

The Coronal Times

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GREETINGS FROM THE AAC

By: Claren Copp-Larocque

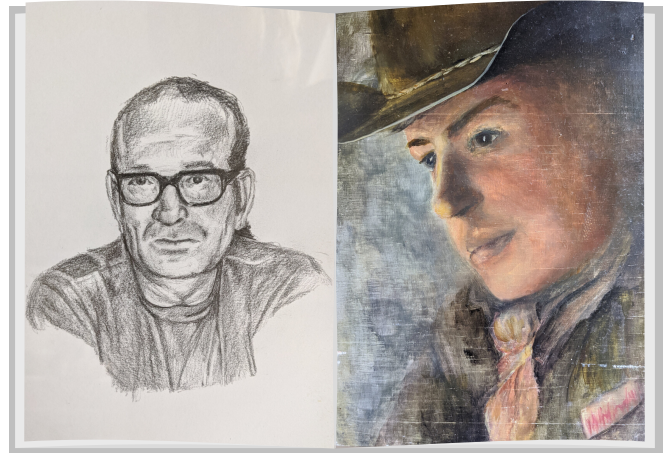
Hello again, Friends. If this is an adventure (my preferred metaphor), then I have officially passed the fear/excitement/make-the-best-of-it stage at the beginning. Thorin snores in his sleep, Gandalf has a nasty habit of slurping his soup, and do NOT get me started on Fili and Kili's cooking! I'd love to turn back, but, well, there are small things like trolls, dragons and wizards standing in the way. So, instead, I have become a rather grumpy hobbit.

All jokes aside, this has been a hard week. I started with schedules and big ideals. I even began a 5K challenge thingamajig. By Sunday, I was pretty impressed with myself when I found clean socks to put on. Not matching, just clean. I'll admit, I'd rather scale a mountain top to find a jewel in a blizzard than face down a mountain of dirty dishes every morning, but that's not the challenge that's been presented to our particular generation at this time.

For this week, my goal is to not get lost in all of the things that I can't do right now and to focus on the things that I can do. And possibly learn to trust that not doing anything right now is also okay. I love you. Keep your chin up. We're all adventurers together.

Sketching Challenge:

Find an old family portrait deep down in the depths of the family archives. Don't worry, no one has to see the things you work on at home. If you like your preliminary sketch and you want to take it further, try painting it on a piece of plywood or a canvas if you have one. An old wood something from the barn, cleaned up makes for a really cool painting surface too!



Drawing By Tayte McRae, Painting by Stacey McRae

BUILDING YOUR CREATIVE TOOLBOX

By: Stacey McRae

The possibilities are endless as we head into the spring warmth and the outdoor world starts to come alive and we have TIME! We have TIME at home. We are so lucky to live in a place that has space and clean air. This week we can start to get outside and tackling some of those fun garden/outdoor ideas we've wanted to do forever and haven't had time. This week, cardboard, willows/branches dirt, rocks and recyclables are your tools for creation.

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Cardboard Toys

As your household ebbs and flows through interests, find ways to make creating with household items a part of the routine. For little ones, let them try using scissors and tape and let them work their way through being frustrated and building their fine motor skills. Here are a few ideas of things to make out of cardboard this week.

Cardboard Looms watch #metkids video on youtube

Cardboard City

Board Game

Nerf Targets

Cozy inside space for a quiet, calm space

Outdoor boardgames

Step 1. Go outside! (stay within the spaces we are supposed to and don't use anyone else's property).

Step 2. Look around and see what materials are available to you. Sticks, lumber, buckets, logs, cardboard and recycling pieces.

Step 3. Choose a game (either make up a new one with new rules or choose one you already know)

Step 4. Use what you have on hand to lay out and build a backyard version of the game, and make it BIG!

Step 5. Write out the rules on a large piece of cardboard

Step 6. Invite your whole household to play!

Plant Cycle Study

As the buds come out on the trees and we're able to have calm time to watch them grow, a nature journal makes for a fun way to understand the world. Pick a part of a plant or tree and sketch it in its stages of growth. It's a slow project, but there is no better time than now to have a look at the passage of time in the natural world.

Follow Claren, Stacey and Georgia at home via

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