

# Sources for Materials

**Materials that are open ended loose parts (or can be demonstrated as such) are great inspiration for moving and exploring.**

**Lycra** with four-way stretch. Can be sourced from scrap stores and from markets. Also available from ebay but get a swatch first so you can test the material isn't too stiff, only stretches two ways or is too heavy.

**Foam tubes** (climaflex pipe lagging) from Wickes, B and Q or Screwfix.

<https://tinyurl.com/dancetubes>

**Marabou Feathers** from Fred Aldous. <https://tinyurl.com/dancefeathers>

**Jam jar lids** can be sourced by asking parents/friends to collect their jar lids. I also bought some from amazon <https://tinyurl.com/dance-lids>

**Hoerev Juggling scarves** from <https://tinyurl.com/dancescarves>

**Ping pong balls** can be bought from ebay or amazon. <https://tinyurl.com/dancepingpong>

**Emergency blankets** <https://tinyurl.com/dancefoil>

**Cellophane squares** which can be cut from lengths: <https://tinyurl.com/dancecellophane>

**Sponges** I recommend seeing if there is a sponge manufacturer close by who has off cuts you can use.

**Trugs** Rainbow Trugs have been the most long lasting trug buckets I have come across, in a range of colours <https://tinyurl.com/dancetrugs>

Other craft/natural materials/found items that are great for creative adventures:

- Corks
- Conkers
- Wooden/metal curtain rings/bangles
- Shells
- Pinecones
- Woolly Jumpers/T-shirts/socks
- Pillows/blankets (see It's not just a blanket video below)
- Cardboard boxes

I have also used more expensive items such as:

**Tickit sensory balls** (for babies) <https://tinyurl.com/dancetickit>

**Egg shakers** <https://tinyurl.com/danceeggs>

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## Books that make great additions to Creative Adventures/inspire possibility thinking

- **The Blue Balloon** by Mick Inkpen: <https://youtu.be/dsqHgGeBkVk>
- **It's Not Just A Blanket** by Annaliese Stoney: <https://youtu.be/0VF77i7phpM>
- **Harold and the Purple Crayon** by Crockett Johnson: <https://youtu.be/yI94zwz8cKU>
- **Lali's Feather** by Fazhana Zia: <https://youtu.be/A60kglaBfcU>
- **Not A Box** by Antoinette Portis: <https://youtu.be/PMCKXaFsmCA>

## Films/blogs for inspiration:

- **Dancing with woolly jumpers**  
<https://madewithmany.org/event/woolly-jumpers-with-liz-clark/>
- **Can you be creative with woolly jumpers?** <https://vimeo.com/manage/videos/247309588>
- **It's not just a blanket story demonstrated with blankets/pillows**  
<https://www.ourcreativeadventure.com/danceathome>
- **Dancing with clothes as inspiration** <https://madewithmany.org/event/clothes-with-liz-clark/>
- **Creative adventures with socks**  
<https://www.ourcreativeadventure.com/blog/2020/12/2/socks>
- **Why “junk” is important for creative movement**  
<https://www.ourcreativeadventure.com/blog/2018/2/18/junkforcreativity>
- **Why boisterous play is important**  
<https://www.ourcreativeadventure.com/blog/2017/9/2/pushing-and-pulling>
- **Islands of Intimacy** – spaces for connection and well being through a movement approach  
<https://www.ourcreativeadventure.com/blog/2017/9/21/island-of-intimacy>