

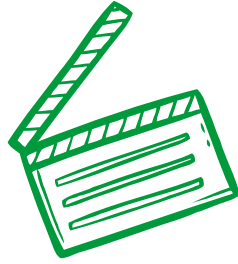


CUMBRIAN AWARD

adventure enterprise culture

Name:

Class:



CULTURE BOOKLET

Grow cultural awareness
Create Cumbrian Culture





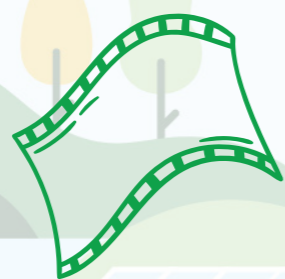
Hi, I'm Zen and I will be giving you lots of fun information throughout your Sethera Culture Booklet!



Contents

| | |
|----------|---|
| p. 3 | Welcome |
| p. 4-5 | Gallery of Cumbrian Culture |
| p. 6-7 | Your Gallery of Cumbrian Culture |
| p. 8-9 | Your journey to discover and create Cumbrian Culture! |
| p. 10-11 | Planning your Cultural Creation |
| p. 12-13 | Building your Skills |
| p. 14-15 | Presenting your Cultural Creation |
| p. 16-17 | Review and Reflection |
| p. 18-19 | Belong, Believe, Become |
| p. 20-21 | Reviewing your Skills |
| p. 22-23 | Your Culture Scrapbook |

Respond to the questions and prompts within this booklet in a range of ways as most suitable to you e.g. written descriptions, use of digital & IT, creative responses and more.



Welcome to your Cumbrian Award Culture Booklet



You are now officially on your exploration to discover and create Cumbrian Culture!

What is Culture?

- **Culture is a vital part of life** that constantly grows and changes over time.
- **Evidence of culture can be found in many places** like past history, food, festivals and all artforms like poetry, dance, visual art, and music.
- **Culture helps people and places to thrive.**
- **Culture can affect a person or community's sense of belonging**, how happy and healthy they are, and their creativity and sense of innovation.
- **Cultural products can tell the story of local areas** all around the world, including right here in Cumbria and all the stories there are to discover both old and new.
- **Culture can be exchanged and even mixed to create new cultures** all around the world.
- **Looking after culture** and being part of it can mean lots of things. It might be telling stories from the past, caring for or making special and memorable objects, enjoying and protecting your local area, or sharing your beliefs, values and who you are.
- **Cultural awareness skills are essential for success** at school, home, and work. They help us appreciate and support one another, creating the strong, vibrant communities found throughout Cumbria.



DID YOU KNOW?

Understanding your own culture, makes it easier to share it with others. The Cumbrian Award Culture Strand will help you gain cultural awareness in a quest for community and belonging here in Cumbria.



Gallery of Cumbrian Culture

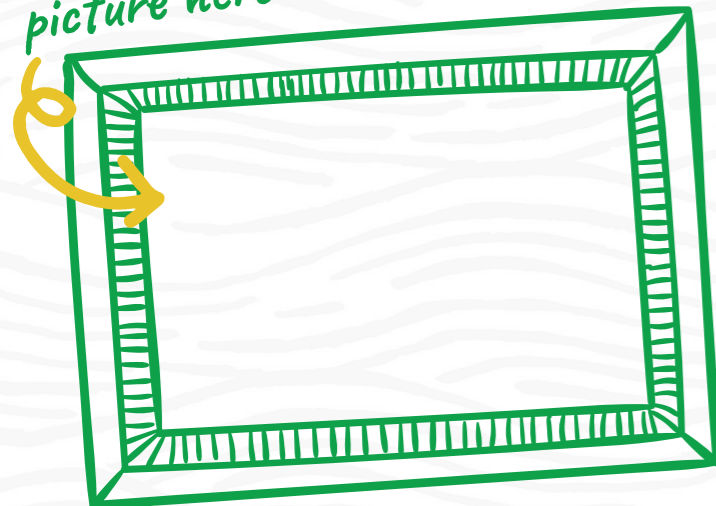
Fill in the blanks!



Who, What, When, Where, How and Why?

Research and explore the cultural examples provided below. There is a centre, a practitioner, an organisation and an event. Fill in the blanks and discover more about the Culture that is on offer in Cumbria.

Add your picture here



The Beacon Museum

What? A museum and arts venue which tells the story of historic West Cumbria

When? It opened in 1996 as a purpose-built museum

Where?

How? It has galleries and exhibitions about Cumbria and lots of fun events

Why? It aims to make history, art and culture fun and accessible for everybody

Sheila Fell

What?

When? 1931 – 1979

Where?

How? She often painted using oil paints

Why? She was inspired by the Cumbrian fells and coast and the people who lived there



Solfest

What? A family friendly music and arts festival

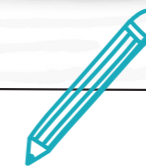
When? The first one took place in September 2004

Where? North Lakes Country Park near Silloth

How?

Why? Provide an event where all generations of people can come together to enjoy each other's company, take in the beautiful surroundings and listen to some fantastic music from all around the world.

Let's think...



Reflect with your class about why the examples given in the gallery might have been included.

Watch this video from 'Everyone Here' to find out a bit more about what they do and help you complete this section:



Everyone Here

What?

When? It started in 2023

Where? West Cumbria

How? They believe creativity is for everyone. From singing to storytelling, podcasting to pottery. A citizens-led method helps programme events and activities.

Why?



Your Gallery of Cumbrian Culture

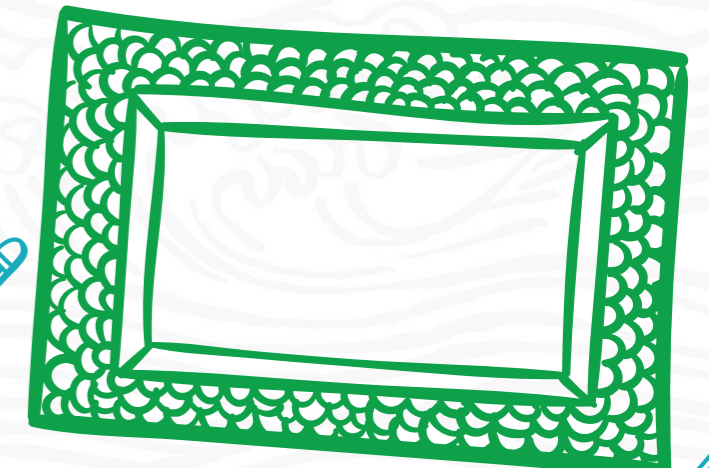
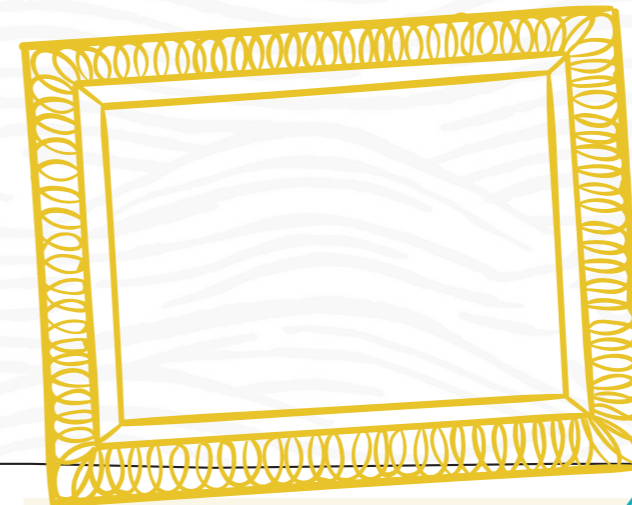
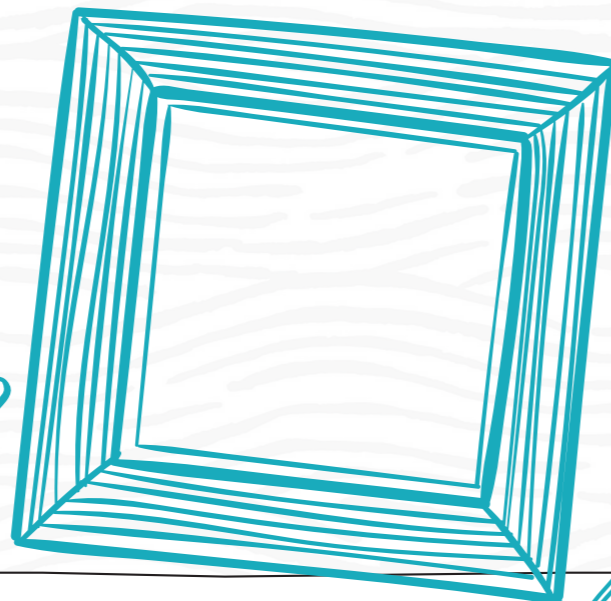
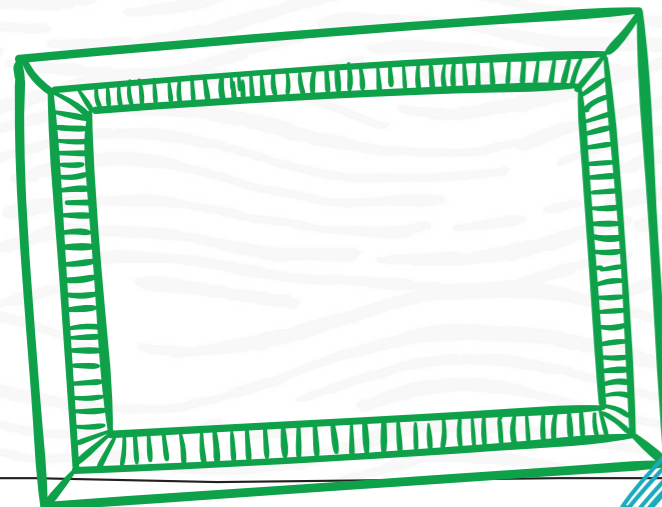
Your turn!

Use this page to research, explore and display your own gallery of Cumbrian Culture that inspires you.

As before, this could include the local landscape, artists, festivals and more. They may already be very well known, or only known to you and your community.



Complete your gallery using the same format as our example or create your own using drawings, collages, pictures and any other methods you can think of.



What?

When?

Where?

How?

Why?

What?

When?

Where?

How?

Why?

What?

When?

Where?

How?

Why?

What?

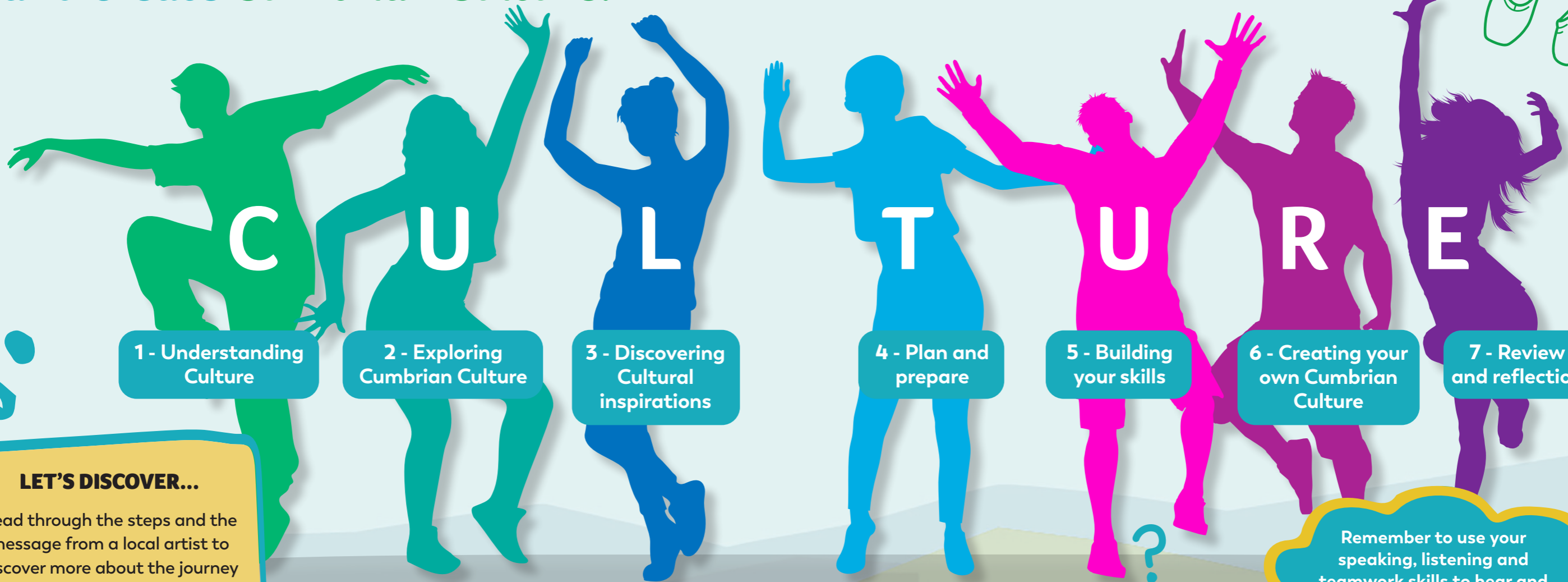
When?

Where?

How?

Why?

Your journey to discover and create Cumbrian Culture!



1 - Understanding Culture

2 - Exploring Cumbrian Culture

3 - Discovering Cultural inspirations

4 - Plan and prepare

5 - Building your skills

6 - Creating your own Cumbrian Culture

7 - Review and reflection

LET'S DISCOVER...
Read through the steps and the message from a local artist to discover more about the journey to creating Cumbrian Culture.

Remember to use your speaking, listening and teamwork skills to hear and include everyone's ideas before you choose.

A message from a Cumbrian artist
Stuart Irving is an artist who exhibits and sells his work
"My name is Stuart.
I enjoy art as it is relaxing, and I generally work with other artists in a group as we support each other.
I take ideas for my art from photographs I have taken with my phone when on holiday, walks or visiting places of interest.
I select photographs and then decide on the colours and paints I will use. I enjoy painting scenes from the countryside or coast.
I hope you enjoy your art for many years".
Prism Arts, Stuart Irving



Use these QR codes to find out more about Stuart's painting technique and success:



Think, Pair, Share

How does your region inspire you? After reading Stuart's message, think about what your group's focus could be for contributing to Cumbrian Culture. Then, discuss your ideas with a partner.

Finally, share your thoughts with the class and work together to agree on a shared focus.

Our Cumbrian Award Cultural focus is:

Why have you chosen this focus?

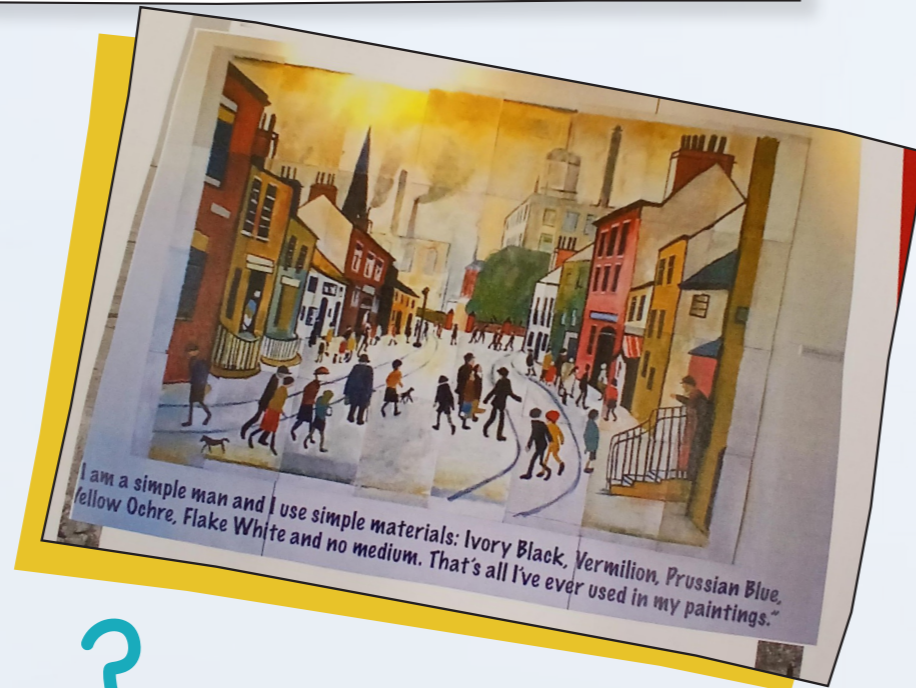
Planning your Cultural Creation

Let's plan...

Use the spider diagram to plan your Cumbrian Cultural Creation.

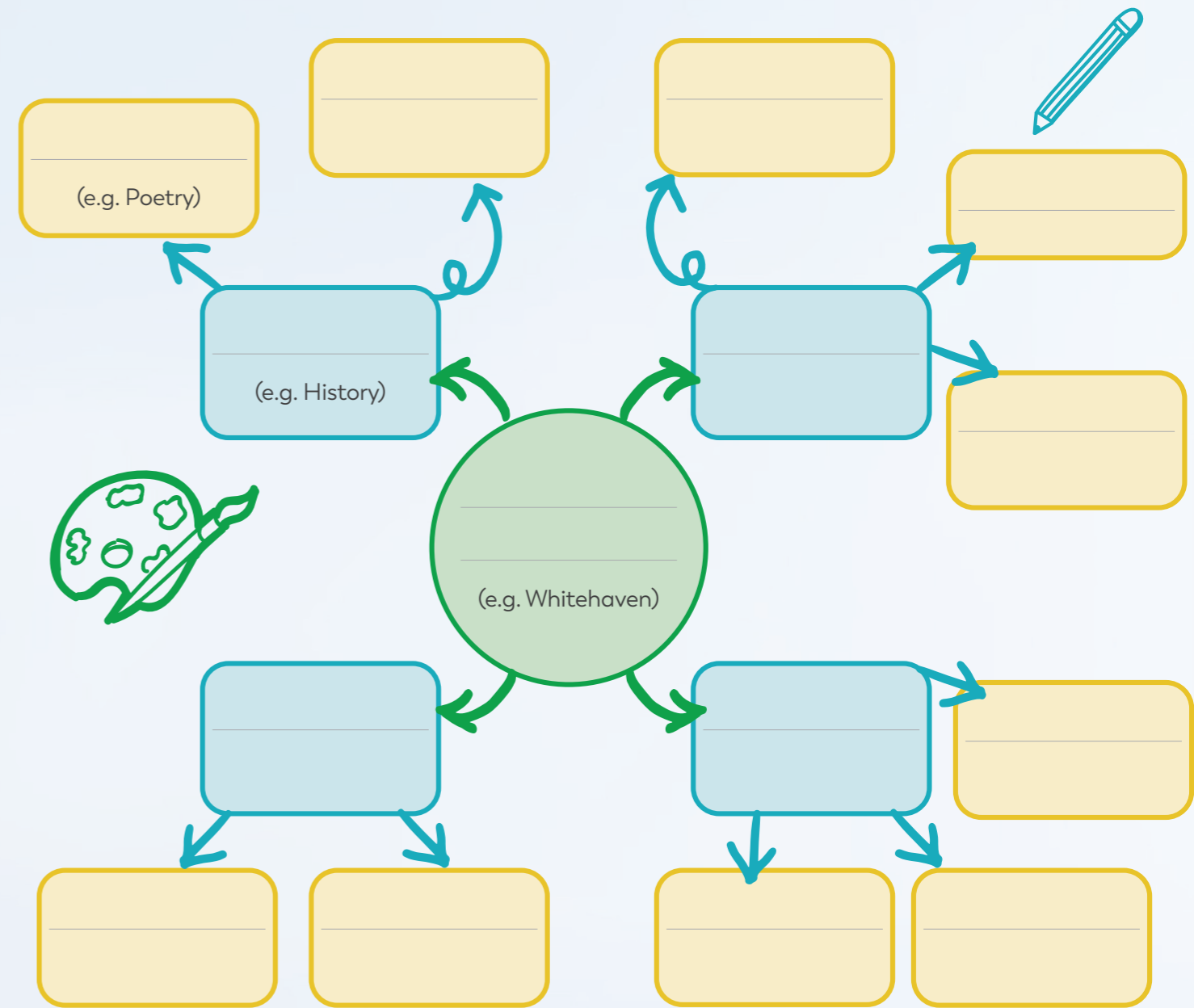
1. Start in the middle - write your chosen focus in the centre circle.
2. Next, add topics linked to your focus in the blue boxes.
3. Then, add activity ideas in the yellow boxes to show how you could bring your ideas to life.

You can add more legs and boxes if you need to!



Some ideas on why might include to:

- benefit the local community
- link to our learning in class
- challenge ourselves
- learn new skills



Let's decide...

Circle or highlight the activity you have chosen to complete as a class for your contribution to Cumbrian Culture.

Why have you chosen this activity?

Key...

- Focus
- Topics
- Activity

Building your Skills

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Chosen Activity

Let's plan...

How could you use each of the 8 essential skills during your chosen Cumbrian Award Cultural activity? Add your chosen activity to the yellow box and bullet point some examples in the boxes below.

Add your scores here

Let's consider...

Which skills will you use the most during your Cultural activity? Add a score of 1-8 (1 being the most used), in the smaller boxes next to each skill. Think about the examples you have given for each.

There will be a chance on pages 20-21 to reflect and re-score your skills, once you have completed your Cumbrian Award Cultural activity.



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| • | | LISTENING | |
| • | | | |
| • | | | |



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|---|--|----------|--|
| • | | SPEAKING | |
| • | | | |
| • | | | |



| | | | |
|---|--|-----------------|--|
| • | | PROBLEM SOLVING | |
| • | | | |
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|---|--|------------|--|
| • | | CREATIVITY | |
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| • | | ADAPTING | |
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| • | | PLANNING | |
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|---|--|------------|--|
| • | | LEADERSHIP | |
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|---|--|----------|--|
| • | | TEAMWORK | |
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| • | | | |

Presenting your Cultural Creation



Let's show...

Use the space below to record your Cultural Creation.

Share your videos, photos, or event recordings using a link or QR code.



Let's remember...

Complete the speech bubbles below to summarise your Cumbrian Award Cultural Creation.



**What did you create?
How did you do this?**

**Were you inspired by anyone?
How did they help you?**

**What was your individual
contribution?**

**How does your Cultural
Creation represent Cumbria
or your local community?**

You will have the chance to remember your successes and challenges on the Review and Reflection pages 16-17!



Review and Reflection ✨

Let the Cultural reflections begin...



Please answer the following questions in your own words...

Q1 What did you most enjoy during the Culture strand of the Cumbrian Award? What did you learn about yourself?



Q2 What elements of your Cultural Creation were a success? How did you know?



Q3 What challenges did you face during the Culture strand? How did you overcome these?



Please answer the following questions in your own words...

Q4 How did you feel during both the experience and final completion of your Cumbrian Cultural Creation?



Q5 What did you learn about the influence you can have on Culture in the future?

Q6 Why is Culture important both here locally in Cumbria, and also as part of Cultures worldwide?



BElong, BElieve, BEcome



Culture can have a big effect on what people believe they can become. Feeling like you belong is essential for everyone to be able to discover and create their own exciting future. Cumbrian Award aims for everyone that takes it to feel as though they belong in Cumbria.

Let's express ourselves...

Respond to the questions on each of the pages below using both writing and creative methods to express yourself meaningfully around the theme of belonging. (E.g. drawings, collages, digital QR code)

→ What does belonging in Cumbria mean to you?

Four horizontal lines for writing.



→ How could you help someone else to feel like they belong in Cumbria?

Five horizontal lines for writing.



Use Pages 22 and 23 to note down any ideas or inspirations as you go along!



Reviewing your Skills

The Skills Builder Universal Framework is protected by a Creative Commons Attribution-No Derivatives 4.0 International Public License. It should be attributed as Ravenscroft, T.M. (2020), Skills Builder Universal Framework of Essential Skills, London: Skills Builder Partnership at www.skillsbuilder.org/framework



Let's reflect...

How did you use each of the 8 essential skills during your Cumbrian Award Cultural activity? Bullet point your reflective examples in the boxes below.

Add your new scores here

Let's review...

Which skills did you find you used the most during your Cultural activity? Re-score each skill in the order of 1-8 (1 being the most used), in the smaller boxes. Compare the scores you gave for each skill on pages 12-13. Did you use each of the skills as expected? Were there any differences or surprises?



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| • | | TEAMWORK | • |
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Your Culture Scrapbook



Use this extra space to add any inspiration, notes or ideas that help contribute to your Cumbrian Award Cultural Creation.



In partnership with:



CUMBRIAN AWARD

adventure **enterprise** culture



Thank you for completing the Cumbrian Award Culture booklet and for making a positive contribution to the community you belong to.