



photo credit: sam howzit

FIRE

Fire is the third 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 – Create some energy in your hands by rubbing them palm to palm and around each other until they feel warm. Take the energy into the wrists, circling them; then begin moving the elbows forwards and backwards letting the energy move into your torso. Repeat with the lower body, starting with your feet and ankles and tread through the feet.

Notice how the energy feels in different parts of your body and how they connect with each other.

NOTICE – At different times of day look out of the same window.

Notice how the natural light lands on the buildings, the trees, the ground and other objects that you see. What are your eyes drawn to the most each time to you look? Do the colours and shadows hide or reveal specific aspects? These may change every day, depending on the light and with each fresh viewing.

CREATE – Look at the photo on the front of the card. Let your eyes focus on the different parts of the fire. Traditionally, communities would gather around the campfire, warming themselves whilst reminiscing and telling stories.

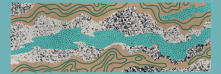
What memory would you share or story would you tell around this camp fire? This could be real or imagined.

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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