



## Movement Mondays: Living Sculptures



**Image A** Enrique Alferez, "La Vietnamita – Mother in Flight"

**Infuse life into a sculpture by recreating it with your own body!**

**Sculpture** is an artistic form in which materials are worked into **three-dimensional** objects. Sculptures take more **volume** in space compared to two-dimensional objects such as paintings or drawings for example. An enormous variety of media may be used to create a sculpture such as clay, wax, stone, metal, fabric, glass, wood, plaster, rubber, and found objects.

Sculptures are usually still. However, some of them depict the idea of movement or can even be **kinetic** sculptures in which movement is a crucial part of the artwork.

QUESTIONS? EMAIL

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### Instructions

**Step 1:** Change into comfortable clothes. Make sure you have enough space around you to move safely. Take a couple of deep breaths and stretch your body.

**Step 2:** Let's look at **Image A**. Carefully observe the position of the woman in the sculpture. Time to move! Try to recreate her position and stand still for a few seconds. Now, look more specifically at the expression on her face and think about how she might be feeling. Get back into the full position from before, but this time convey a feeling by changing your facial expression.

**Step 3:** Study **Image B** on the second page. This sculpture is more **abstract** than the first one. Can you find the eyes and the nose in the sculpture? Turn your head to the side to recreate the profile of the face in the sculpture. Think about how you can recreate the shapes and elements of the sculptures with your body. Get into position. Hold it for a few seconds.

**Step 4:** Time for **Image C** on the second page. What does this sculpture remind you of? Try to recreate the shape of it with your body. Notice the colors in the sculpture. How does each color make you feel? How can you express these feelings by changing the position of your body? Finally, recreate what you think the movement of the sculpture would be if it could move.

**Step 5 (Optional):** Find new images of sculptures on the internet or in books and try to recreate them like we just did. Have fun!

### Vocabulary

**Abstract** - art that does not attempt to represent an accurate depiction of a visual reality but instead use shapes, colours, forms to achieve its effect. For example, abstract art does not depict directly a person, place or thing in the natural world as they are seen usually. It is not realistic.

**Kinetic art** - The word kinetic means relating to motion. Kinetic art is art from any medium that contains movement perceivable by the viewer or depends on motion for its effect.

Image B



James Surls, *Me, Knife, Diamond and Flower*, 2000, Cast bronze and stainless steel, On loan from the Helis Foundation

Image C



Jim Roche, *Loch Ness Mama*, 1970, acrylic on canvas, foam, fiberglass resin, and powdered asbestos