



photo credit: anne colvin

WATER

Water is the fourth 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 – Feel the length of your spine, reaching from your pelvis to the top of your head. Play a little with its flexibility and fluidity, as if there's warm water trickling down it, washing over each vertebra. Let that feeling of fluidity ripple out through your shoulders and arms, and to the tips of your fingers. If it feels comfortable, allow your face and arms to turn upwards as if welcoming a warm shower of rain.

NOTICE – When it rains...

Listen for the rain when it lands - on the window, the ground, your hood. Notice how the sounds can be so different, suggesting the speed and intensity that the rain is falling.

Can you tell by its sound when it's getting heavier or lighter? Imagine the clouds lightening as they pass.

CREATE – Look at the sea in the photo and notice its calmness.

Look at the lines created by the horizon, where the sea meets the beach, and at the edge of the clouds. Take some paper and recreate these lines, adding your own to represent the ebb and flow of the waves. Place both of these beside each other somewhere that helps you feel the calmness.

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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