

MYTHS
AND
HISTORIES



Activity 1:



Find an object which means something to you.

This could be an object from home or something which is in your surroundings.

1) *What is this object?*

Can you describe its shape, colour and texture?

2) *Talk about why this object is meaningful to you.*

Does its form remind you of a certain place or time?

Objects can be great storytellers. They can teach us about our histories through their images or their sentimental value to ourselves or loved ones.

They can also be used to narrate myths and to fool us into believing something which might not be true.

3) *Imagine an object that would represent a history that is important to you.*

Do you want it to be a myth or a true representation?

4) *Draw it below and write a few sentences to describe your object.*

Activity 2: Foraging

Foraging means to search for something, normally for food and provisions in the wild such as berries and plants. You can also forage for materials - often you can find some amazing things outside!

In the past and still today, people have foraged materials to make clothing and ornaments. Often flowers and stones were used, and people began to attach symbolism to materials.

Go outside and see what you can collect.

- 1) Are there any flowers you can pick?
- 2) Can you find any interesting stones?
- 3) Are there any discarded plastic bottles, or caps that you can use to make an imprint?
- 4) Have a look at the objects you have foraged. Can you create symbolism for them?

This could be a mythical definition of what these objects mean or something which is meaningful to you.

Here are some examples of plants and flowers which have special symbolism:



Daisy

The name Daisy comes from 'Days Eye' which refers to the way the flower closes at night and opens in the day. The daisy symbolises innocence and purity, rebirth and new beginnings.



Moss

Moss has a meaning of charity, patience and maternal love.



Dandelion

The name Dandelion comes from the French *dent de lion*, meaning 'lions tooth', which refers to the plants jagged leaves. Dandelions symbolise happiness and joy but can also symbolise health, power, endurance and determination.

Activity 3: Tile Making



Tiles have been used to narrate histories and myths throughout the past. Tiles with drawings or writing on them would be placed on the outside or inside of buildings, and would let people know about the identity of places. In this activity, we will make tiles out of salt dough, using the objects foraged to add symbolism and the narrative in activity one to create a tile that represents your history or myth.

For this activity you will need:

250g of plain flour

125g of salt

125g of water

A mixing bowl

A rolling pin or a smooth bottle

A knife



1) Add the flour and the salt to a bowl and mix it together. Add the water and stir until it all comes together into a ball. You can also knead the dough into a ball.

2) Roll out the dough until it is about 2cm thick. You can now cut out a shape which you want your tile to be. This could be any shape you like!

3) Add colour and texture to your tile. You can use foraged objects and press them into the tile, pencils or household objects to make and cut marks in your tile.

Think about how these marks can narrate your mythology and history.

Leave to dry overnight.

Examples of tiles:



Activity 4:

With any leftover dough, can you make a pot?

1) Start with a base, a flat circle works best.

2) Grip the dough and squeeze it into a long sausage shape

3) Roll out the dough backwards and forwards using your fingers until it becomes a thin strip

4) Press the coil onto the flat base of dough you have already made. Pinch the coil into the base with your fingers or tools, making sure to blend any gaps.

5) Repeat this process, continuing to press more coil circles on top of each other. You can smooth them together to make the pot more stable.

6) You should start to see a pot ! You can now make your own marks on the pot, making it wider or narrower with the clay coils.

