



Presence of Mind

Education Pack
Years 3 - 6

Walk

Jason Lim



1. Take a moment to observe what the performer is doing in this video, what is determining their pace?
2. Try walking as slow as the performer, or even slower.
3. Now imagine balancing something on your head, take the time you need and walk as slow as possible. What parts of your body are you more aware of? Circle them in the chart below, then draw or write short sentences to explain what you felt in different parts of your body.

shoulder



ear



lips



skin



heart



hand



finger



nose



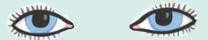
bones



lungs



eyes



face



mouth



toe



foot



back

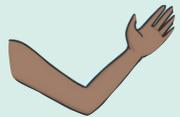


legs



hips

arm

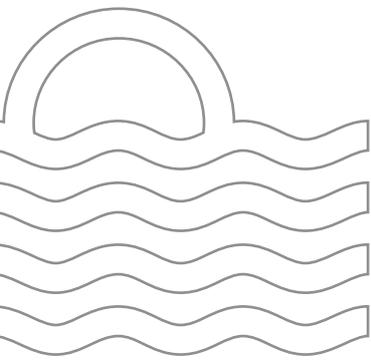


tongue



hair





Five Elements



There are nine artworks in this exhibition that used at least one of the five elements: Wood, Fire, Earth, Water, and Metal. This could be either in the process of making it or in its appearance in the final result. Can you find some of these artworks?

Hint: The labels always include the materials of the artworks.

possible answers:

Cindy Yuen-Zhe Chen

Becoming With - rain/water

Lindy Lee

Floating in the River of Here and Now - fire, water

The Dragon that Never Sleeps - wood, fire

Lachlan Warner

Grave tea cups - clay

Suffering sentient being I & II - blowtorch/fire

Phaptawan Suwannakudt

The Bamboo Tale: stories of the encounters -

droplets/water, coal/fire

Jason Lim

Mantra for Ethical Vessel - earth/clay

Alecia Neo

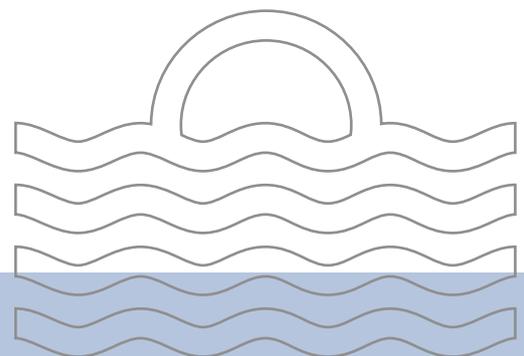
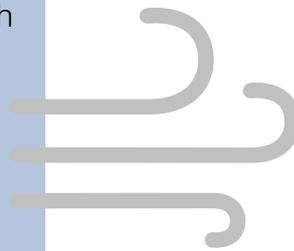
Care Index - Presence of mind - earth/clay

Kath Fries

Hold dear - bronze/metal, clay/earth

1. Select one of these artworks to explore deeper. Think about the natural elements the artists have used. Do you have specific memories in relation to these elements? For example, does fire remind you of camping or does water remind you of swimming in the ocean? Draw this on the top panel.

2. Think about how the artist have used this natural element to help them make the artwork. Does this natural element now make you feel different things? Draw your response on the bottom panel.

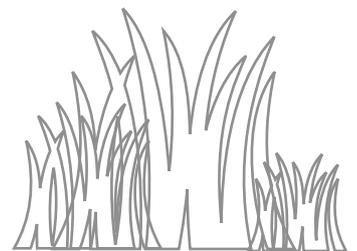
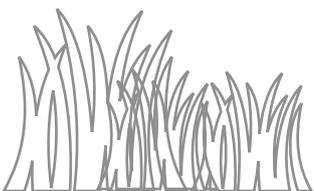


Grave Tea Cups

Lachlan Warner



1. Have a look at these tea cups, notice their sizes, shapes and colours.
2. These cups were made from clay taken from the Rookwood and Trangie cemetery when graves are dug.
3. Gently and with care, see if you can find a cup that fits the shape and size of your hands and fingers.
4. After finding a cup that fits your hands, take a seat and get comfortable. Close your eyes and think about something you've lost. Take the time to hold onto the cup and breathe.
5. Imagine that you are holding what you've lost and putting it back into earth. Think about how the earth becomes clay, and how clay becomes the cup in your hands.
6. When you are ready, open your eyes. *If this activity has caused any anxieties or unease, please speak to an adult and take the time you need to rest.*



Goddess of Mercy

Alicia Neo

Watch the two-channel video by Alicia Neo and observe some of the actions undertaken by the people on the screen.



1. What actions are they doing to care for themselves? What about actions to care and help other people? For example: notice actions such as getting a haircut, praying, preparing food, etc.
2. Find a partner and discuss what you noticed. Work together to think about times you have cared for yourself, helped someone or have received help from someone. What do you do to care for your loved ones? How do they care for you?
3. With your partner, come up with some gestures or hand signals to show different types of care and help. Without using your voice, share these gestures with the class for them to guess.