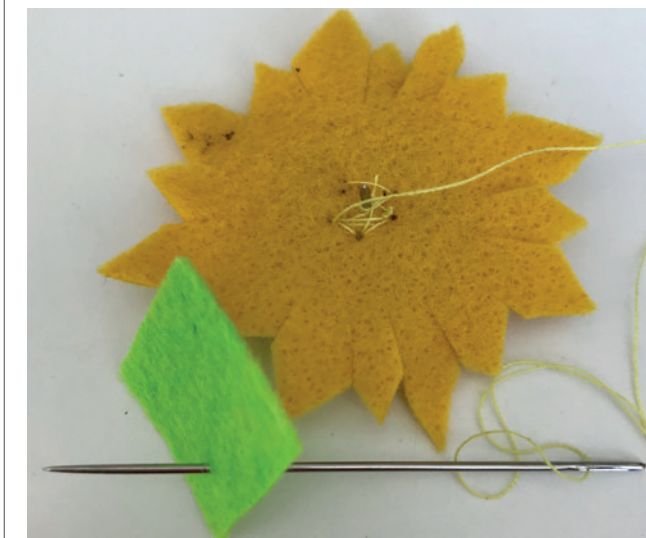
05 Choose your brown button and place on top of where the pin has gone through the felt circle.



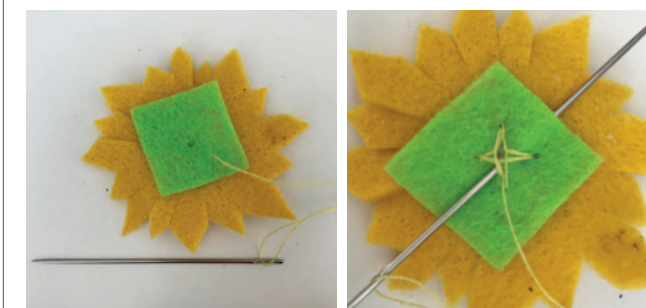
06 Thread your needle and place a knot at the end of the thread. Sew the button in place by pulling the needle through from the back of the circle and out through one of the buttons holes. Keep sewing until it feels secure. Try to keep stitches neat by sewing the button on so that the thread makes a cross or square shape in the middle of the button.



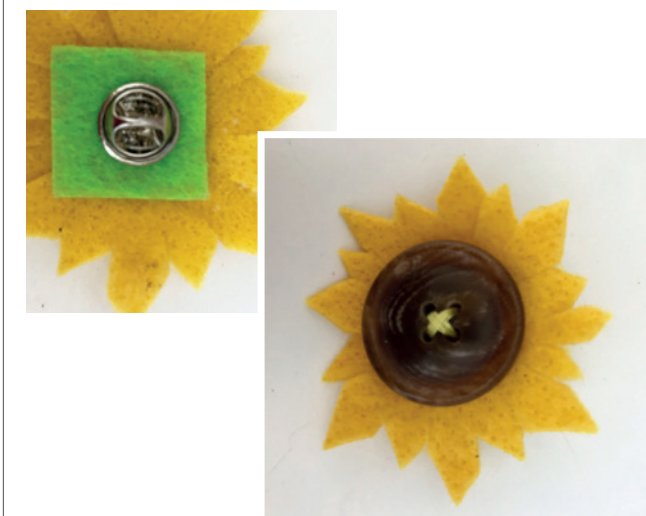
07 When it feels secure, make sure the needle and thread are back through the back of the yellow flower, don't cut it off just yet! Get a small green square of felt and put the needle through it near one of the square's corners.



08 Continue to sew the green square in place using neat stitches such as a cross. This covers any stitches from sewing on the button.



09 Place the clasp on the pin. You're finished!





Join us for the premiere of

The (not so) Quiet REVOLUTION of Kindness

at Derby Festé on
Saturday 29 September 2018

Inspired by the Random Acts of Kindness (RAK) and 'Pass it Forward' movements, Hubbub will make a bold statement about how we can affect change in our own lives and others' lives through small gestures of kindness. In a society where many of us feel disempowered and unable to make change on a large scale, these small acts of accumulative kindness can offer a sense of making a difference which can uplift, inspire and change on an individual and collective level.

The non-verbal piece will see our integrated ensemble of physical theatre performers with and without learning disabilities, delight audiences with a display of colour, movement, physicality, acrobalance and circus accompanied by original, live music.

**JOIN OUR RAKTIVIST
REVOLUTIONARIES**

from 1.30pm, 3.30pm and 5.00pm as we parade
from the Cathedral to the Market Place
in Derby city centre and help us change the world,
one random act of kindness at a time!

www.hubbubtheatre.org

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