



# THEE SUSTAINABLE SUPPLEMENTARY SCHOOL

# ORDER OF THE DAYS

**01**

Braiding for Beginners

**02**

Black British History Lesson

**03**

Crocheting for Beginners

**04**

Time Capsule Making

# BRAIDING FOR BEGINNERS

BY NURTURE ACADEMY



## Students will learn:

- Health and Safety and the best practices whilst in a salon setting, doing mobile hairdressing or doing their own hair
- Appropriate tools and equipment when styling clients or their own hair
- Correct hand positioning to achieve desired hairstyle.
- Fundamental concept of 3 strand plaiting and cornrow technique
- Simple plaits & cornrows designs
- How to gain confidence in themselves to do and achieve the desired hairstyle

## Overall Aim

We hope that students will gain the ability, understanding and confidence in themselves to take on what has been taught to them to then go away and practice to improve and excel in their braiding skills.



# BLACK BRITISH HISTORY LESSON

BY YOUNG HISTORIANS PROJECT

Participants will get the opportunity to take part in four small activities that are part of our project, 'Each one Teach one: The History of Black British History'. To keep to time the group will be split into smaller groups and each will rotate to the next station after approximately 7 minutes.

Community Education - Supplementary school and historic Black bookshop discussion

Academia - Primary Source Analysis

Public History - Black British Statues History Lesson + Statue design discussion

Arts - Zine group and discussion



# CROCHETING FOR BEGINNERS

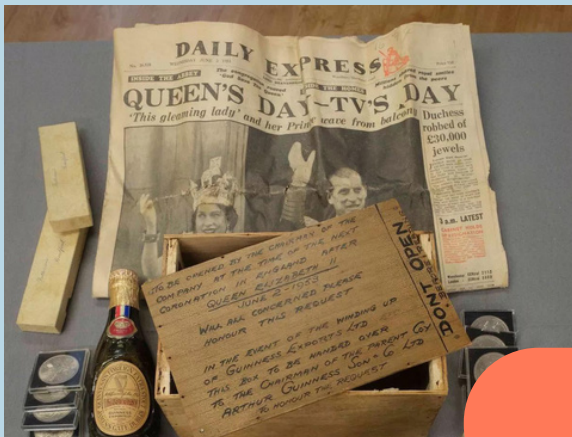
BY TIANA  
ESPARON

In this workshop you'll learn how to make a crochet staple- the granny square! This technique can be used to create everything from clothing and accessories to blankets and home accessories, making it the perfect way to start your crochet journey. We'll begin the workshop by learning how to hold a crochet hook, cast on, make a chain and some basic crochet stitches before moving on to how to make a granny square. By the end of the workshop you'll be able to confidently crochet a granny square and will hopefully come away with lots of inspiration for all the things you can create with this one technique.



# TIME CAPSULE MAKING

BY BLEMME  
FATALE  
PRODUCTIONS



## Questions to think about

Making a time capsule may be a daunting process. What do I want to remember in 10 years? Where will I be in 10 years?

In a world filled with climate anxiety and a rapidly changing London, we're taking a second to reflect.

- Who am I?
- Where do I want to go?
- What's leading me there?
- What do I need to say to myself?
- Why do I need to say it now?
- What do I hope for?

## Suggested Items

- Newspaper clippings
- Photos
- Book pages
- Pamphlets
- Anything sentimental/personal
- Drawings
- Old Letters
- Leaflets about what is going on in your local area (can be picked up from a local library)



**BLEMME FATALE**  
**PRODUCTIONS**

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