

# Flowers and Colours

## Mighty Mega Saturday Morning Club activities by Renata Minoldo

Hello!

Welcome to these new activities I made specially for you. In this week's video, we will learn how to make bird feeders that are also edible sculptures, all of them made out of natural, compostable elements. I have also made a special pack with materials for you to work along the video, you will just need to get some oranges. Remember that all the instructions here are just suggestions, and as a family, you are welcome to change or alter any of this! I hope you have a lot of fun making these structures and that many birds come to visit you!

### **Activity two:** *make a bird feeder sculpture*

*For this activity you will need: wild bird seed mix , bamboo skewers and some twine (included in the pack), one or more oranges, patience, kindness and the desire to make something new.*



After you made your bird feeder(s) and found a nice place(s) to hang it on, it will be time to wait and observe if any new birds come nearby, be patient, it might take a few days for the birds to come nearby. I encourage you here to use the deep listening method, invented by the artist and musician Pauline Oliveros, where you quietly meditate on the sounds around you. Listening takes place voluntarily. Listening is not the same as hearing and hearing is not the same as listening. To listen, according to the Merriam Webster Dictionary means 'to give attention to sounds, to hear with thoughtful attention'. Animals are deep listeners. When you enter an environment where there are birds, insects or animals, they are listening to you completely. You are perceived.

Practice listening to the birds around you and try to imagine what they are saying. How many different sounds can you count? If the sounds were colours, what colours would they be?

I hope you enjoy these,

With love and care,  
Renata