



Nottingham Contemporary

Creative Wellbeing: Activities for the Classroom

These resources are developed with creativity and wellbeing in mind and are designed to respond to the following **dimensions of wellbeing**:

- being **connected** to others by doing things together and by sharing experiences
- being **present** by taking part in and reflecting on sensory experiences and playful explorations
- being **active** by taking part (safely) in hands-on activity and by using the body and movement. We recommend that these take place in an open space and where possible, outdoors. Many of the activities draw on nature as a theme and resource

We want the activities to encourage **learning** through experimentation and reflection and a sense of **purpose** and **achievement** as children engage in the activity and their process and contribution is valued, shared and celebrated.

Activity 1: Exploring Sounds

Explore the world around you using your senses. Create artwork to show what you found and share with others.

You will need: Something to draw with, paper and something to rest on.

- Sit outside and listen to what you can hear. Take in all the sounds and make a note of what you hear. You can write the sound itself, 'tee-weet' or imagine what you hear is a shape or a line and draw it. Experiment doing this in different ways, for example with your eyes closed or with your other hand.
- Arrange these words or marks on your paper. They can be different sizes, shapes or in patterns. Decide what works best to share what you are hearing and how you feel.
- Share your work. Talk about what you heard, how you felt and what you noticed.

Discussion: What are the favourite sounds that you heard? How do they make you feel? What other sounds make you feel like this?

Exploring Sounds: Extension Activity

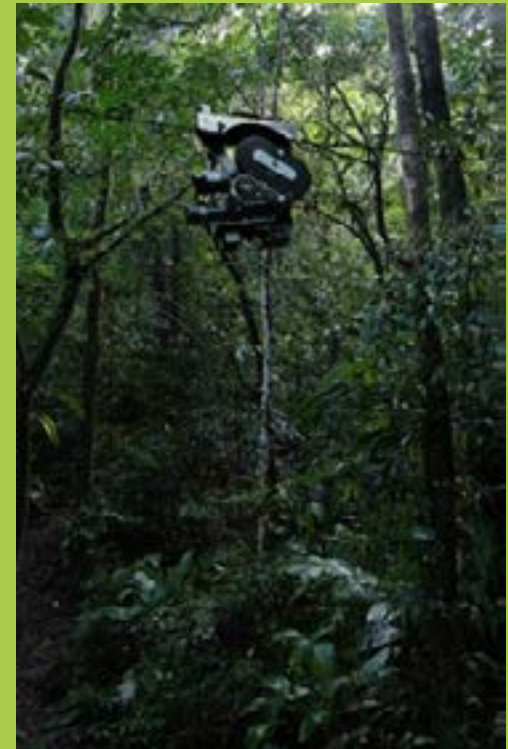
Repeat the activity another day or in a different place and make a sound diary or sound map. You can do this by drawing a map and marking the sounds you hear in different places or by taking rubbings where you hear sounds.

Discussion: What do you hear more of or less of? What's new? What's different?

Exploring Sounds: Gallery link Daniel Steegmann Mangrané

You will need: A screen with speakers and an internet connection, an open space, chalk, string or tape.

- Take a look at this artist's film of the Brazilian Mata Atlântica rainforest. It is shot on a camera suspended on a cable traveling along a perfectly straight line through the forest. The camera moves along the cable at the same speed as the film runs through the camera. The artist is interested in how our senses and emotions are affected in the dense rainforest.
- Imagine what it would be like to be there using all your senses. Imagine you were moving through the forest, not on a cable like the camera, but along the forest floor.
- Draw a line(s) along the floor and act out how you would have to move. Create a performance by taking it in turns to travel along the line.



Daniel Steegmann Mangrané, 16mm, 2008-2011.
(An image of the making of the film)

Activity 2: Colour of Movement



To help keep healthy while we're staying indoors it's good to keep moving. Take a cue from Denzil Forrester's paintings; put on your favourite music, dance and make art.

You will need: Music and a camera.

- Explore Denzil's paintings (you can do this using VR). Look at the shapes of people's bodies as they dance. Can you use your body and create these shapes?
- Put on some music and make your own shapes with your body.
- Work with a partner. Take it in turns to dance and take photos. While you're dancing take photos from interesting angles of moving feet, hands, legs and arms.

Discussion: Do your photos capture the energy of the dancing or the rhythm of the music?

Colour of Movement: Extension Activity

You will need: Something to make lines with - coloured tape, ribbon, tights, scarfs or clothes.

- Think about the moves and shapes you make when you dance. Use them to trace a line of the movement on the floor – it doesn't need to be the whole body, maybe a line from waist to the feet, or from one hand to the other that shows the shape (wiggle, bend, twist) of the body.
- Add moves and lines of colour (they might overlap) to create an artwork of your movements. Which colours work for which movements?
- Try it again dancing to different music.

Discussion: What movements, lines and colours suit different music?

What next? Watch this short film to see Denzil in action. Find out about the drawing techniques he uses and give it a go.



Denzil Forrester, All Hands on Deck, 2003. Copyright Denzil Forrester. Denzil Forrester, Passing By, 1999 - 2001. Copyright Denzil Forrester. Denzil Forrester, Catch a Fire, 2010. Copyright Denzil Forrester. Courtesy the artist and Stephen Friedman Gallery, London.

Activity 3: Spinning a Yarn

Create a set of drawings to share experiences and sources of comfort and strength. Weave these together to make an artwork and use them as the ingredients for a new story you create together.

You will need: Large plain paper, card or pieces of material (A2/3), wool, felt pens, scissors, a holepunch or needle to make holes and thread together.

- Lay out some lines of wool. We are going to use them to make a web structure – a kind of shelter to display our drawings. You can do this across the whole classroom or outside between posts or trees.
- On card or pieces of material ask children to think about their recent experiences during lockdown and draw. Use the drawing prompts below:
 1. Draw or do a rubbing from your home or outdoors that feels good to touch
 2. Draw an object that has a special meaning to you or your family
 3. Draw an activity you enjoyed
 4. Draw a wish for the future
- Cut out the drawings and attach to the wool. Cross and weave the lines of wool together to create a collective artwork to shelter in.

Discussion: Share stories about the drawings in your special shelter. What are the things that bring comfort and joy? Are there common experiences and themes?

Spinning a Yarn: Gallery link and Extension Activity

We are going to use your drawings as ingredients in a new story that we make together inspired by an artwork.

Still I Rise explores the role women have played in protest and making change. You can see the exhibition [in VR here](#).

One of the artworks in the exhibition is a tent made using crochet, traditional African craft and 'make do and mend' techniques. The name of the artwork is *Mothership 1: Sistah Paradise's Great Wall of Fire Revival Tent*.

Discussion: Think about the words in the title, what sort of place do you think the artist, Xenobia Bailey wants the tent to be? What is it for? How does she want people to feel there?

The tent can be a place of shelter and collective support and a place to restore your strength and energy.

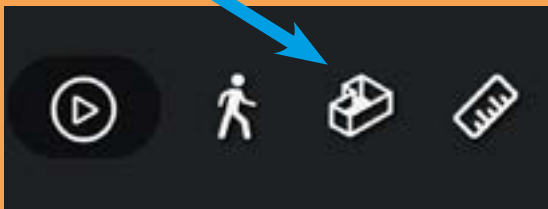
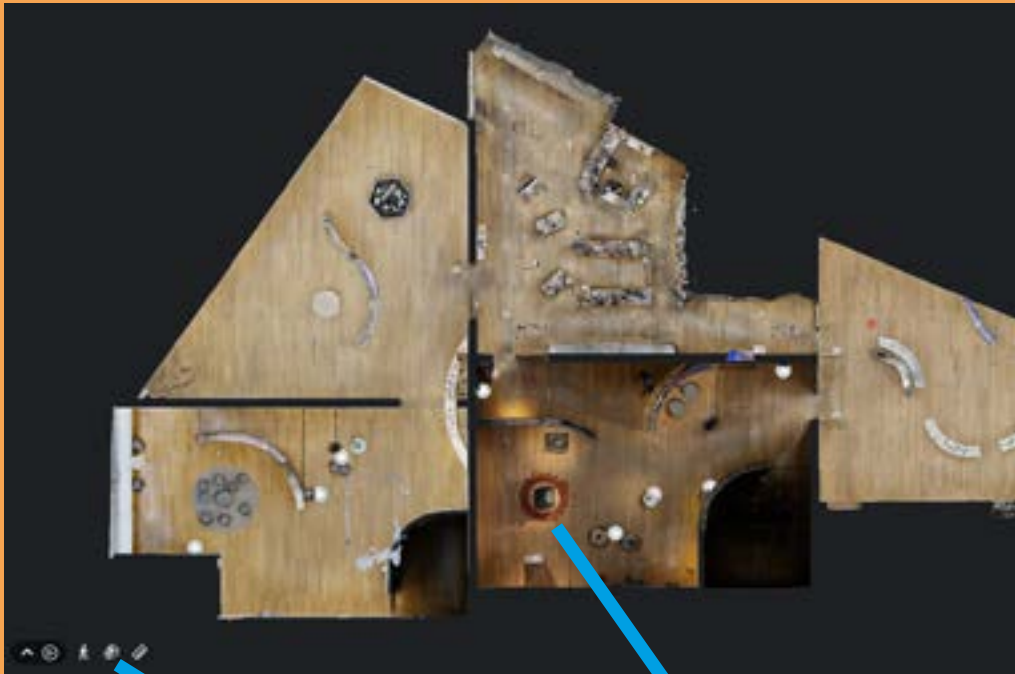


Xenobia Bailey, *Mothership 1: Sistah Paradise's Great Wall of Fire Tent*, 1995. Courtesy of the artist.

- Work in small groups to develop a group story in 4 parts. Each group develops one chapter - see chapter starters on the next page. Select a drawing(s) to inspire your chapter (The 4 drawing prompts can be used to correspond to the 4 chapters).
- Take it in turn to share and complete your story

Activity 3 continued

You can find the artwork [in the Still I Rise VR here](#) by clicking on the 'floor plan' and selecting the artwork - see how to do this and the location of the artwork below.



Chapter 1: A woman decides to make a shelter. She has very little money so she...

How does she use the thing you have chosen? What skills does she use? What does the woman do to make a good shelter?

Chapter 2: In her shelter, she wants to put things that are special to her...

How does she use the thing you have chosen? Why is it special to her? What other things are special to her?

Chapter 3: She invites her friends over. Together they do new things and things they had forgotten...

How does she use the thing you have chosen? What do her friends think of her efforts? How do they feel?

Chapter 4: Everyone starts to...

How does everyone use the thing you have chosen? What is the ending of the story?

Discussion: How does it feel to share and create stories? How does it feel in your shelter? What title would you give your shelter?



Photo: Sam Kirby