



photo credit: anne colvin

WATER

Water 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 – Find a place to be so that you can rest your hands and soles of your feet comfortably. Imagining they are in a cool, gently moving lake, start moving your toes and fingers, reaching them out, curling them, and letting them explore the water around them. Sense the fresh water shifting over, under and between as it passes. Lift a hand or a foot and imagine a drop landing in the lake, the ripples increasing until they meet and merge with others across the water.

NOTICE – Watch the surface of water - in a glass, on a puddle, a river or the sea. What can you see or imagine happening just below the surface? What could be moving, settling or waiting deeper down?

CREATE – Look at the smooth round pebbles under the surface of the water in the photo. Notice how they become less visible, disappearing under the water and into the distance. Which ones are you really drawn to? Choose six or eight of these and imagine them as stepping stones taking you on a new adventure. Imagine that each pebble represents a part of this new adventure. What words, sensations or images are associated with each? You could travel this journey through drawing, moving or talking.

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 or call us on 07483 098848. **imprint** is led by Anne Colvin, with activities and performances that connect us to nature through creativity.

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