

FRI 3 – SAT 4 JULY

# BIG WEEK END *at home* 2020

## CREATIVE ACTIVITY PACK

7 FUN ACTIVITIES FOR ALL AGES & ABILITIES  
INSPIRED BY ONE OF CAMBRIDGE'S FREE ANNUAL COMMUNITY EVENTS



**CITY  
EVENTS**



**CAMBRIDGELIVEEVENTS**



With Big Weekend on Parker's Piece cancelled this year, we wanted to find a way to help some of our programmed artists showcase their work. After all, every year, Big Weekend gives them a platform to present their work to the community of Cambridge. We contacted local radio stations who regularly partner with us and we spoke to a select few artists from Cambridge, inviting them to showcase. Some of the acts we have chosen would not have been able to do this without our help.

**Friday Night** opens from 6pm–10pm with our usual Friday Night main stage host, Freddie from Star Radio, doing a 'Best of The Big Weekend mix' which will include headline acts we have previously seen at the Big Weekend. Then, we will share alongside Star Radio, a video from Pains Fireworks at 10pm to replicate the fireworks display that usually ends the opening night.

**Saturday, BBC Cambridgeshire Introducing's** Ellen Ellard will host a 'Big Weekend Special' lockdown video with some of Cambridge's best local bands going live at 1pm. Then from 2pm–4pm the team at Cambridge City Council's, City Events have created a 2 hour video, to be premièred on YouTube and posted on [Social Media](#), of local bands, artists and community groups produced by Cambridge TV.

Then from 4pm–6pm we hand over to [Cambridge 105 Radio](#) for Tim Willett's special Big Weekend New Music Generator show, and from 6pm–8pm Cambridge 105 Radio will continue on the airways with Chris Brown's Dance and Soul show raising our party spirits, before we hand back to BBC Cambridgeshire Radio for Ellen's NEW local bands show from 8pm–10pm.

Traditionally, Big Weekend takes place every summer on Parker's Piece and includes big-name performers plus local musicians, a French market, games, fireworks and many other activities. More details of the line up can be found on the [Cambridge Live website](#) along with additional links to access the online content.

**We hope you'll enjoy Big Weekend at Home!**



[WWW.CAMBRIDGELIVE.ORG/CITY-EVENTS](http://WWW.CAMBRIDGELIVE.ORG/CITY-EVENTS)

## ABOUT THIS PACK

Access to arts and culture has been important during social distancing. It's been a way to stay connected and positive whilst at home. Many people have been able to tap into this via the internet, however unlimited digital access is not available to all and this pack has been produced to give access to some of the creative and cultural activities that you might find at Big Weekend.

This creative activity pack is designed for use by: children participating with an adult, young people who can participate independently and adults of any experience or ability. This has been created and shared as part of a Cambridge City Council initiative, producing and distributing non-digital creative activities via the community food hubs. Over the summer activity packs will be produced by a wide range of arts and cultural organisations. Visit a community food hub to pick up a copy. Food hubs are located at: Trumpington Pavilion, Church of the Good Shepherd (Arbury), The Edge Café (Mill Rd/ Coleridge), Chesterton Methodist Church, Hope Church (Kings Hedges), Barnwell Baptist Church (Fen Ditton) and St Andrews Church (Cherry Hinton). Opening times vary, visit your nearest hub for details.

We welcome any feedback you'd like to share with us about this pack, speak to the volunteers at the food hubs or email: [artsandculture@cambridge.gov.uk](mailto:artsandculture@cambridge.gov.uk) #CamCreativePacks

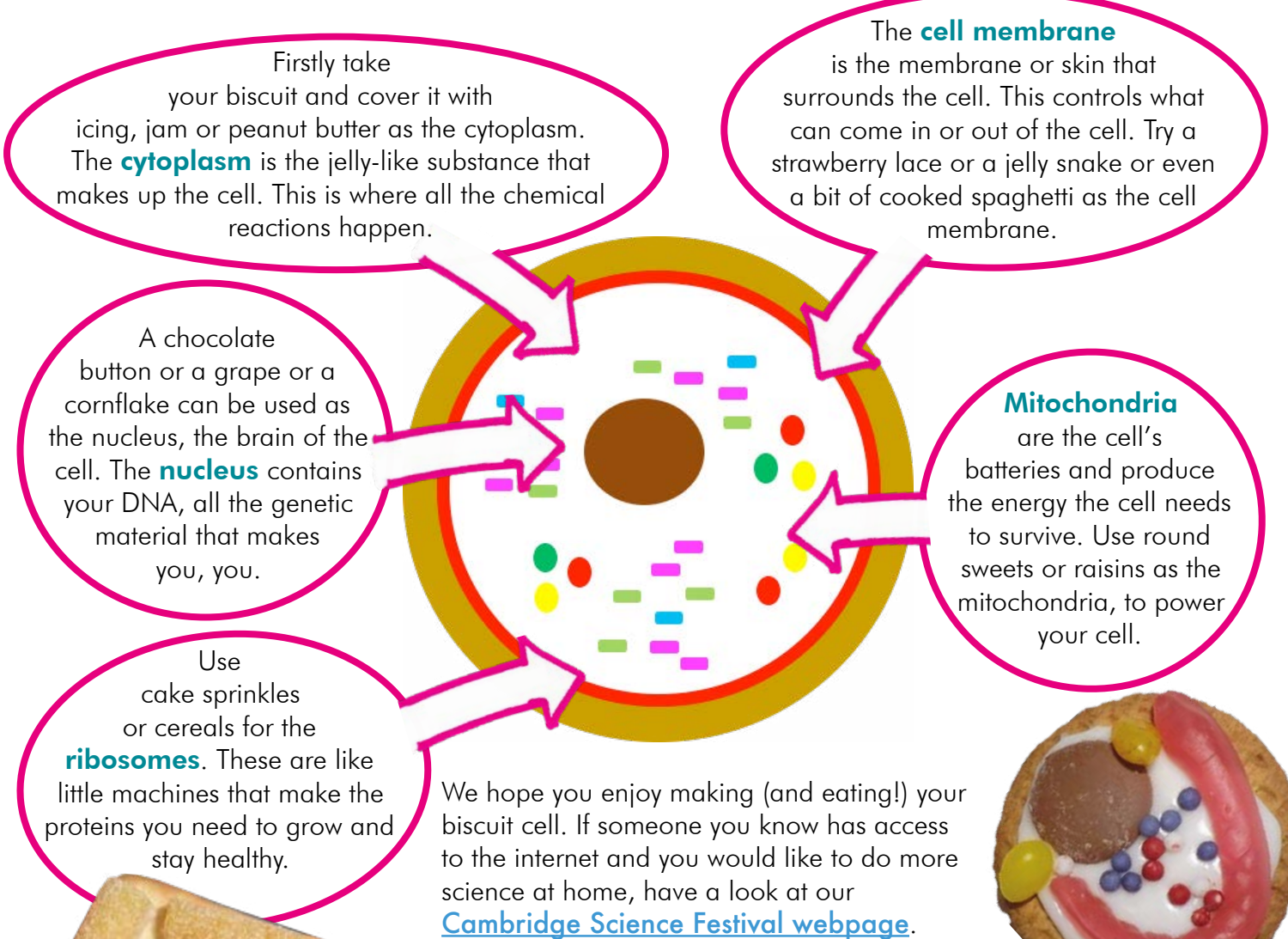


In lots of laboratories at the University of Cambridge scientists use special microscopes to investigate cells. Much of their research tries to understand how and why diseases like cancer occur and to develop treatments and cures.

We can't see the cells our scientists study with our own eyes. But we can make delicious models of them using plain biscuits and sweets and fruit and cereals at home!

# BISCUIT ANIMAL CELL MODEL

## UNIVERSITY OF CAMBRIDGE FUN LAB



We're really looking forward to meeting you all soon. We hope to see you at our new Cambridge Festival in March 2021 and at FunLab at Big Weekend next summer where you can chat to our fabulous scientists about what they do in their labs and what you have been discovering.

**We would love to see your biscuit animal cell model! Please take a picture of it and post it on Twitter, Facebook or Instagram (or ask your parents/guardians to) with the hashtag #CamCreativePacks**

CAMBRIDGELIVEEVENTS



# BHARATANATYAM DANCE MOVES

Bharatanatyam is a South Indian dance form filled with rhythmic foot work, abstract body movement, hand gestures and facial expressions, as a means of telling stories. Learn some of the moves and meaning here with Khrishna and Divya, who's dance schools usually perform at Big Weekend.

## BHARATANATYAM HAND GESTURES WITH SANSKRUTI DANCE SCHOOL

### Single Hand Gestures are also known as Asamyuta Hasta in Sanskrit

The hand gestures are learnt in this order from a Sanskrit verse (shloka).



#### Pataka

Used to depict clouds, forest, denial and at the start of the dance



#### Tripataka

To show trees, arrows, crown and thunder



#### Ardhachandra

To show the number 'two', leaves, a board



#### Kartari

To show scissors, opposition, anger, separation



#### Mayuram

To show peacock, creepers and birds



## BHARATANATYAM MOVES WITH NATYANJALI DANCE SCHOOL

### Muzhumandi Position:

Full sit on your toes, knees and toes pointing to the side.



### Practice this Bharatanatyam routine.

Starting position in Aramandi: half sit with knees and toes pointing to the side, holding tripatharka - hands - facing down.

Stretch your right leg to the right with toes pointing up, open right hand tripatharka and look to your right side.

Return to Aramandi position.

Repeat the step to your left side.

Return to Aramandi position.

Repeat the routine at different speeds as preferred.

Challenge yourself to sit lower and do the routine.

Watch this South Indian dance form, and others, on the Cambridge South Asian History Month on-line archive on the [Capturing Cambridge website](#)

!PALMAS Y PIES!

## BODY PERCUSSION

CLAP AND STAMP TO THE SPANISH FLAMENCO RHYTHM OF Fandangos de Huelva! WITH CAMBRIDGE SPANISH DANCE SCHOOL

The region of Huelva in Andalucia, southern Spain has a very famous song form ('cante') called Fandangos de Huelva which is good to dance as it has a strict rhythm ('compás') and structure - unlike most other Flamenco fandangos which are sung freely ('cante libre').



### !Empezamos! - Let's begin!!

The rhythm is easiest to count in threes:

First practise the following phrase (12 x 2 counts):

#### RHYTHM 1

STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap  
STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap

#### RHYTHM 2 - (\*) = one count pause/rest

STAMP Clap Clap | STAMP Clap (\*) | STAMP Clap Clap | STAMP Clap (\*)  
STAMP Clap Clap | STAMP Clap (\*) | STAMP Clap Clap | STAMP Clap (\*)

Both RHYTHM 1 and RHYTHM 2 can be used to accompany a Fandango chorus ('refrán') or verse ('letra') but always best, when these end to round them off with four stamps... a 'REDOBLE' !!

#### REDOBLE RHYTHM:

Best understood by saying: "pineapple chunks" or, 1 + a 2!

Stamping to this rhythm: LEFT RIGHT RIGHT LEFT or RIGHT LEFT LEFT RIGHT

#### Example:

STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap  
STAMP Clap Clap | STAMP Clap Clap | STAMP Clap Clap | REDOBLE!!

#### Now put this to music!

YouTube search: "Mi Perro (Fandangos de Huelva)" and listen to the first video that appears - by 'Paco Candela'.

There are so many Fandangos to listen to and great singers to choose from... have fun searching or get in touch for recommendations!

For all information regarding Flamenco Classes and Workshops for children and adults, why not follow our 'Cambridge Spanish Dance School' Facebook page!



We would love to see your hand gestures and foot stamping! Please take a photo or video and post to Twitter, Facebook or Instagram (or ask your parents/guardians to) with the hashtag #CamCreativePacks



# BUILD-A-BIRD

WITH THE SEDGWICK MUSEUM OF EARTH SCIENCES

Different birds are adapted to different environments. An adaptation is when part of the body becomes specialised for a certain function that means the animal has a better chance of survival in a particular environment.

Design and draw your own bird with a combination of adaptations that you choose!

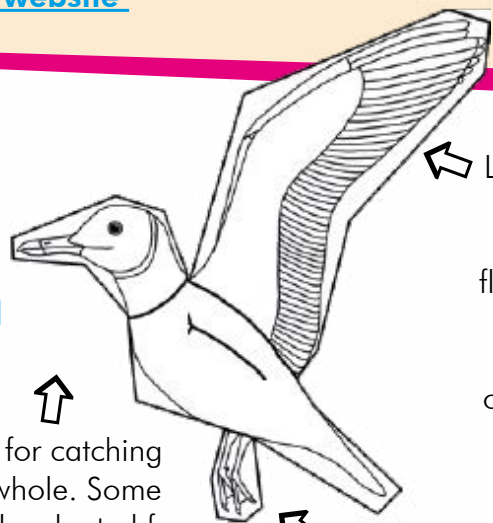
Think about where your bird lives and what it eats, and draw your new bird's environment in the background. Now colour in your new bird species and give it a name.

There are more information sheets and Build a Bird activities on the [Sedgwick Museum's website](#)

## MARINE BIRD

Some marine birds may spend long periods of time gliding over open water or the ocean, and some species are skilled at diving and swimming underwater.

Some may have large bills for catching fish and swallowing them whole. Some may have relatively small bills adapted for catching invertebrates such as crab, others have a hooked tip for tearing up fish.

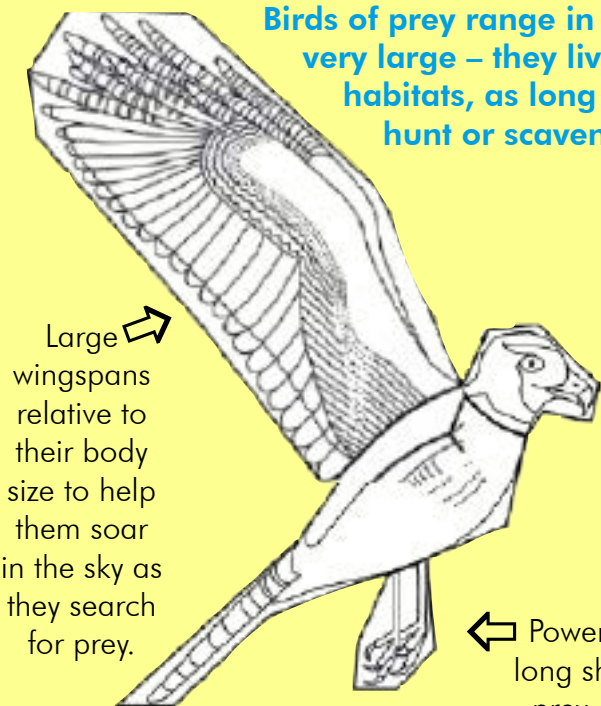


Long, slender, pointed wings help marine birds soar with little flapping effort, helping to conserve energy while flying over the open ocean searching for food.

Webbed feet have adapted for swimming. Some marine birds may float on the surface of the water to rest or feed, paddling with their feet.

## BIRD OF PREY

Birds of prey range in size from small to very large – they live in many different habitats, as long as there are prey to hunt or scavenge.



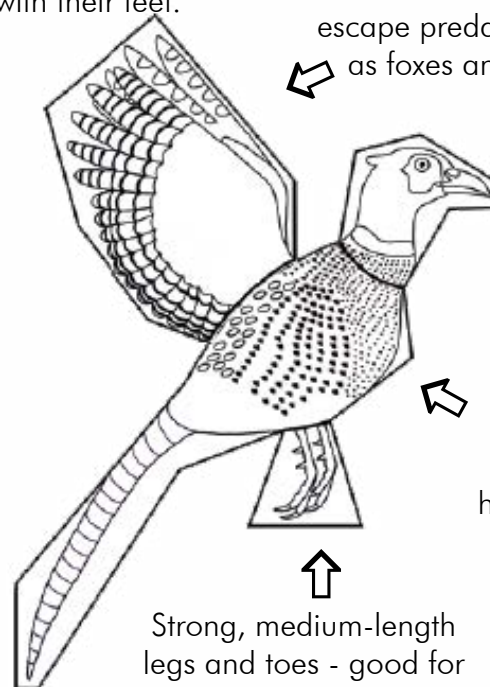
Bills (beaks) that curve at the tip into a sharp point or hook to kill prey or help them tear prey or carrion (dead animals) into small pieces to eat.

Powerful legs and feet, and long sharp talons to pin their prey, kill it, and carry it off.

## GROUND BIRD

Ground birds may spend most of their time on the ground, but not all species do. Some roost in trees at night, and forage in open areas such as meadows during the day.

Short, broad wings for quick bursts of flight out of the under-growth to escape predators such as foxes and cats.



A gently curved bill (beak) to peck at the ground, eating a diet of plants, seeds and insects.

Spotted plumage may help some ground birds stay hidden in grassy or wooded areas.

Strong, medium-length legs and toes - good for walking through grass and undergrowth, and for scratching food off the ground.

A relatively common shape for the songbird bills (beaks), is a deep cone shape, used for breaking open seeds.



## SONGBIRD

Songbirds come in many different shapes and sizes. They may show specific adaptations to many different environments, from forests and grasslands to mountainsides and deserts.

Perching feet so they can cling to a branch - they can even hang upside down!



We would love to see your birds! Take a picture of your build-a-bird masterpiece and post it on Twitter, Facebook or Instagram (or ask your parents/guardians to) with the hashtags #BuildaBird and #CamCreativePacks



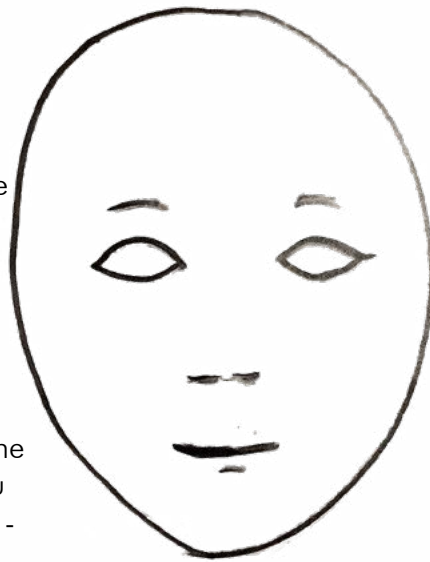
# MY FANTASTIC FACE PAINTING

WITH ROSEMARY WILD FANTASTIC FACE AND ARM PAINTING

Our faces come in all shapes and sizes, and yet they all conform to the essential proportions of a human face. For instance, the eyes are always situated half way between bottom of chin and crown of head. Some people have particularly large or small foreheads visible, and this depends on where their hairline starts or whether they have a fringe. Some faces are wide and round, others are small and triangular or oval.

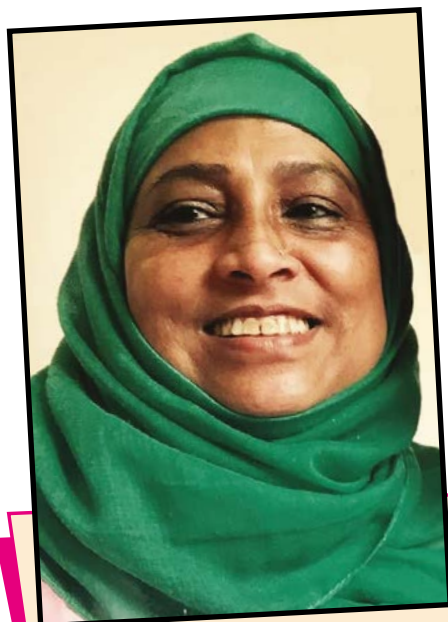
With face painting, we have to make up a design to fit the person's face as well as their choice of theme.

You can have a go at imagining a design and drawing it onto this face outline - then draw your own face in the frame (it helps to look in a mirror when you draw - look at the shape of your face, your eyes, nose and mouth, your hair - and create a face painting design especially for you.



We would love to see your face paint design and hear what inspired you! Take a picture of your face paint portrait and post it on Twitter, Facebook or Instagram (or ask your parents/guardians to) with the hashtag #CamCreativePacks





# BANGLADESH-STYLE BAKED BEAN AND POTATO CURRY

BY LUTHFA KHATUN

Are you missing all the wonderful food stalls, tastes and aromas from Big Weekend? Here's delicious way to transform a tin of baked beans and bring the taste of Bangladesh in to your home.

**Prep time:** approximately 15 minutes  
**Cooking time:** approximately 10 minutes

## Ingredients:

- 1 tin of baked Bean
- 1 medium onion, diced
- 3 green chillies, halved
- 3 new potatoes diced into small chunks
- 1 handful of fresh coriander
- 1 teaspoon of Indian 5 whole spice
- 1 tbsp of ginger & garlic paste
- ¼ teaspoon of salt
- ¼ teaspoon of turmeric
- ½ teaspoon ground coriander
- ¼ spoon cumin powder
- 1 teaspoon garam masala
- 1 teaspoon paprika
- 2 tablespoons of vegetable oil

## Method:

In a pan heat 2 tbsp of vegetable oil.

Add the teaspoon of Indian 5 whole spice to the pan, add the onion and fry until browned.

Then add the ginger garlic paste to the onions, followed by the salt.

Next, add all the remaining spices, along with the diced potato, halved chillies, and the baked beans.

Stir together, then add ½ a cup of water, cover the pan and bring to the boil and simmer for 6 minutes.

After 6 minutes add the fresh coriander, cover and continue to simmer for a further minute.

By 7 minutes the potato pieces should be cooked and the sauce thickened.

Serve with Chapati or Nan bread.



# ACKNOWLEDGEMENTS

## WITH THANKS TO:

[Cambridge Science Festival](#) provides the public with opportunities to explore and discuss issues of scientific interest and concern and to raise aspirations by encouraging young people to consider a career in science, technology, engineering or mathematics.

Each year, the Festival welcomes visitors to hundreds of events including talks, interactive demonstrations, hands-on activities, film showings and debates with the assistance of around 1,000 staff and students from departments and organisations across the University and research institutions, charities and industry in the eastern region. In addition, over 150 people volunteer their time to act as stewards to ensure visitors have a safe and enjoyable Festival experience.

[Sanskriti Dance](#) started in 2007 to train students from all age groups and with different cultural backgrounds in Cambridge, in the south Asian classical dance form called Bharatanatyam. Since its inception, the school has grown to teach other south Asian dance styles, namely Odissi and Bollywood, as well classical Carnatic Vocals and the Veena. They offer regular classes at different locations in Cambridge and promote public performances. They also participate in national level dance competitions. Sanskriti Dance is one of the eight successful dance schools across UK, that were awarded One Dance UK's teaching mentoring 2017-2018.

[Natyanjali Dance School](#) was founded in 2009 in Aberdeen to train children and adults in South Indian dance form of Bharatanatyam, educating students about Indian Mythology and Culture through facial expressions and movement vocabulary, which is part and parcel of learning this artform.

Since 2014 Natyanjali has continued its legacy of providing first class dance training in Cambridge. The school regularly celebrates its Annual day and performs at the Cambridge Mela, providing a stage for their students to perform.

[Cambridge Spanish Dance School](#) teaches Flamenco, Classical and Regional styles in warm and vibrant classes for children. Students are welcome, without prior experience, to engage in Spanish music, culture and language while developing posture, fitness and confidence.

[The Sedgwick Museum of Earth Sciences](#) is the oldest of the University of Cambridge museums, having been established in 1728 as the Woodwardian Museum. Since then the collection has grown from about 10,000 fossils, minerals and rocks, to at least 2 million. A walk through the museum will take you on a 4.5 billion year journey through time, from the meteoritic building blocks of planets, to the thousands of fossils of animals and plants that illustrate the evolution of life in the oceans, on land and in the air. A major teaching and research resource in the Department of Earth Sciences, the Sedgwick Museum collections are a national treasure.

[Rosemary Wild](#) is a self-taught artist as well as having a degree in Biological Sciences and a Masters in Ecology. She enjoys portraying not just people but realistic animals and nature. Having started with drawing in pencil and Conté, she also challenges herself through watercolours and oils, which has led her to design and paint murals, signs, eco-illustrations, (books), posters, logos, fine art and cartoons. As well as faces, Rosemary has also painted on guitars, a light airplane, a Land Rover, wine barrels, wedding stationery, walls, stones and shells.

[Luthfa Khatun](#) is a Community Development Officer with Cambridge City Council. She runs the Women's Health Project at Brown's Field Youth and Community Centre, Akeman Street Neighbourhood Centre and Ross Street Community Centre, and cooks for Holiday Lunches across Cambridge.

Luthfa's father came to Cambridge to study in the 1950s, whilst also working part time in a restaurant. In the 60s he opened his own restaurant – the Curry Centre – in Northampton Street, which the family ran until 1989. He went on to have other restaurant including Castle Tandoori, also on Castle Street, and Sweet Curry on Bridge Street. Luthfa says, "my father passed in August 2018, my mum's cooking is very good, and I learned lot of things her. Now I always create new dishes."

**SOUTH  
ASIAN  
HISTORY  
MONTH**

This recipe was published for South Asian History Month, launched by Cambridge City Council on 15 June 2020. See a video of this recipe being prepared, and others on the Capturing Cambridge Website: [capturingcambridge.org/sahm/recipes](https://capturingcambridge.org/sahm/recipes). Share your South Asian recipes and join the conversation via [Facebook @CamSouthAsianHistory](#).

**And if you have been inspired by Luthfa's recipe we'd love to see photos of your cooking, too! Please post to social media with the hashtag #CamCreativePacks**



# CITY EVENTS

Production information:

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Coordinated by: Culture and Community Team, Cambridge City Council

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