

# YOU & ME SENSORY WALK

Experience sculpture in multiple ways. These exercises will help you engage your senses through meditation, movement, and play. Discover how a sculpture alters the space it is in and how space can influence the sculpture.

## **A note on safety in the Besthoff Sculpture Garden:**

This walk is designed for socially-distant engagement. Please begin at the main entrance and proceed in the direction indicated by signs along pathways. Featured sculptures appear in this order.

## **Can't make it to NOMA's Sculpture Garden?**

Look for **AT HOME** tips and adaptations.



Artist Anish Kapoor is interested in the void, an empty space that he describes as “full of what isn't there.” Focus on this space as you complete this exercise!

Anish Kapoor (British, b. India, 1954), *Untitled*, 1997, Stainless steel, ed. 1/3, Gift of Sydney and Walda Besthoff, 2011.1

## **LISTENING SPACE**

1. Stand facing one side of the sculpture: feet shoulder length apart, arms relaxed and palms facing up.
2. Close your eyes and take three deep breaths. What looks or sounds different when you open your eyes?
3. Walk with care to a different side of the sculpture. Repeat this exercise.

### **AT HOME**

Try at home with a tree, artwork or mirror.

## **SHARE YOUR EXPERIENCE BY USING #EXPLORENOMA**

These activities were created by educator and musician Mary Scott and NOMA Youth Programs Coordinator Danielle Rives. NOMA Learning and Engagement Department, August 2020



Artist Scott Burton creates geometric, functional furniture as sculpture. His *Pair of Right Angle Chairs*, and *Settee* offer a place to sit and think about our surroundings.

Scott Burton (American, 1939-1989), *Right Angle Chairs*, 1983, Granite, Gift of the Sydney and Walda Besthoff Foundation, 2003.157

## **WATER WONDERING**

1. Sit comfortably and look at the water around you.
2. Close your eyes and take a few deep breaths. How does it feel to sit on a heavy stone chair with soft sounds of water nearby?
3. Listen closely to the water sounds and match your breathing.
4. Open your eyes. Look and listen to the water. What has changed? What colors remind you of the sounds of the water besides blue?

**AT HOME** Using a cup of water and either your fingers or a paintbrush, paint on the sidewalk on a sunny day.

Listen to your surroundings as you paint. Watch the marks slowly fade away as they dry.

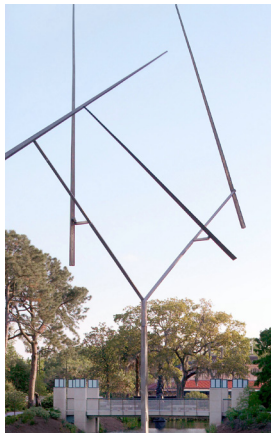


@neworleansmuseumofart

## TAG, YOU'RE IT!

1. Stand at the foot of this sculpture and watch the "four lines".
2. Think of 3 words to describe how they move. Which one is fastest? Slowest?
3. Give a name to each line. What names did you come up with?

**AT HOME** Observe objects like tree branches, plants, or cars outside your window. What movements do they make? Draw these movements.



George Rickey's grandfather was a clockmaker. Movement is a key element in Rickey's kinetic sculptures. He believed that the performance of the piece added eloquence.

George Rickey (American, 1907-2002), *Four Lines Oblique*, 1973-77, Stainless Steel, Gift of Sydney and Walda Besthoff, 1998.145

## BRIDGE WALK between Sculpture Gardens I and II



1. Take your time as you walk under the canal bridge. As you descend, speak low.
2. When you are under the bridge whisper a compliment to your partner.
3. As you ascend, allow your voice to get louder.
4. Emerge from the bridge and look to the sky. Repeat what your partner whispered to you and let them repeat what you said to them.

**AT HOME** Sit with a partner on the floor or on a sofa. Take turns whispering compliments to each other. Move to opposite sides of the room and repeat. Stand in different rooms and repeat these compliments in a loud voice.



Georg Herold's sculptures are often human-like. They seem to be as aware of us as we are of them.

Georg Herold (German, b. 1947), *Liver of Love*, 2013, Lacquered bronze, Gift of Sydney and Walda Besthoff, Installation funded by Katherine and Tony Gelderman, 2017.63

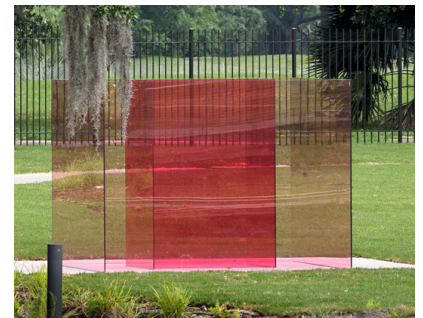
**AT HOME** Try this exercise at home with music playing.

## ONE, TWO, THREE...POSE!

1. Look at this sculpture. Notice its shapes. If it were a person, how would it move?
2. Take a few steps back and face your partner. Raise your hands up and stretch them toward the sky.
3. On the count of 3, pose like the sculpture. Make a face to match!
4. Take turns being the leader. On the count of 3, make a new pose! Follower, try to copy your partner.
5. Each turn, make it harder for your partner to copy your pose. Keep going until you can't tell who is leading and who is following!

## RED BETWEEN THE LINES

1. Stand on opposite sides of the sculpture. Wave hello!
2. Think of a message to act out for your partner using just your body.
3. 3. Take turns acting out messages to each other.



Artist Larry Bell thinks about glass as a "solid liquid". Although it's a solid, it still allows light and color to travel through it, just like our messages in this activity.

**AT HOME** Hang a sheet with a light source behind it. Create shadows to act out your messages.

Bell, Larry, *Pacific Red (VI)*, 2016-2017, USA Glass, Museum purchase with funds provided by Sydney and Walda Besthoff, 2019.1 Sydney and Walda Besthoff Sculpture Garden