

Resilience Scrapbooks

TEACHER NOTES

Background Information

Scrapbooking is a way to record memories in a unique and personal way. Rather than just putting photographs in an album, scrapbooks can capture the mood of a time and place with personalised touches - often with a theme. Pages can be decorated with drawings or artworks and mementoes such as tickets, newspaper clippings, greetings cards and pressed flowers. Paper is a vital component of scrapbooking and recording precious memories and thoughts.

Keeping a scrapbook was a common hobby for Victorian women and children. Decoupage (or overlapping pictures in the design) was a popular technique.

Activity Introduction

Pupils will reflect on the sort of information, mementoes, and thoughts they might like to record in a personalised scrapbook. Then take part in a paired activity to consider - 'what makes me, me?' as part of planning the content for their scrapbook, in the form of 'I have, I am, I can' statements.

Pupils will make recycled paper pages for their scrapbook and decorate them with natural materials and their own illustrations, rubbings and pressings.

Cannon Hall Museum Link

During the Victorian period, Cannon Hall was the home of the Spencer-Stanhope family, as well as teams of indoor and outdoor servants. Photographs of the house, gardens and the people who lived and worked at Cannon Hall were captured and put into photograph albums, now in the archives. The albums are decorated with signatures, illustrations and annotations.



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Learning Outcomes

- Reflecting on thoughts and feelings

National Curriculum Links

- PSHE - Deepen understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others
- Art & Design - To create sketch books to record their observations and use them to review and revisit ideas

PSHE Focus - Paired Activity

Scrapbooks, journals and diaries are all useful ways to express inner feelings and cope with ups and downs. Discuss with pupils what sort of information, mementoes and thoughts they might like to record in a personalised scrapbook.

Ask pupils to talk about themselves with a partner – ‘what makes me, me?’

Required Resources

- Scrap paper
- Petals for decoration
- Tin foil and old newspapers
- Sieve
- Bowl of warm water
- Cornflour
- Food colouring
- Spoon

Key Questions

- What are your interests?
- What do you love doing?
- What are you good at?
- What is amazing about you and your personality?
- What makes you unique?
- What makes you resilient?
- Why is it good that we are all different?



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Activity 1 - Making Recycled Paper

1. Tear the paper into small strips and put it in a bowl of warm water. Leave it for a day or so, until the paper is 'mushy'.
2. Add 3 tablespoons of cornflour and some drops of food colouring (if you want coloured paper).
3. Strain out the extra water from the paper, using a sieve.
4. Lay out the foil on top of some old newspaper, then spread the paper mush on top (leaving no gaps).
5. Add any petals or other decoration, then cover with another layer of foil.
6. Lay some heavy books on top and leave it to dry overnight! You will need to lay the pages out in single sheets.
7. Challenge pupils to make enough pages to create a small scrapbook, using staplers or weaving string/ribbons to attach the pages together.

Activity 2 - Scrapbook Decoration

Pupils can add their own nature inspired decorations and artworks to their scrapbooks.

- Leaf doodling and sketching
- Tree Bark rubbings
- Pressed Leaf and flower art (fixed with a decoupage sealer like mod podge)
- Flower printing
- Decoupage nature pictures to create a front cover



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Activity 3 - I have... I am... I can... Statements

Ask pupils to reflect on their answers to the wellbeing warm up activity to write some 'I have, I am, I can' statements to their scrapbook. Pupils could just choose one statement for each page in their books.

I have...

These are statements which show that pupils have an awareness of who supports them and promotes resilience.

Examples;

I have...people around me who support and love me

I have...people who help me to learn new things

I have...friends I can play with and have fun with

I am...

These can be statements of what the pupils see as their inner personal strengths or feelings.

Examples;

I am...kind and helpful to others

I am...able to listen carefully to other people

I am...proud of my achievements

I can...

These are statements which show pupils are aware of their abilities and interpersonal strengths.

Examples;

I can...talk to others about things that worry me

I can...keep trying until I am able to complete a task I find difficult

I can... ask for help when I need it



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Plenary

Pupils could share one of their statements with the class, if they would like to – ask for volunteers.

Extension Activities

The scrapbooks could be created over a number of weeks with new content added linked to the theme of resilience and self-awareness.

Art & Design

Some of the interior Georgian architecture at Cannon Hall was inspired by the Rococo style, including the moulding on this ceiling. Rococo decoration often includes elements based on nature such as vines, shells, leaves, fruit, flowers and birds. Pupils could research examples of Rococo decoration or use the photographs of Cannon Hall to inspire new decoration for pages of their scrapbooks.



Risk Assessment

- Advise children on the areas they can visit in the outdoor spaces
- Careful hand washing after collecting materials
- Care when using scissors and glue

