



photo credit: anne colvin



Earth is the second in a series of four wellbeing cards to collect, 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 – Time to have a good yawn and stretch!

Each time you stretch, push your hands and your arms in different directions extending as far as feels comfortable. You may wish to use your back to push behind you, or your chest to push in front. Feel the feet spreading on the floor as you yawn and stretch, imagining them extending like roots to support the upper body's movements.

NOTICE – Take a texture walk. This can be from memory or for real.

Look for natural objects on your walk. This could be a weed, poking in between the cracks in the pavement, or the bark of a tree. Look at it in its entirety, then close-up, noticing markings and characteristics unique to that part of nature you're passing by.

Notice the built up space closely, and the markings and characteristics they share with nature.

CREATE – Look at the different natural materials in the photo.

Notice the different shapes, textures and colours. Can you describe them? What does each texture remind you of? Gather some items you have to hand that are similar in colour, texture or shape to those in the photo and arrange them in a 3D collage. You can alter, add to or recreate your image each day.

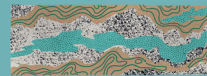
Created as part of The Welcome Project, getting more people dancing in the lead up to the opening of The Dance Space, the South East's new home for dance. If you would like to find out more, please email Luan and Lauren at: creative.communities@southeastdance.org.uk or call us on 07483098848.

imprint is led by Anne Colvin, with activities and performances that connect us to nature through creativity.

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EAST
DANCE**

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