

School Resource: This is our resistance



Introduction

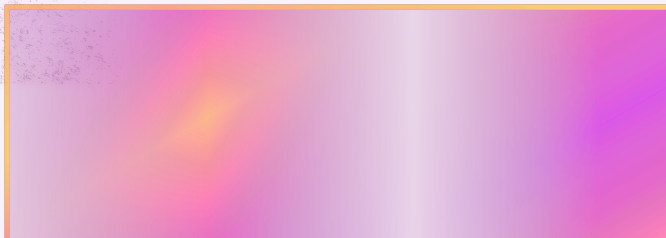
In Galleries 3 & 4, is the artwork of Palestinian artists Basel Abbas & Ruanne Abou-Rahme.

Their work layers sound, images, and words to document Palestinian life. They explore how songs and poems can help people feel free and connect them through love, land and community. This is our resistance.

The artists asks us to consider : *How do people show resistance from a place of love?*

How can you use your movements and voice to respond to the artwork?

They can be used to share moments of happiness, sadness, anger or hope.



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Phrases of text from the artwork

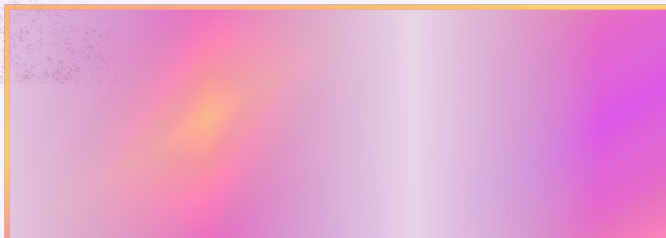
love is my humble and only victory over my jailer

returning home from the sea of loss

we dreamed with them to the tune of freedom

with every song you remember

imagination is hope



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Activity Instructions

Work in small groups.

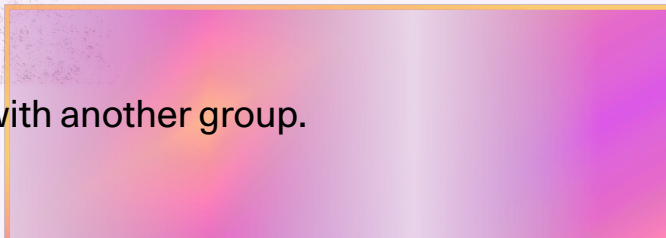
Gallery 4; The mood of the artwork in is often gentle and meditative. Explore different ways of moving with the fabric in your group.

In Gallery 3: Choose a phrase from the artwork. Spend some time reading your phrase. What meaning and feelings does it hold? What might the story be behind it?

Experiment with different ways to say the line you have chosen. You can repeat lines, add new lines, use your voice differently, say it together or as a call and response.

Now add movement using the fabric. Work together to make the movements and spoken phrases connect together.

Share your phrases and movements with another group.



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Reflection

The artists work layers sound, images, and words to document Palestinian life. They explore how songs and poems can help people feel free and connect them through love, land and community.

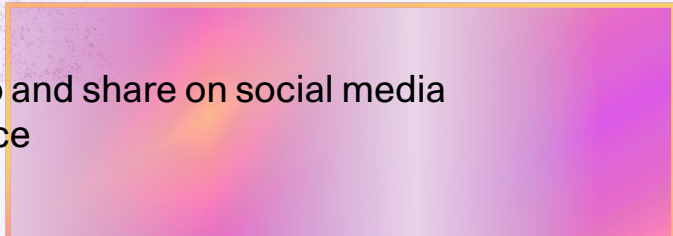
How can songs and poems bring people strength or bring them together?

What are the ways people can stand up for their rights? What are the gentle ways?

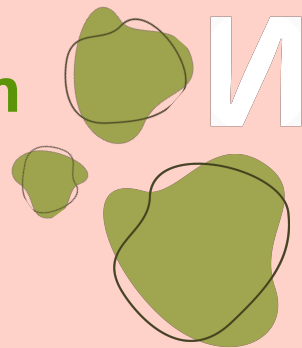
What does resistance mean to you?

What do you think the artists would want people to feel or think after experiencing this artwork?

Share your work with us. Take a photo and share on social media
#Nottm_ContempThisIsOurResistance



School Resource : Drawing on a Dream



Introduction

Materials:

- Word prompts
- Cut out shapes and materials
- Tracing paper
- Pencils

In Gallery 1 is the work of Balinese artist I Gusti Ayu Kadek Murniasih, also known as 'Murni'.

She was a self-taught artist who used her art to express her thoughts, feelings and dreams.

Her art talks about empowerment, identity, and ensuring that you are able to tell your own story.



Murni's work is a celebration of hopes, wishes and freedom.

Take a look around the gallery at Murni's work.

Notice the colours in the room.

What can you see?

How do they make you feel?

Which is your favourite?



School Resource: Drawing on a Dream



Settling In

Find a comfortable spot to sit down. Close your eyes. Take a big breath in. And a big breath out slowly.

Wiggle your body. Give your hand a gentle squeeze.

Let a colour that you love fill your mind as you breathe in.


Why do you love it?
How does that colour make you feel?

As you breathe in clench and unclench your hands.

As you breathe in, raise your arms in front of you and keep your wrists loose, hands dangling.

Bring your fingertips together, feel your hands pressed together, then let them fall by your side.

Quietly move your attention from your breath to your surroundings. Slowly breathe out.





School Resource: Drawing on a Dream



Settling In

Keep your eyes closed but switch your focus to the sounds and smells of the space around you. Keep thinking of your chosen colour.

Say out loud:

I am my own story

I am strong

I am calm

Begin with saying: 'I am...' How would you finish it?

You can change the colour you are thinking of - do you feel different?





School Resource: Drawing on a Dream



'Drawing' Instructions

Explore the different shapes, textures & objects in the bag – choose those you are drawn to the most.

Place the tracing paper or material on the floor and choose how you lay the objects around the tracing paper.

Using the objects, lay out the shapes to make your own 'drawing.'

Share: Why have you chosen these colours and textures? How do the different colours make you feel? How do the different textures make you feel?





School Resource: Drawing on a Dream



'Drawing' Instructions

Describe your 'drawing' to someone.

Use the suggested titles to label your 'drawing'. These are all titles of Murni's artworks written in Balinese and English.

Sketch around your 'drawing' on the tracing paper.

Add words, descriptions or doodles to your final collage.

Share your work with us. Take a photo and share on social media
#Nottm_ContempDrawingOnADream

