



photo credit: anne colvin

# EARTH

*Earth* is from the second series of four wellbeing cards to collect. They were created by dance artist and creative practitioner Anne Colvin, in partnership with South East Dance. We hope they inspire you to connect with nature, to be curious, explore and to share your ideas.

**CONNECT** – Wrap your upper body in a blanket, your favourite jumper, a wide scarf...

As you breathe in and out, feel how it contains your body and holds you. Begin to let your shoulders drop, and from the base of your pelvis, lift up through your spine to the top of your head, slowly letting go of the fabric that's holding you. Turn or lift your face to the light. Breathe there for a while letting it in.

**NOTICE** – Take a trip in nature - outside or in your imagination.

Notice the tops of the plants and the trees and how they reach away from the ground. With your eyes, trace a journey back down from the tip to the origin of its source in the earth. Imagine how the roots are held and supported by the soil around it.

**CREATE** – Take a piece of paper that has something already printed on it. Crumple it into a ball and open it up again. Gather some things to draw with. Find the most shaded part of the paper and emphasise it by adding your own shading with the dark colours you have. Now focus on the lighter, more open parts of your picture; highlight these with brighter colours, lines or dots. Draw connections between the darker and lighter aspects of your picture showing the emergence from the soil into the light. Think about where you can display your picture to be reminded of this.

Created as part of The Welcome Project, getting more people dancing in the lead up to the opening of The Dance Space, the South East's new home for dance. If you would like to find out more, please email Luan and Lauren at: [creative.communities@southeastdance.org.uk](mailto:creative.communities@southeastdance.org.uk) or call us on 07483 098848. **imprint** is led by Anne Colvin, with activities and performances that connect us to nature through creativity.

**SOUTH EAST  
DANCE**  
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