



Chief on horseback carving



BEING HUMAN *moves*

- With feet flat on the floor lift your toes and then your heels in time to the music, first one foot then the other, then both together. Step your feet from side to side, can you add some arms?
- Imagine you have something very heavy on your palm, can you swop it to the other hand? Try with something light like a feather. Can you move it further away from you or higher? Can you swop from heavy to light and back again.
- Looking at the shapes in the two pictures, can you make any of the shapes with your body? Can we put a few shapes together to make a dance?

Chief on horseback carving, Yoruba artist Odenkunle, Nigeria, early 1970s. (Eb380)

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Help (Opus 81)

BEING HUMAN *moves*

- Stretch your fingers as wide as you can, then squeeze them into a fist, try this high, middle and low.
Can you do one hand stretched and the other a fist?
Try swopping them.
- Really scrunch your face up, lift your shoulder to your ears and then release/relax.
Squeeze your arms and relax, give yourself a hug!
Scrunch up your toes and release/relax.
- Can you put your fist into your palm like the picture?
Try it on both sides, swopping from one to the other.
Can you tap your knees inbetween?
Can you find another move to add in?

Help (Opus 81), *Bronze*, Bernard Meadows, 1966,
(Opus 81)

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Moon Figure



BEING HUMAN *moves*

- Try looking all around the room, how many ways can you move your head?
Try doing a gentle dance just moving your head.
- Do you remember playing 'one potato, two potato' as a child? Try starting low, one fist on top of the other and see how high you can go, can you come back down? What other ways could you do this pattern with your hands?
- Think about ways you might hold something delicate you are taking care of. Cupping your hands together to hold a blackbird, imagining holding and rocking a baby or stroking an imaginary cat sitting on your lap.

Moon Figure, bronze, Kenneth Armitage, 1948.

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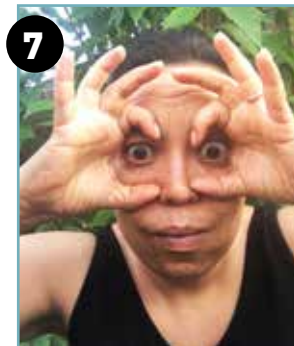


BEING HUMAN *moves*

- Imagine you've been asleep, can you do some big stretches to wake yourself up?
How many parts of the body can you stretch (eg. arms, legs, spine, fingers)?
- Try supporting your head with your hands, how many different ways can you find?
Now try moving your head with your hands.
Try a gentle dance using these moves to some music.
- Looking at the pictures, try to copy the shapes of the hands. Try doing a dance with your hands where they always stay in contact

Noni, bronze, Frank Dobson, 1938-39,

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BEING HUMAN *moves*



1 Sway
side to
side for
8



2 Swop
hands
for 8



3 Reach
up slowly
for 8



4 Tilt head
side to
side for
8



5 Slowly
hide your
eyes for
8



6 Look to
the right
and then
the left



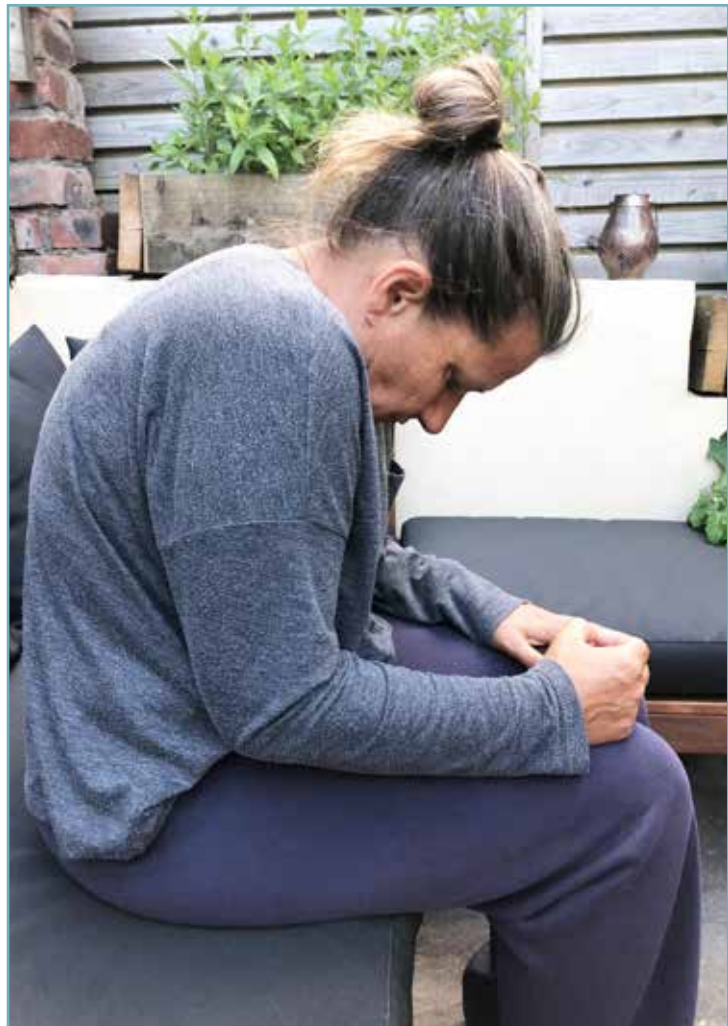
7 Wiggle your
fingers and
smile

*Kasangala figure, unrecorded
Lega artist, Democratic
Republic of Congo, possibly
1990s. (Eb436)*

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Netsuke



BEING HUMAN *moves*

- Make big circles with the shoulders, try circling them one at a time. Lift them up to your ears and let them drop, try this one shoulder at a time. Try a sequence: four rolls with both shoulders, two shoulder rolls with the right and two with the left, both shoulders up and down twice then one with the right and one with left.
- Using circular motions with your hand, polish parts of your body, e.g. your knees and your cheeks. See how many parts of your body you can reach.
- Try to polish the back of your chair or the space behind you with different parts of your spine.

Netsuke, a man polishing the floor in the form of the Japanese character for kokoro (mind, heart or spirit), carved boxwood, Japan, 1880-1900

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The Wrestler



BEING HUMAN *moves*

- How many different ways can you move your thumbs? Can your thumbs do a dance together?
- Can you copy the shapes in the pictures. How many other strong shapes can you make with your body? Can you add them together to make a dance?
- How could you move your body to move a drop of water from the top of your shoulder down to your foot. Now try with a drop of water on both shoulders.

*The Wrestler, bronze, Henri Gaudier-Brzeska, 1912-13,
cast circa 1945,*

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