

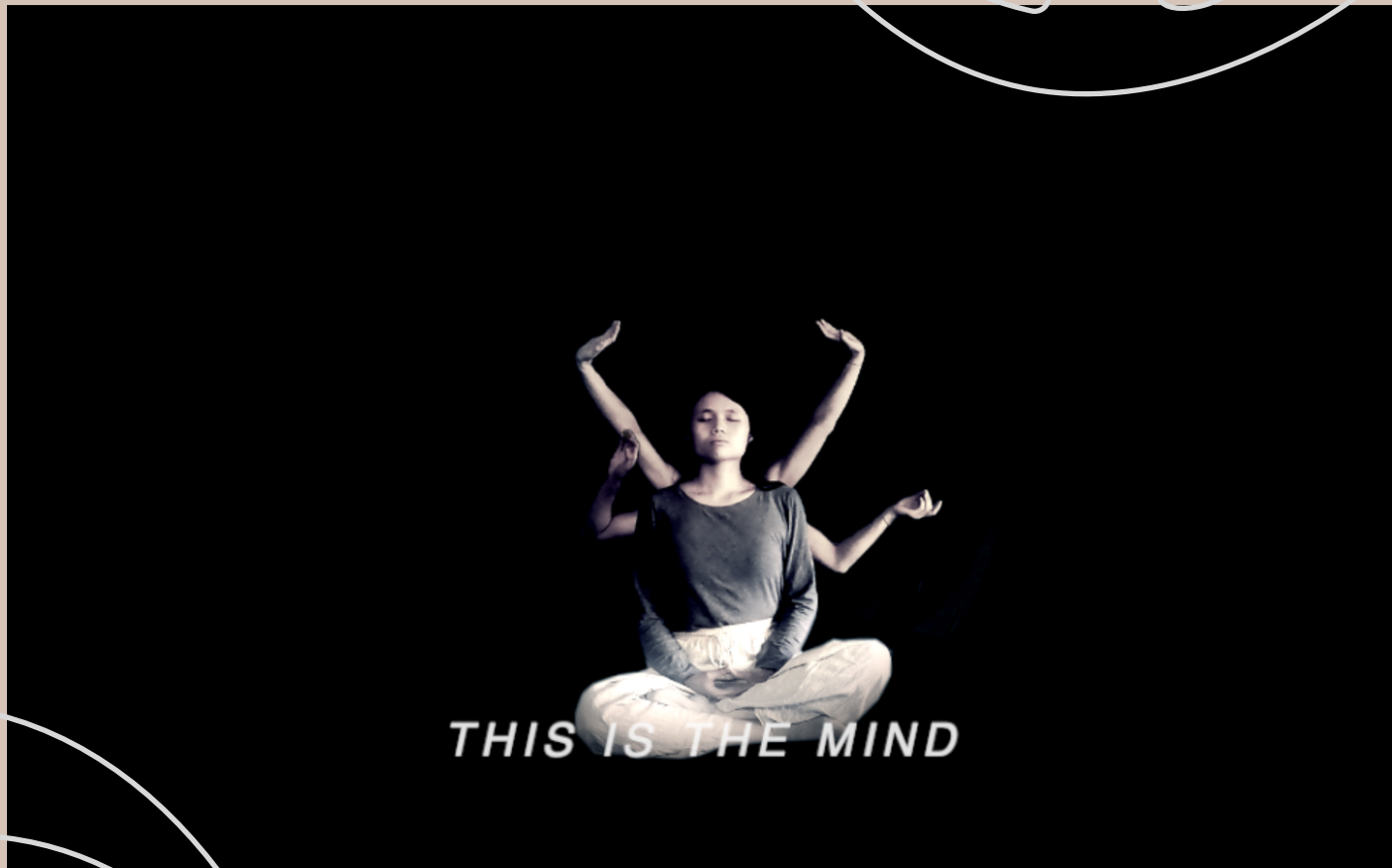


Presence of Mind

Education Pack
Kindy - Year 2

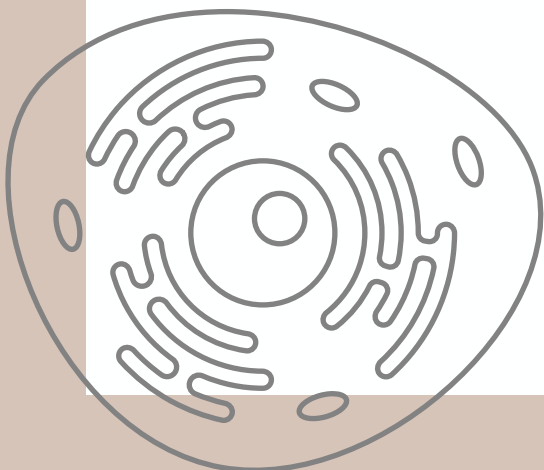
Inner Suchness

Kristina Mah



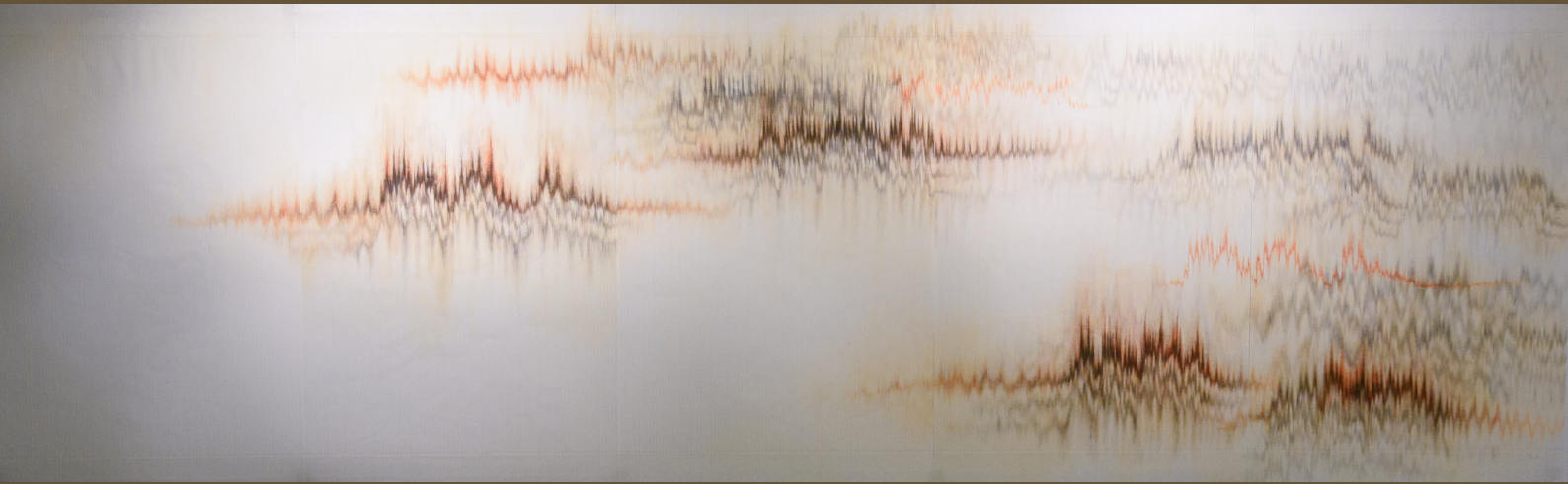
1. Take a seat on one of the cushions
2. Can you follow along with the performers and move your arms?
3. Trace the mandalas that you see with your upper body while seated.
4. When you're ready, close your eyes and imagine your own mandalas. Are they falling onto you, coming from you, passing by you, or staying within you?

5. After finishing your meditation, draw the circles and mandalas you imagined when you closed your eyes here.



Soundscapes

Cindy Yuen-Zhe Chen



1. Observe the sounds already in the gallery space.
2. Pay attention to the lines on this drawing. Move forwards and backwards while looking at the artwork, does the image change?
3. Find a partner, friend or adult and use your body to make the sound of the drawing. Feel free to clap, sing, speak, hum, breathe, tap your feet or use any part of your body to make these sounds. Just be mindful of others in the gallery space.
4. Is it louder when the lines are longer? Do you take a breath when the lines are fuzzy? Is it higher pitched when it is in a lighter colour? What if you squint your eyes, does changing what you see change how it sound?
5. Now let your partner make their sound, listen closely and notice any similarities and differences between you two.

Impure Cloths

Shirley Soh



1. Have a careful look at the fabric, do you notice anything familiar? What do you think the fabrics used to be before they became this artwork?
2. Artist Shirley Soh met four female sangha (nuns) from different Buddhist traditions to listen to their stories and mend their clothes. She then cut up their old garments and hand-stitched these pieces together to make one kashaya. Can you think of four important women in your life? What kind of clothes do they wear?

3. Continue thinking about these four women, they could be a family member, a friend, a teacher, etc. Create your own patchwork by imagining that you are mending their clothes. How would you 'cut' their fabrics up? Where have these clothes been before? What were these women doing? Draw the clothes you remember, you may use the grids to help you.

