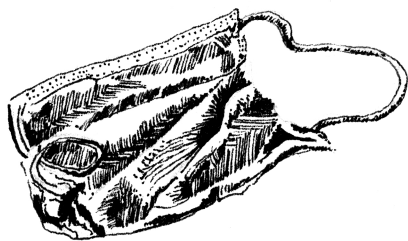




THIS

IS A

GUIDE



TO



NOTICING

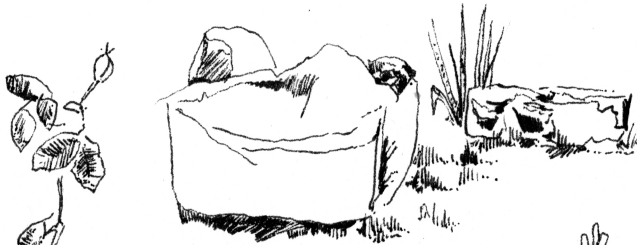


... EACH  
TASK DRAWS  
ATTENTION  
TO  
ENVIRONMENT  
AND TO THE  
SENSORY CAPACITY  
OF THE  
BODY.

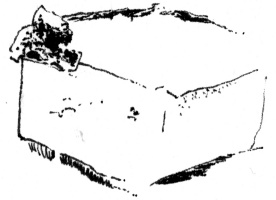
**NOTICE THE  
BODY**



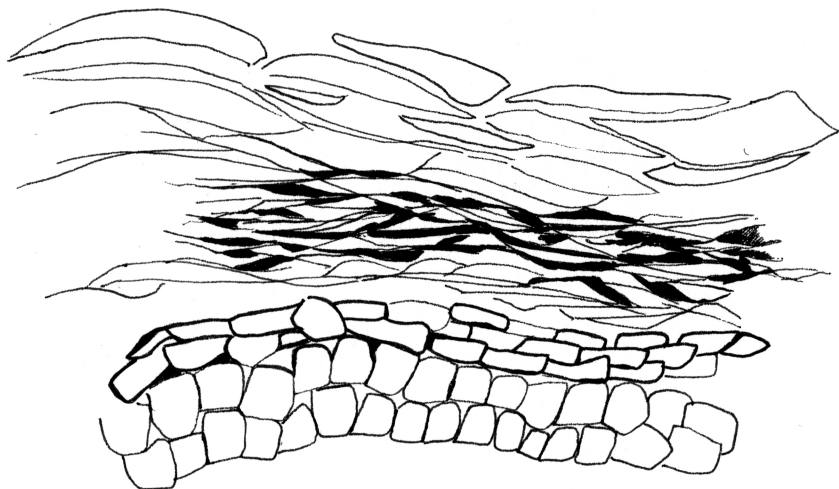
**NOTICE  
THE  
SPACE**



**AROUND  
THE  
BODY**

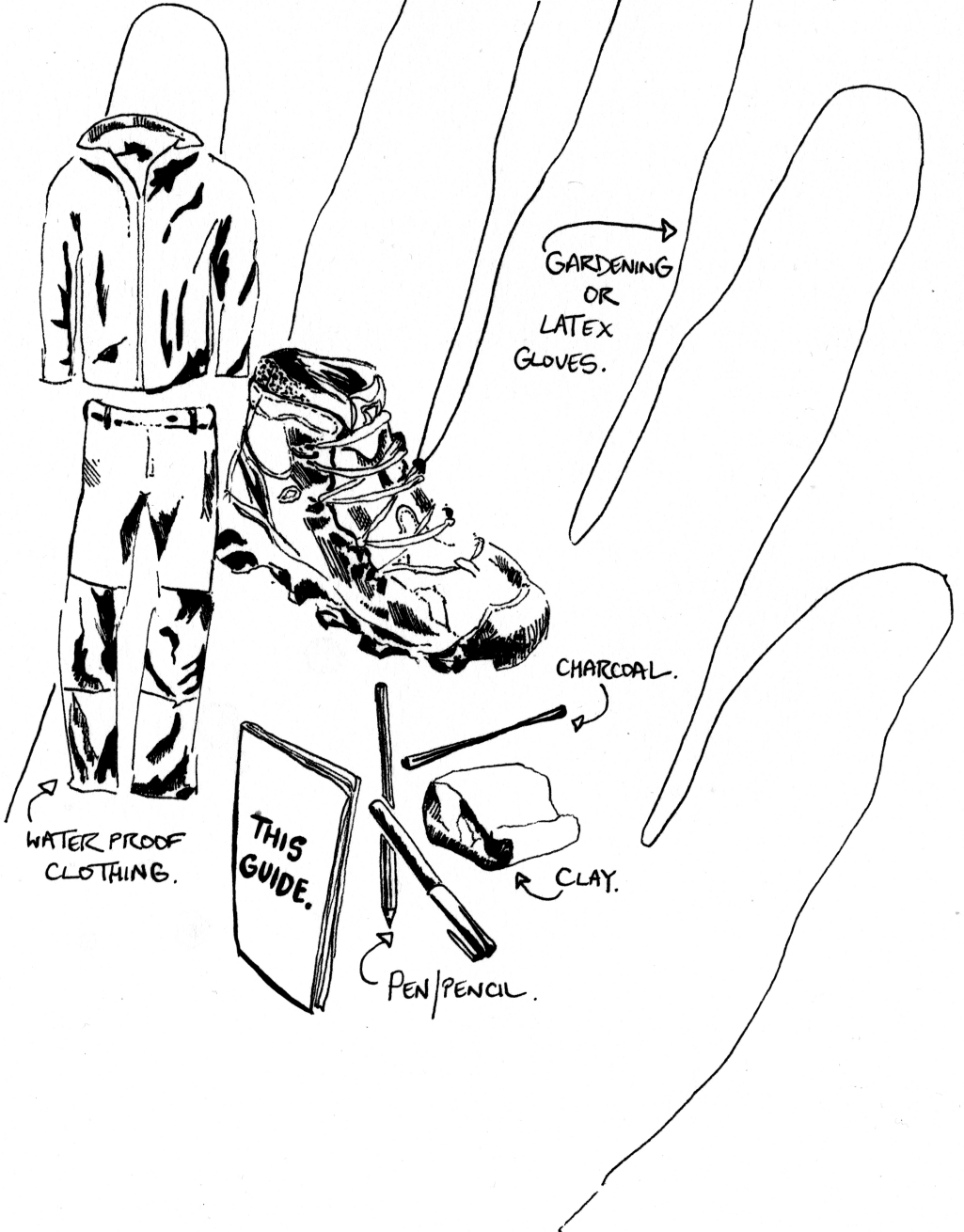


... AND DRAW  
AWARENESS  
TO WHERE



THEY  
MEET.

# EQUIPMENT.



WATER PROOF CLOTHING.

GARDENING OR LATEX GLOVES.

CHARCOAL.





THIS GUIDE.

PEN/PENCIL.

CLAY.



# TAKE YOUR TIME....

ACTIVITY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MAPPING TASK				
BODY WORK EXERCISES				
TREE INVESTIGATION				
CLAY WORK				
REFLECTIONS				
LISTENING EXERCISES.				


TEA BREAKS



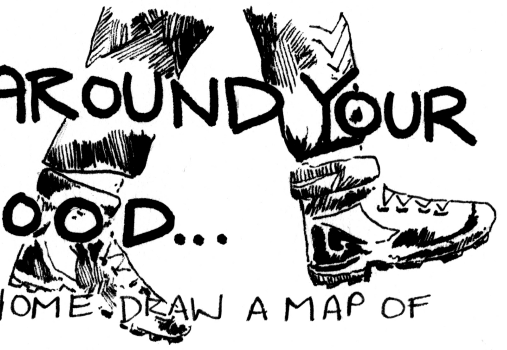
IMAGINE TIME  
DIFFERENTLY.....





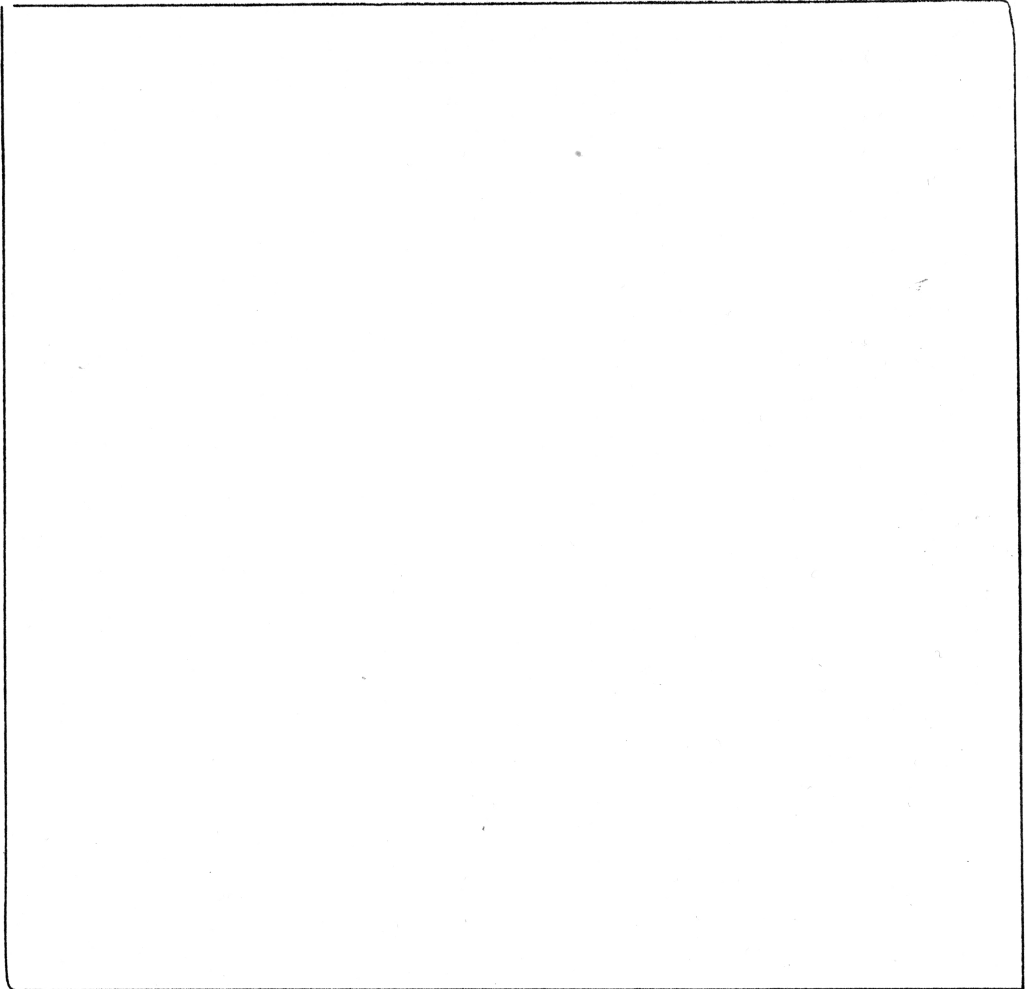
THOUGHTS  
ON TIME... 

# TAKE A WALK AROUND YOUR NEIGHBOURHOOD...



⇒ WHEN YOU GET BACK HOME DRAW A MAP OF YOUR ROUTE.

⇒ NOTE DOWN/DRAW THE FEATURES THAT CAUGHT YOUR ATTENTION.



# REPEAT YOUR ROUTE

⇒ COLLECT 10  
PIECES OF LITTER.

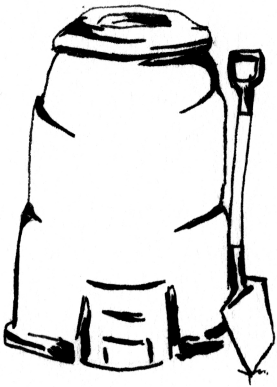
⇒ HOW DID IT FEEL  
TO PICK UP SOMETHING  
DISCARDED?...



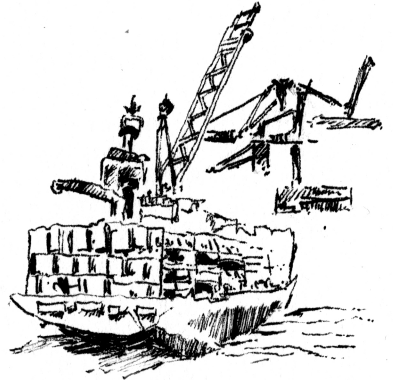
TAKE A LOOK  
INSIDE YOUR  
RUBBISH BIN



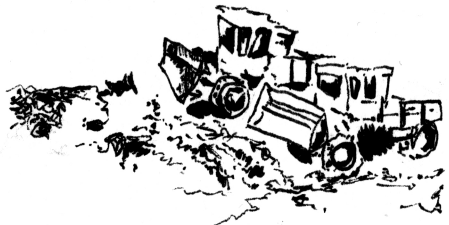
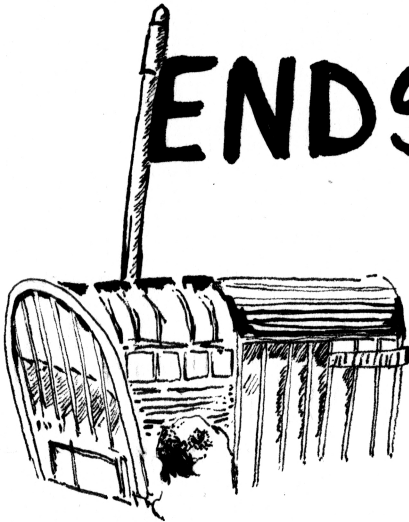
WHAT HAVE YOU  
THROWN AWAY IN  
THE LAST  
24 HOURS?



HAVE  
A  
THINK



ABOUT WHERE  
YOUR WASTE  
ENDS UP...





ADD YOUR LITTER TO THE BACKS  
OF THE LITTER BUGS....



REFLECTIONS...







FIND AN AREA OF



STAND,

GREEN SPACE



LEAN,  
SIT

YOU ARE COMFORTABLE



LIE

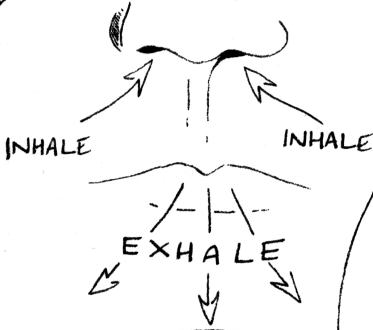
OR

DOWN.



WORKING IN...

1. FOLLOW YOUR BREATHING



2. RUB YOUR HANDS TOGETHER.

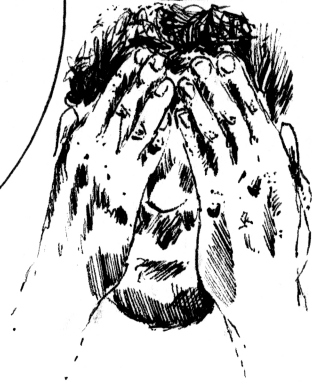


WITH YOUR EYES CLOSED.  
IN A DIFFERENT LOCATION.

4. i. REPEAT  
ii. REPEAT

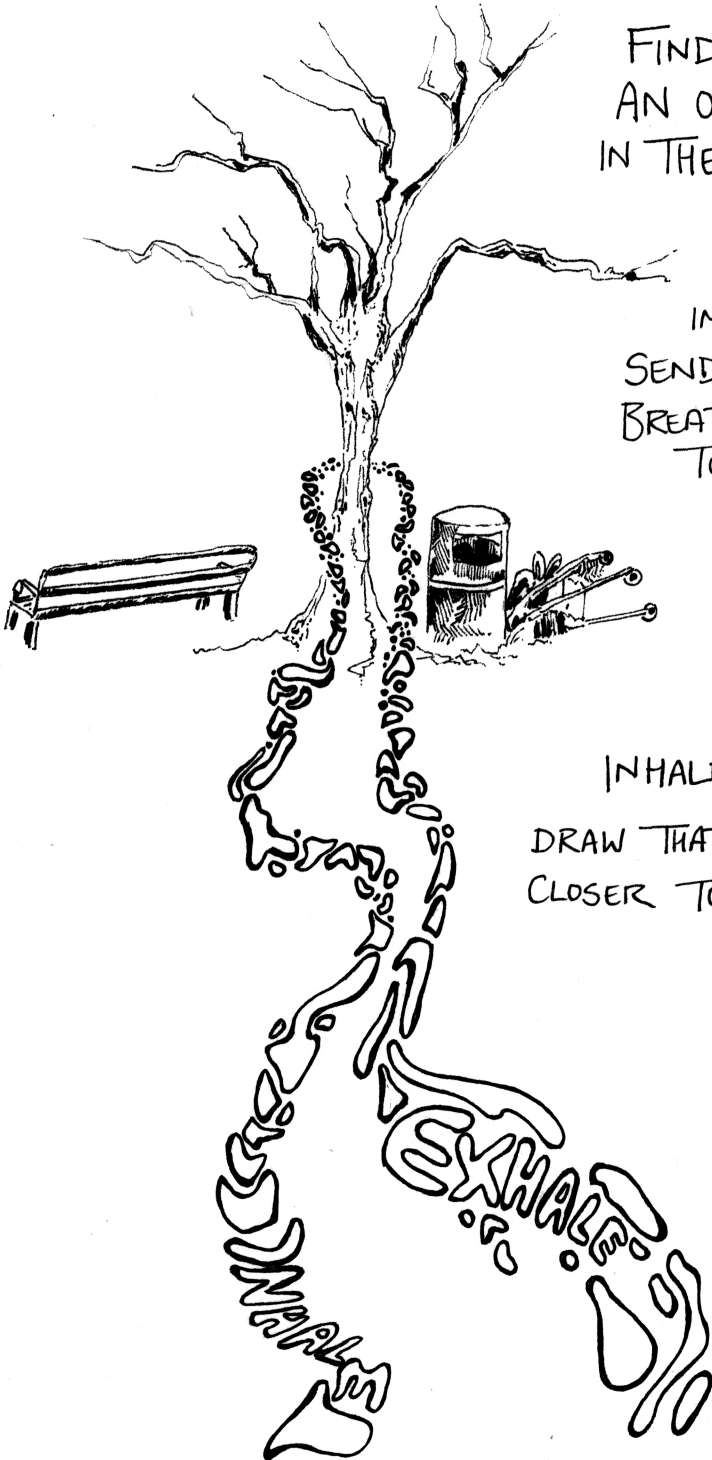


3. REST YOUR HANDS ON YOUR FACE.



FIND  
AN OBJECT  
IN THE DISTANCE

IMAGINE  
SENDING YOUR  
BREATH OUT  
TOWARDS IT.



INHALE AND  
DRAW THAT OBJECT  
CLOSER TO YOU.

KEEP YOUR HEAD



STILL AND

USE YOUR EYES TO LOOK AROUND YOU...



NOW ALLOW YOURSELF TO MOVE YOUR HEAD IN DIFFERENT DIRECTIONS



WHAT ELSE

CAN YOU SEE?

Close Your eyes...

Listen to the sounds



that surround you...



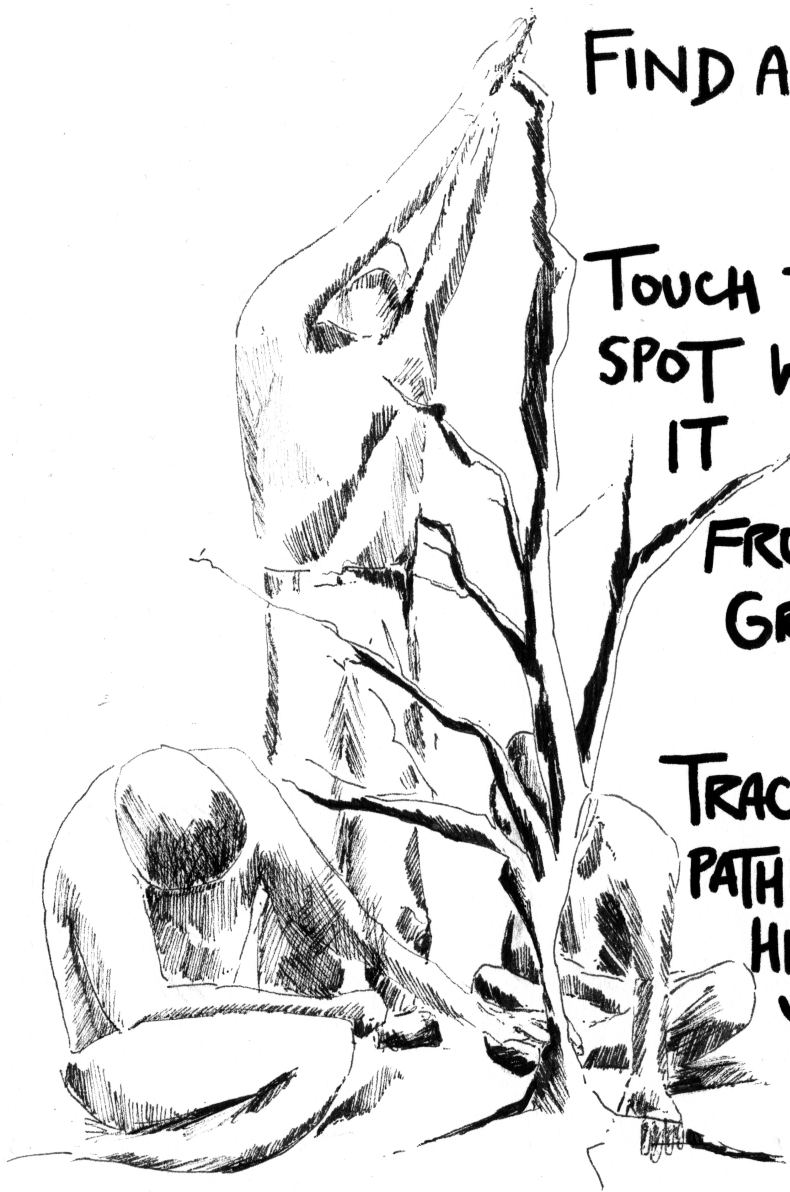
TURN YOUR HEAD FROM RIGHT TO LEFT  
HOW DOES THE SOUND SHIFT AROUND YOU?

REFLECTIONS...









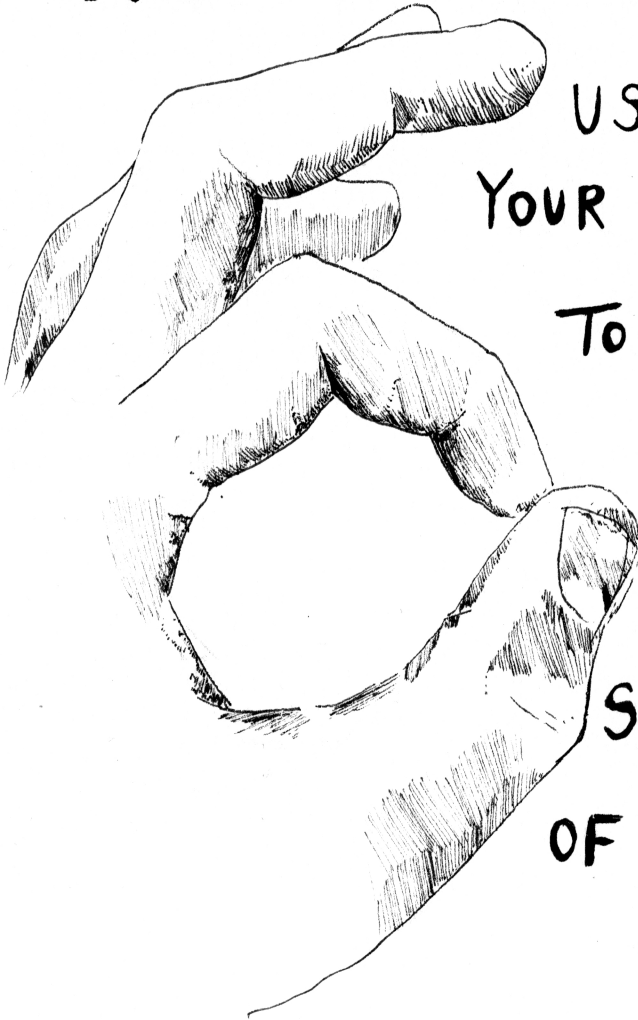
FIND A PLANT

TOUCH THE  
SPOT WHERE  
IT EMERGES  
FROM THE  
GROUND

TRACE A  
PATHWAY AS  
HIGH AS  
YOU CAN

FIND A BIGGER OR SMALL  
PLANT AND REPEAT THE PROCESS.

# FIND A TREE



USE  
YOUR FINGERS  
TO FRAME  
A  
SMALL  
SECTION  
OF BARK...



# DESCRIBE THE DETAIL OF THE BARK



SPEAK  
YOUR  
THOUGHTS  
OUT  
LOUD.

# EXPLORE THE TREE



# WITH YOUR HANDS

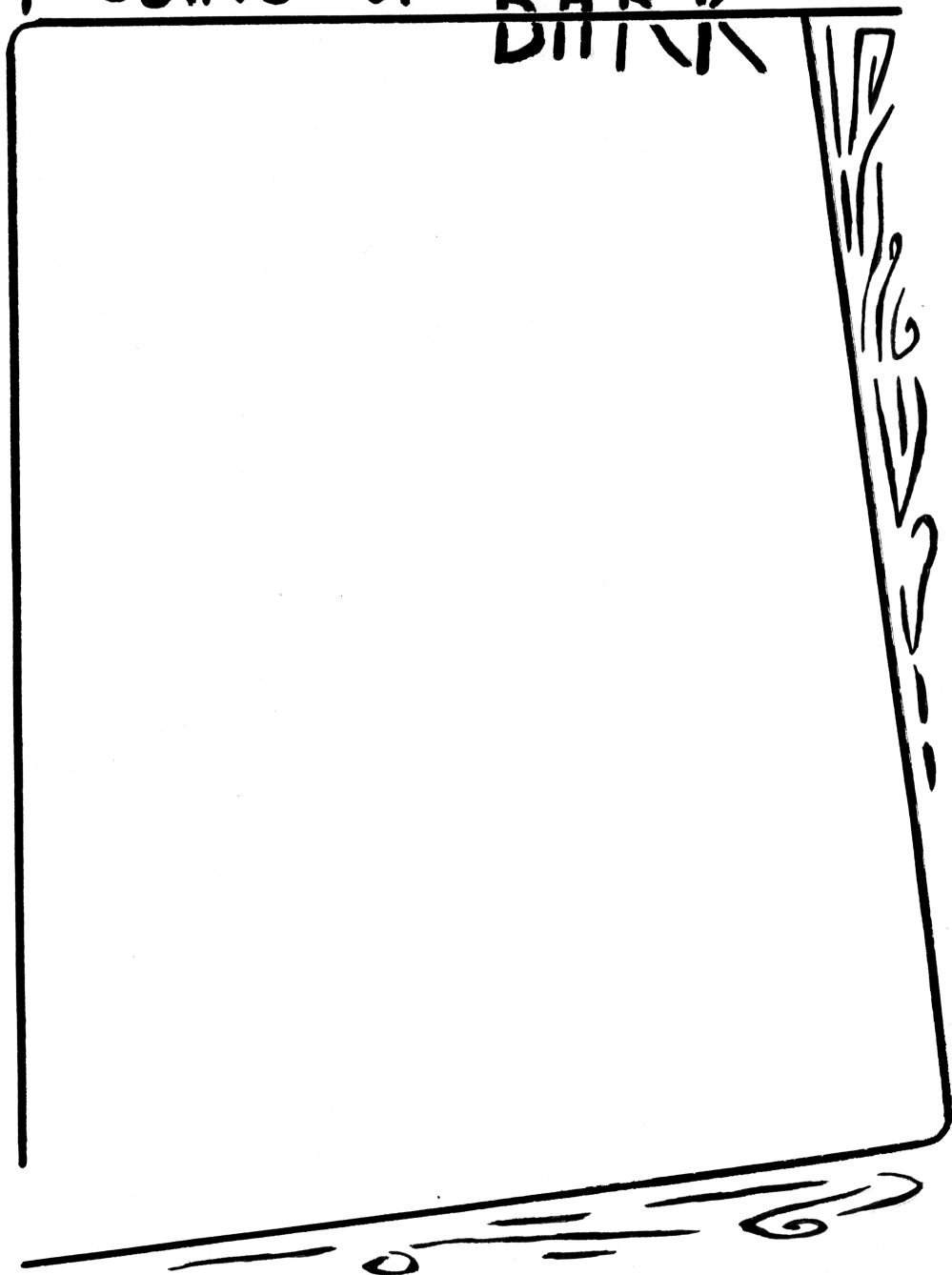






TAKE A CHARCOAL  
RUBBING OF BARK

~~DRINK~~





GET CLOSE TO THE BARK  
IMAGINE YOU ARE FLYING ABOVE A LANDSCAPE.  
TRACE THE MOUNTAINOUS PEAKS, VALLEYS AND  
PLATEAUS WITH YOUR EYES...



... STEP AWAY FROM THE BARK AS  
SLOWLY AS YOU CAN...

SIT...

LET YOUR

MIND

WANDER...

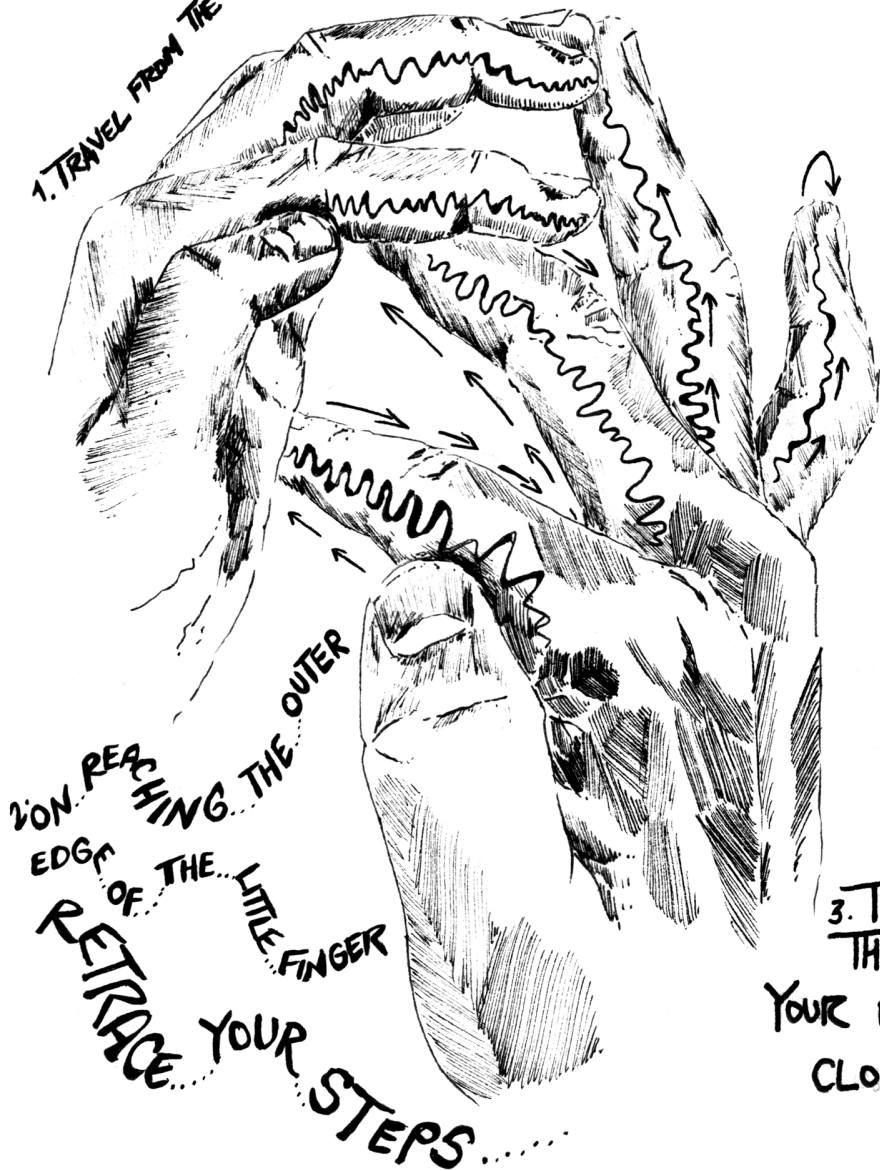


REFLECTIONS... \



USE THE TIP OF EACH THUMB TO MAP THE CONTOURS OF YOUR FINGERS...

1. TRAVEL FROM THE BASE OF EACH FINGER TO ITS TIP....



2. ON REACHING THE OUTER  
EDGE OF THE LITTLE FINGER  
RETRACE YOUR STEPS....

3. TRY  
THIS WITH  
YOUR EYES  
CLOSED...



CHOOSE A DIFFERENT STARTING POINT WITH EACH THUMB TIP...

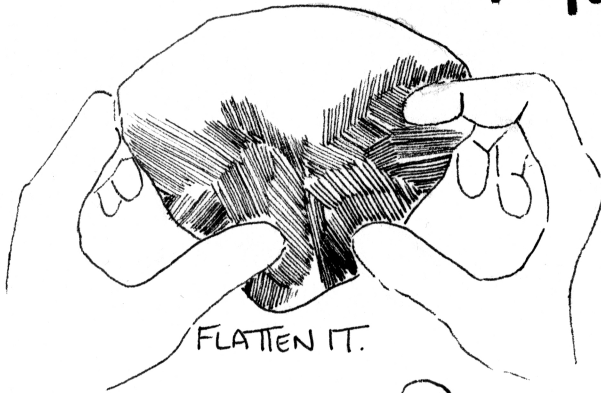
CONTINUE MAPPING...



CLOSE YOUR EYES AND

FOCUS ON THE INFORMATION EACH HAND IS GIVING YOU....

# TAKE OUT YOUR CLAY...



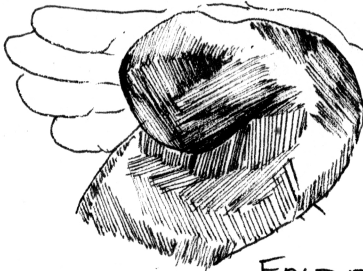
FLATTEN IT.



ROLL IT.



SQUEEZE  
IT.



FOLD IT.



PRESS IT.

# SHAPE THE CLAY INTO A FUNGI... USE THE VARIETIES BELOW FOR INSPIRATION

MEDUSA MUSHROOM

(*AGARICUS BOHUSII*)



WOOD EARS

(*AURICULARIA  
AURICULA-JUDAE*)



CHANTERELLE

(*CANTHARELLUS CUPREUS*)



ORANGE PEEL FUNGUS

(*ALEURIA AURANTIA*)



BEEFSTEAK FUNGUS

(*FISTULINA  
HEPATICA*)



HEN OF THE WOODS  
(*GRIFOLA FRONDOSA*)

BLACKENING WAXCAP

(*HYGROCYBE CONICA*)



YELLOW MORZEL

(*MORZHELLA ESCULENTA*)



AMETHYST DECEIVER

(*LACCARIA AMETHYSTINA*)

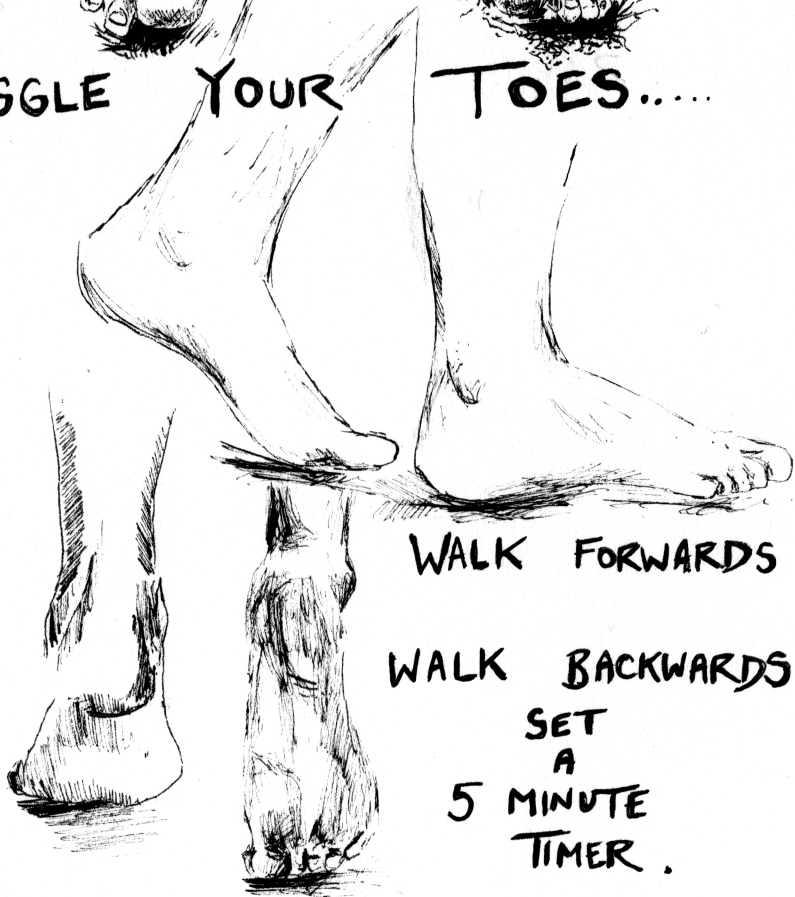


MOULD  
YOUR  
CREATION

TO A TREE AND  
TAKE A PHOTO.

REMOVE YOUR FOOTWEAR  
STAND ON A PATCH OF GRASS

WIGGLE YOUR TOES.....



WALK FORWARDS

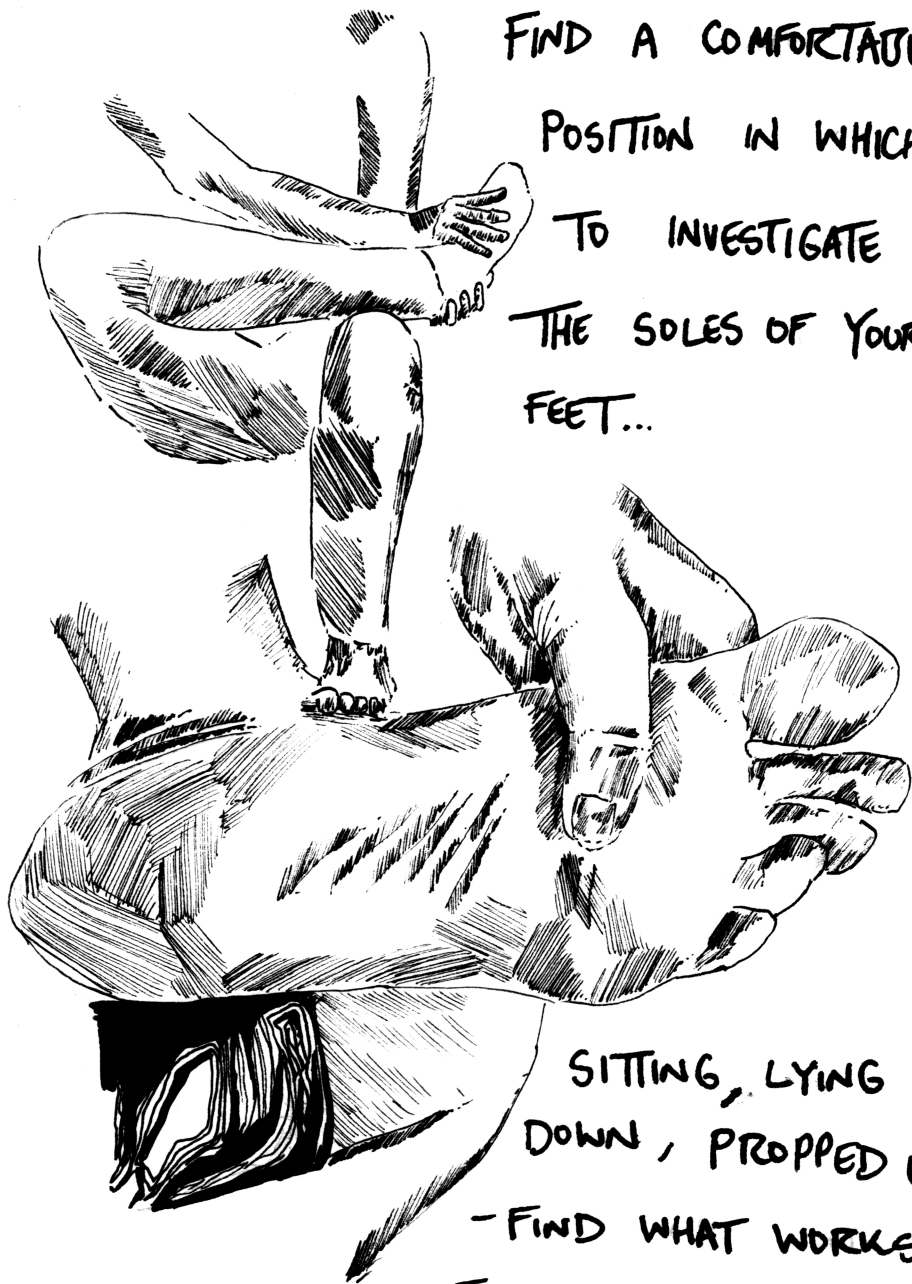
WALK BACKWARDS

SET  
A  
5 MINUTE  
TIMER.

CLOSE YOUR EYES...

LET TIME PASS...

FIND A COMFORTABLE  
POSITION IN WHICH  
TO INVESTIGATE  
THE SOLES OF YOUR  
FEET...



SITTING, LYING  
DOWN, PROPPED UP  
- FIND WHAT WORKS  
FOR YOUR BODY.

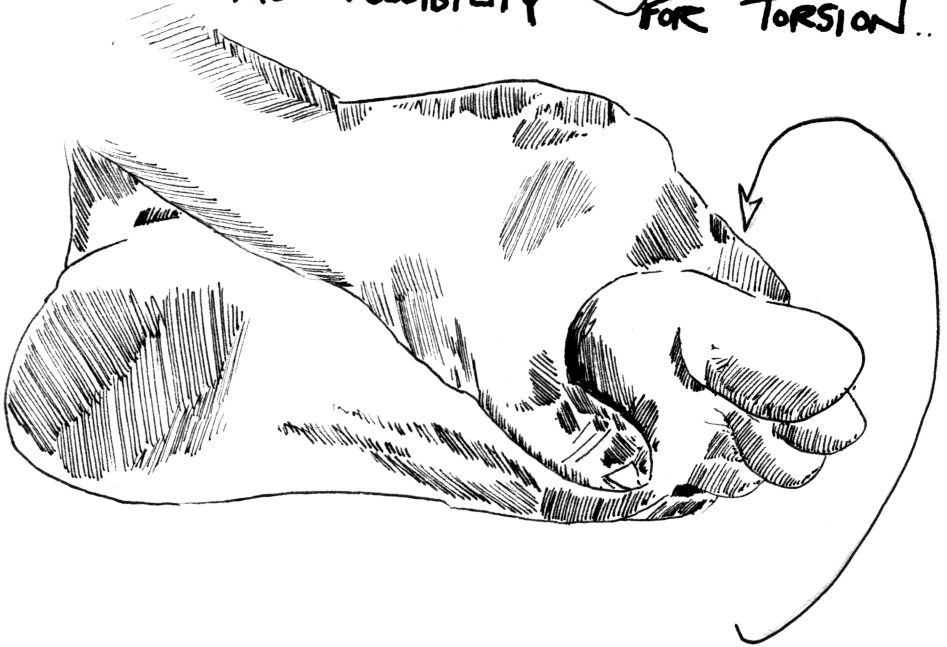
TOUCH THE SKIN THAT IS SOFT,  
PRESS INTO THE  
FLESH THAT  
FEELS HARD.



START AT THE HEEL,  
MOVE TOWARDS THE  
TOES PUSHING THE  
THUMBS TOWARDS AND  
AWAY FROM EACH  
OTHER.



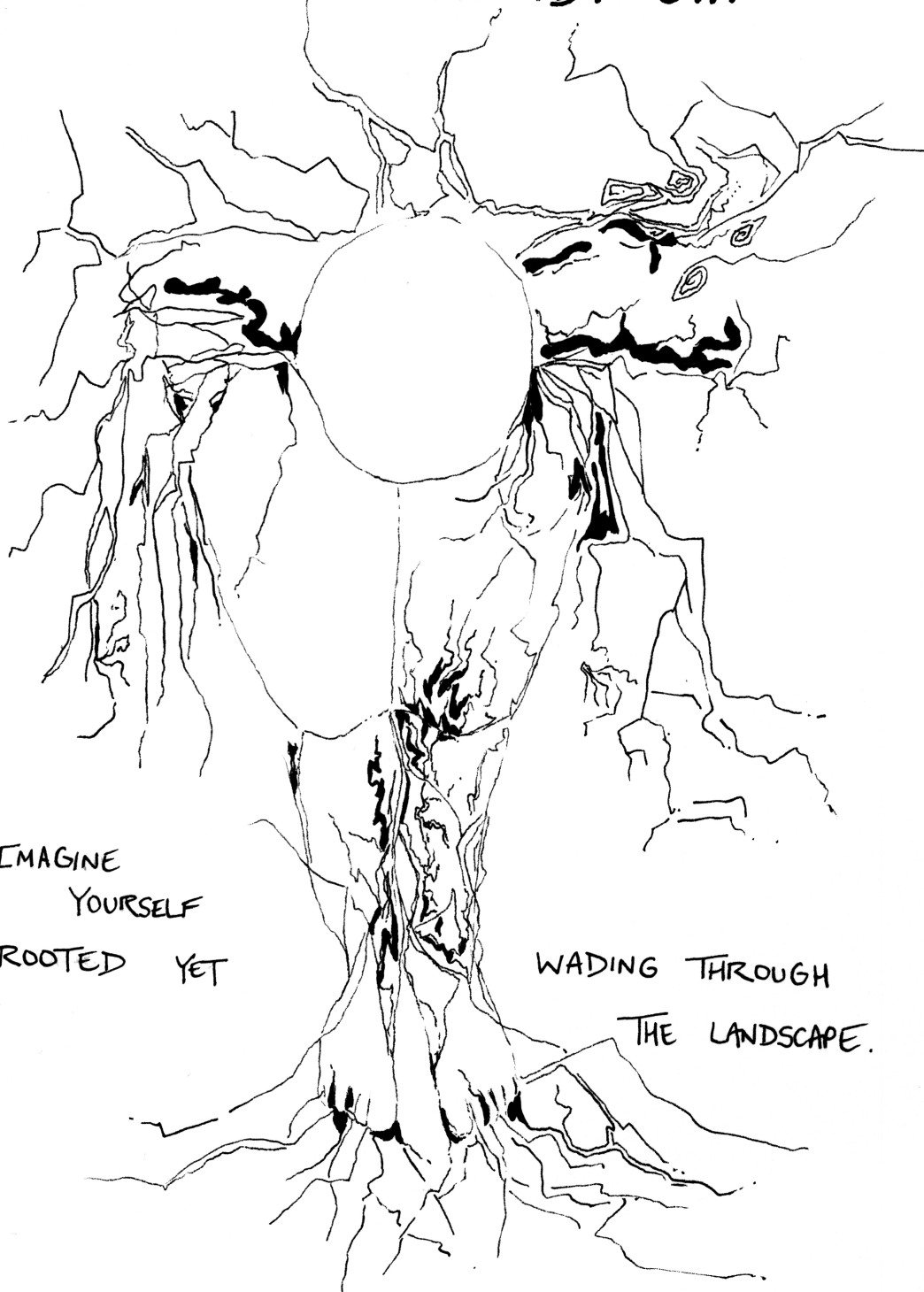
EXPLORE THE POSSIBILITY FOR TORSION..







COME TO STANDING...



IMAGINE  
YOURSELF  
ROOTED YET

WADING THROUGH  
THE LANDSCAPE.





Give time,  
Circle back,  
Sense your world,  
differently

