

Are you
STRONG?



ARE YOU STRONG?

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About This Project

The Picture Book Program 2018 is a partnership between two branches of the City Communities Group within the City of Melbourne - Community Services (Family Services) and Arts Melbourne (ArtPlay). The program is designed to engage families from within the municipality. It aims to encourage an awareness and enjoyment of literacy and the creative process, in a fun and supportive environment.

The illustrations and text in this book were created by the attending families, using everyday materials, curiosity, and experimentation. The result is a book to be enjoyed again and again.

Family Services

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ArtPlay

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Thank-you to Slow Art Collective for the artistic concept for our mask making workshop.

THE FAMILIES WHO MADE THIS BOOK

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Are you STRONG?



CITY OF MELBOURNE

ARTPLAY

FAMILY
SERVICES



**Do you have strong legs
for taking lots of steps?
Are you zebra-gallop strong?
Clip clop clip!
Yes, zebra-gallop strong.**

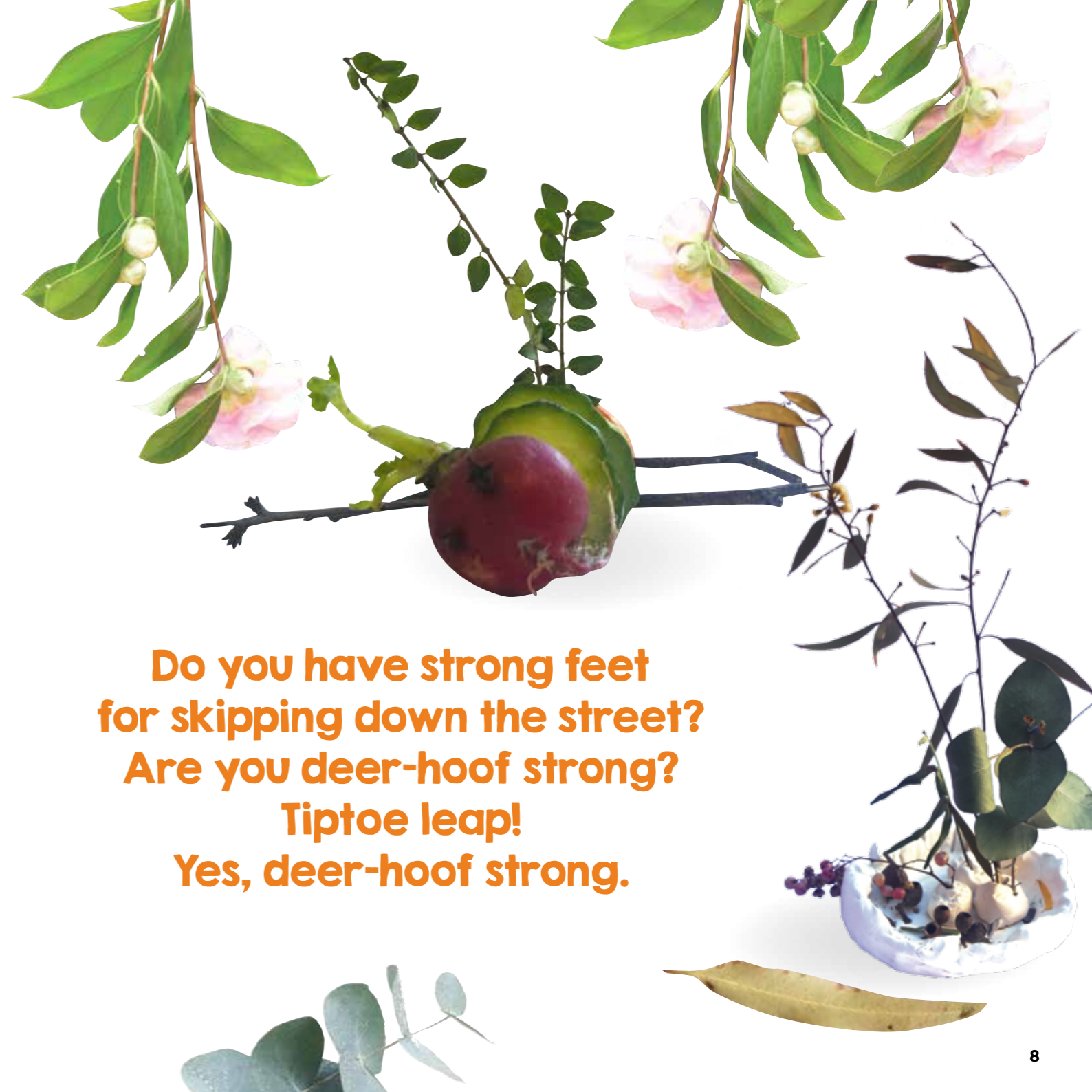




**Do you have strong teeth
munching carrots and peas?
Are you bird-beak strong?
Crunch crunch munch!
Yes, bird-beak strong.**



**Do you have strong hands
so you can climb and hang?
Are you monkey-grip strong?
Oo oo ah!
Yes, monkey-grip strong.**



**Do you have strong feet
for skipping down the street?
Are you deer-hoof strong?
Tiptoe leap!
Yes, deer-hoof strong.**

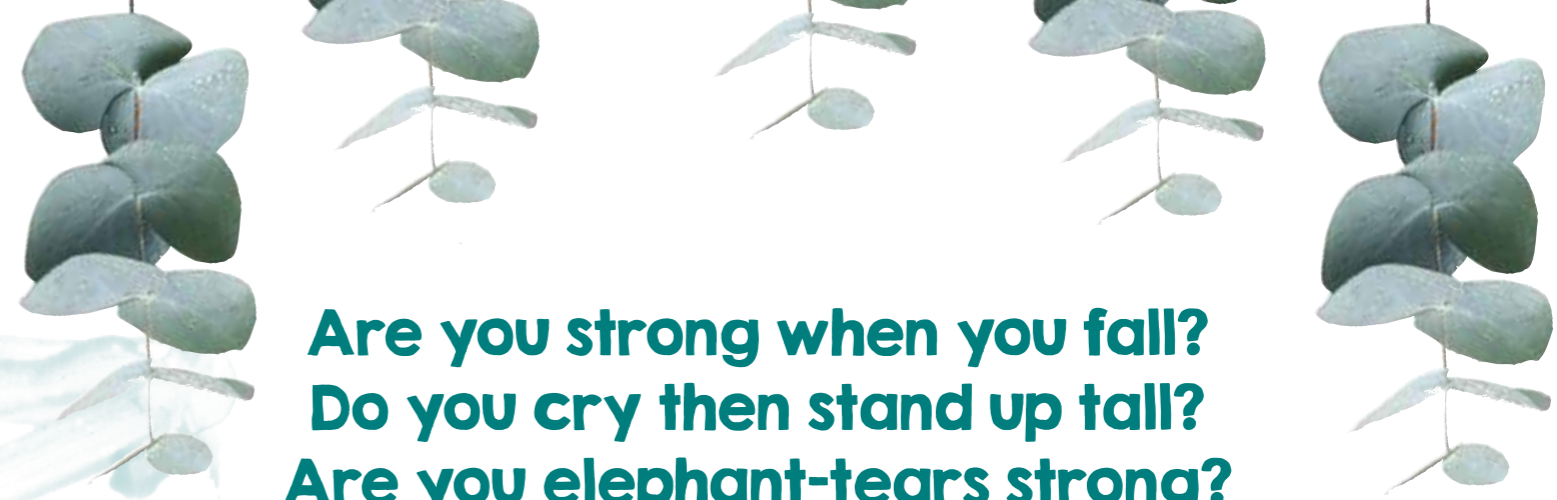


**Are you strong when you are angry
because you are so hungry?
Are you hunting-lion strong?
Roar Roar Roar!
Yes, hunting-lion strong.**





**Do you have a strong brain
full of questions and games?
Are you puppy-fun strong?
Ruff-ruff woof!
Yes, puppy-fun strong.**



**Are you strong when you fall?
Do you cry then stand up tall?
Are you elephant-tears strong?
Waaa-waaa-oooo!
Yes, elephant-tears strong!**





**Are you strong when you are sleepy?
But maybe not so speedy?
Are you slow-turtle strong?
Yaaaaaawn!
Yes, slow-turtle strong.**





**Do you have strong arms
to hold me snuggled and calm?
Are you koala-cuddle strong?
Hug me tight!
Yes, koala-cuddle strong.**



**Are you just so strong?
Are you right where you belong?
Are you warm-heart strong?
Ba-ba-boom, ba-boom, ba-boom
Yes warm-heart strong.**



Activities



PLAYDOUGH WITH NATURAL COLOURS AND SMELLS

You will need

- 2 cups flour
- 2 cups warm water
- 1 cup salt
- 2 tablespoons vegetable oil
- 1 tablespoon cream of tartar
- Mortar and pestle
- Sieve
- Saucepan

Choose some of these

- Ground spices such as cinnamon, nutmeg, turmeric, or whatever you have
- Fruit and vegetables such as spinach, beetroot ends, raspberries, or blueberries
- Flowers, leaves, and anything you can find in the garden
- Instant coffee



Instructions

- Grind vegetables, berries, leaves, or flowers in a mortar and pestle
- Strain vegetable and berry juice through a sieve
- Put flour, warm water, salt, vegetable oil, and cream of tartar in a saucepan
- Stir over a low heat
- When dough is half mixed, add vegetable or berry juice for colour
- When the dough comes away easily from the side of the pan, remove from heat
- Let it cool and then mix in spices or instant coffee

INSECTables - VEGETABLE INSECTS

You will need

- Playdough
- Vegetable scraps leftover from cooking, such as spring onion roots, carrot ends, spinach root, beetroot ends, eggplant, tomato, cucumber
- Toothpicks or wooden skewers

Choose some of these

- Small twigs and leaves from the backyard
- Gumnuts
- Whole spices such as cloves or star anise

Instructions

- Shape the playdough to make the main part of the insect's body
- Stick spices, leaves, or twigs into the playdough for the insect's eyes and legs
- Using the toothpicks or skewers, attach vegetable scraps to give your insects other body parts, such as feet and wings
- Use your imagination to make any insect, animal, or creature you like





Strong



强壮



தலி விலுரி
(Tamil)



Сильный
(Strong)



मजबूत



வலிமையான




مستدام



பலமி

பலமி





**Do you have
strong legs for
taking lots of steps?
Do you have strong teeth for
munching carrots and peas?
Do you have a strong brain
full of questions and games?
You are just so strong!**

**Children develop
a strong sense of
well-being when
they make choices,
accept challenges,
and embrace the
unexpected.**

**Use this book to
reflect on just
how strong your
children are, in
so many ways!**