

# InsideOut

DORSET

# Activity Pack

Inside Out Dorset is an international outdoor arts festival offering **FREE events for the whole family**. Expect live performance in unexpected places – in town centres, by the sea, on hilltops and in woodland – for everyone to enjoy.

The 2025 festival takes place in some of Dorset's most remarkable urban and rural spots:

**Christchurch Quay** 12-15 Sept

**Summerhouse Hill, Yeovil** 13 and 14 Sept

**Moors Valley Country Park and Forest** 13-21 Sept

**Corfe Castle** 20 and 21 Sept

**Weymouth Town Centre** 18-20 Sept



This **FREE ACTIVITY PACK** has been created by **Activate Performing Arts**, with artists and organisations associated with this year's Inside Out Dorset festival. Special thanks to **Cultural Hub** for supporting the creation of this activity pack, **Lorna Rees**, **Radical Ritual**, **Forestry England** and **National Trust**.

**activate**  
Sparking possibility



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



A full list of funders and supporters of this year's festival can be found on our website.

# insideoutdorset.co.uk

**STAY CONNECTED:**



insideoutdorset



activate\_parts #IOD2025

## Play Consequences!

The fun game where you take it in turns to draw a head, body, legs and feet whilst folding the paper and passing it on. It's all about working together to create something unexpected!

### How to play:

It's a super easy game and you may have played before. Find three friends and get ready to play! Fun fact: it was invented by the surrealists!

#### Head

Draw the "head", and once you have finished, fold to the dotted line backwards. Make sure you leave lines for the neck for the next person to follow.

Fold it - Pass it on.



CAN YOU INCLUDE NATURE  
IN YOUR DRAWING



#### Body

Draw the "body". Leave lines for the next person to follow

Fold it - Pass it on.



#### Legs

Draw the "legs". Leave lines for the next person to follow

Fold it - Pass it on.



#### Feet

Draw the "feet".

Now — all together unfold and see what you have created!

Fold it - Pass it on.

CAN YOU CLOSE YOUR  
EYES BEFORE YOU BEGIN



CAN YOU DRAW  
SOMETHING UNEXPECTED



WHEN YOU UNFOLD  
WHAT KIND OF GIANT  
HAVE YOU CREATED?



# NOW IMAGINE THAT GIANT ON A HILLSIDE IN THE INCREDIBLE NATURAL LANDSCAPES AROUND YOU



## Radical Ritual Activities

(to do in a green space near you):

### SENSORY WALKS

- Walk slowly and silently through a natural space.
- Focus on one sense at a time: what do you hear, smell, see, touch.

### SIT SPOT PRACTICE

- Choose one place in nature to sit quietly over time – daily or weekly.
- Observe the changes in light, weather, animals, and plants.

### MYTH MAKING

- Find a myth or story connected to the land you are from.

### NATURE JOURNALING

- Sketch, write poems, or record observations in a notebook.
- Include found objects like feathers or pressed leaves.

### GROUNDING OR EARTHING

- Walk barefoot on grass, soil, or sand.
- Lie down on the earth and feel its textures and temperature.

### LISTENING TO THE LAND

- Use field recorders or simply close your eyes and tune in.
- Focus on birdsong, wind, insects, and water.

A monumental new creature is being created for the Dorset National Landscape, inspired by the mystery of the Cerne Abbas Giant. Artist Becca Gill and her company Radical Ritual, along with members of local community groups, have created a new giant for the region.

The artwork is based on the game Consequences – where you take it in turns to draw a head, body, legs and feet whilst folding the paper and passing it on. The theme focuses on working together to create something whole. This new artwork is an investigation into local myths, giant stories and reimagining folk tales.

Community groups in Yeovil came together to explore their sense of belonging and connection to the land. From workshops and walks, exploring myths and rituals, the outcome is a fun project using natural dyes and materials to create a giant piece of artwork for everyone to enjoy – reflecting and celebrating our landscapes. You can see their giant unveiled on the ancient hills of Somerset and Dorset this September.

We may have forgotten the stories our landscapes tell, but together, we can rediscover and inspire new tales of care, nurture, and community.

*Consequences is a Radical Ritual Production that has been commissioned by the Dorset National Landscape as part of Nature Calling, a project of the National Landscapes Association, in partnership with Activate and supported by Poetry School. Funded by Arts Council England, Defra and the Dorset National Landscape. Supported by Imaginators.*

With thanks to Yeovil Consequences giant creators: Fairmead Special School, Able to Achieve, Birchfield Primary School & Yeovil Together

To find out more visit: [www.radicalritual.co.uk](http://www.radicalritual.co.uk) / Insta @radical\_ritual / Contact: [info@radicalritual.co.uk](mailto:info@radicalritual.co.uk)





Forestry England

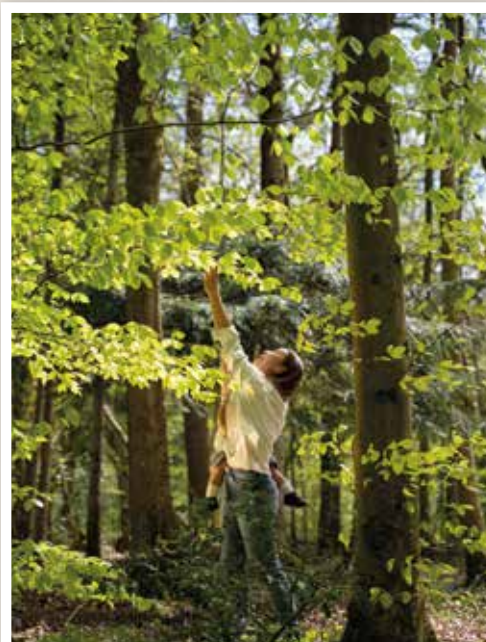
# Nature's beauty

**Remember**  
Please care for the  
forest and do not  
pick living plants

Artists often find inspiration in the natural world, including forests. They interact with nature using their senses and incorporate what they see, hear and touch into their works of art.

Before taking part in our activities take a moment to notice the beauty of nature. Have a go at:

- Walking slowly in nature and observing what's around you.
- Standing or sitting still and listening.
- Taking a closer look - really zooming in and noting the different patterns and textures.



## A forest collage

Create a collage by combining small objects or materials to make one large piece. Have a go at our forest collage activities.

- 1 Collect lots of different leaves.
- 2 Push leaf litter on the forest floor to one side to create a clear area.
- 3 Place the leaves on the ground in a pattern or create a picture by framing with sticks.



Photo: Ilgargokhan

# Experiment with natural materials

There are lots of ways to make collages...you could:

- Experiment using different items from the forest floor, such as seeds and cones.
- Collect leaves and make paint prints.
- Take rubbings of different bark patterns.
- Take photos of leaves or trees and make a digital collage.

## Tree identification

Leaves come in all shapes, sizes and textures and are a great way to help identify trees.

Can you identify any trees from the leaves you found?



Kielder Forest



## Did you know?

Breathing in the natural smells of a pine forest can help us stay healthy. Terpenes, the phytochemical made in conifers, can calm our minds and even cure illness.



For more activity ideas visit:  
[forestryengland.uk/learning](https://forestryengland.uk/learning)

You can **find fascinating things in nature** when you look closely. Seeds, spores, slime mould and fungus are fantastic parts of our ecosystem. And they inspired our Sonic Seed Pods in

# CANOPY

**TAKE A WALK AMONGST SOME TREES.  
LOOK UNDERNEATH LEAVES AND AT  
THE BASE OF TREES**

1. What is the weirdest living thing you can see?
2. What is the brightest non-human colour you can find?
3. What noises can you hear?



**SIT UNDER A TREE AND  
LOOK UP AT THE  
CANOPY ABOVE YOU**



1. What can you see?
2. What sound does the tree make?
3. What else do you notice?



**DESCRIBE YOUR FAVOURITE TREE  
AND WHY YOU LIKE IT?**

If you don't have a favourite tree then think of one! This could be a tree you see every day or a tree which bears your favourite fruit.

**Trees are amazing,  
wonderful beings**  
– especially the really old ones.

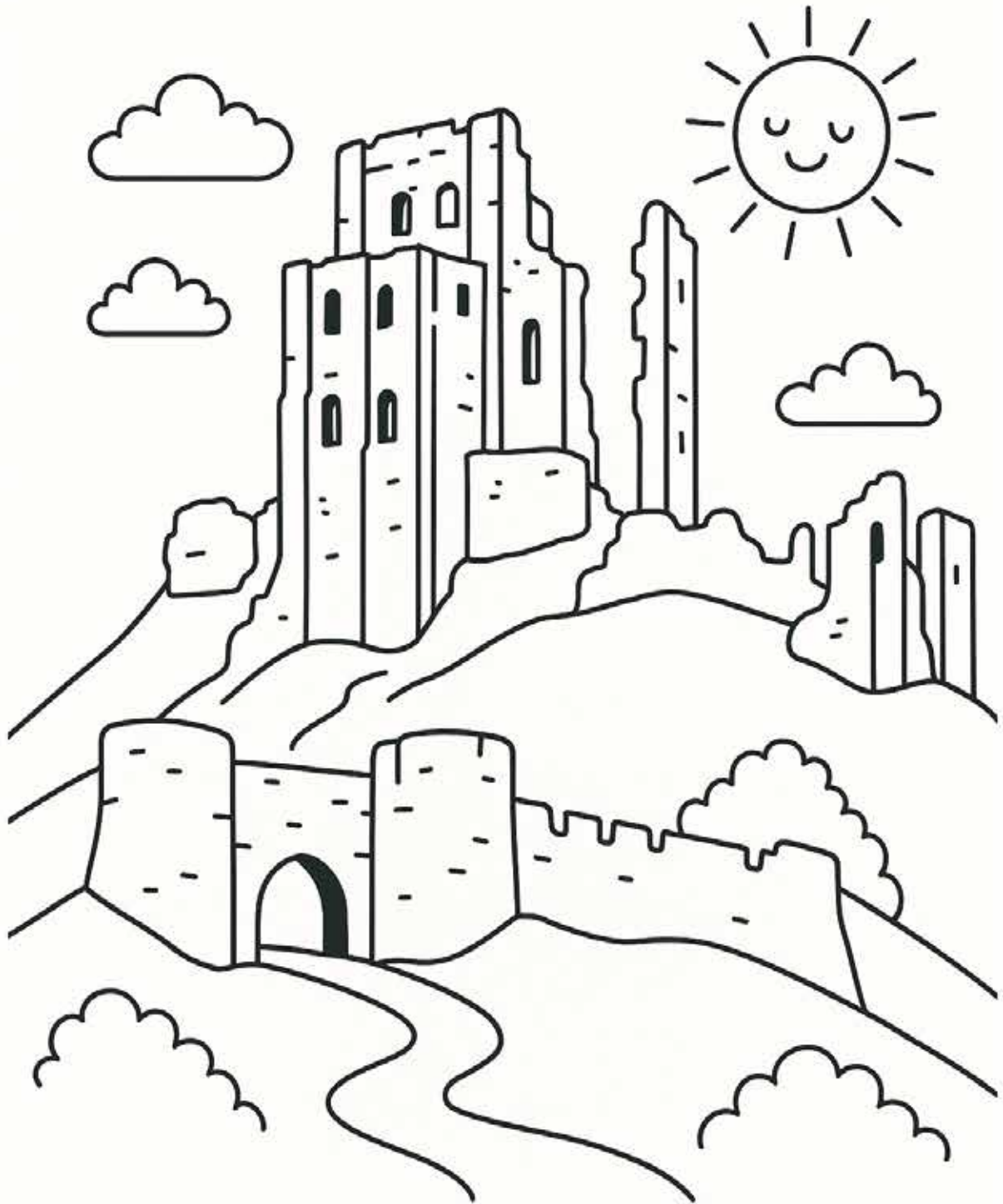
We should celebrate them more. How could you celebrate your favourite tree?

**TIME TO GET WRITING!**

Some of the artists in Canopy have written about their favourite trees or made scrapbooks with drawings of seeds or berries or slime and lichen in it. You could try bark rubbing or keeping a listening journal.

**You might even try  
WRITING A SONG  
for your tree!**





**CORFE CASTLE**

Colour me in 