

SOUTHBANK CENTRE

RELAXED HOURS AT
THE HAYWARD GALLERY

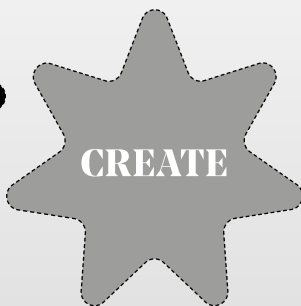
Play Create
Reflect

HAYWARD
GALLERY

About this Arts & Wellbeing Resource

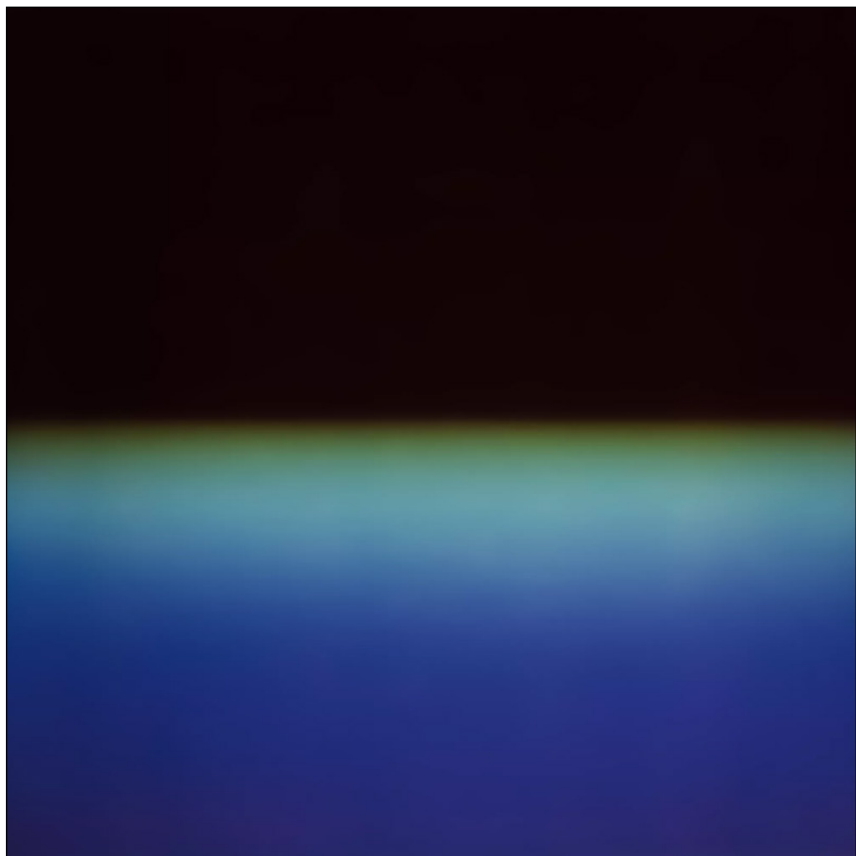
Express yourself and explore your creativity through the senses!

This resource has been created by our *Relaxed Hours* artists, Georgia Akbar, Takeshi Matsumoto and Renata Minoldo, in collaboration with the Southbank Centre's Arts and Wellbeing team. They invite you to participate in creative activities to connect, reflect and engage with the Hiroshi Sugimoto: *Time Machine* exhibition's themes and artworks, in your own time, and in the comfort of your own space.



All the activities in this resource use everyday items found at home, or easily sourced in your local area.

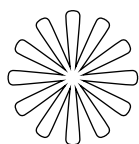
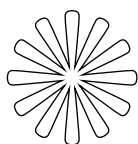
The Arts & Wellbeing programme is one of the core strands of the Creative Engagement programme at the Southbank Centre, we aim to offer projects and events which nourish comfort, connection and creativity in our communities.



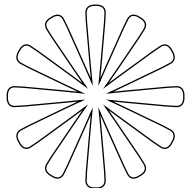
Opticks

In this series of photographs by Sugimoto, which takes its name from a field of science, the artist captures the effects of sunlight that has been transmitted through a glass prism. Each image is a record of the colours that were revealed through this exploratory process.

- Allie Biswas, 'Opticks', *Hiroshi Sugimoto: Time Machine* exhibition catalogue, 2023



Create a water prism with Georgia Akbar



Materials:

- A small, flat mirror
- A glass container large enough to fit the mirror
- A strong torch (if sunlight is not available)



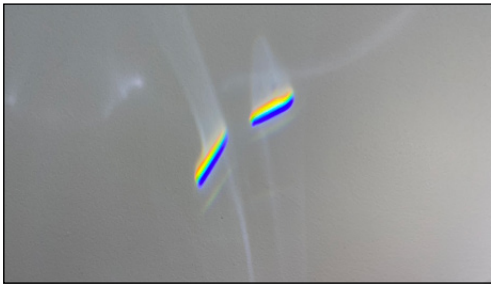
Document
Take photos and videos of the effects!

Create Your Water Prism:

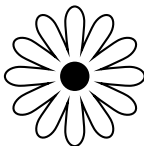
- Fill the glass container with water.
- Place your mirror inside, tilted at an angle.
- Look for a spot where strong sunlight comes through the window and position the dish so sunlight bounces off the mirror through the water. Can you see a rainbow or reflection? You might want to play around with the angle to capture the light.
- If there is no direct sunlight, use a direct white light source like a torch, the stronger the better (smartphone torches are ideal.)
- If using a torch, finding a dark corner to try this could work well!

Experiment

- Change the mirror's angle, lift up your container, and notice how the rainbow shifts and changes.
- Try different liquids, or add food colouring. What does that do to your rainbow? Do they create different effects?
- Can you make multiple water prisms? Play music and experiment with the reflections, maybe you could try creating a light performance.



Make a found wildflower bouquet with Renata Minoldo



Inspired by Hiroshi Sugimoto's *Seascapes* series and the sensory tools of Renata's wellbeing space at Relaxed Hours, she invites you to continue this journey and make a wildflower bouquet.

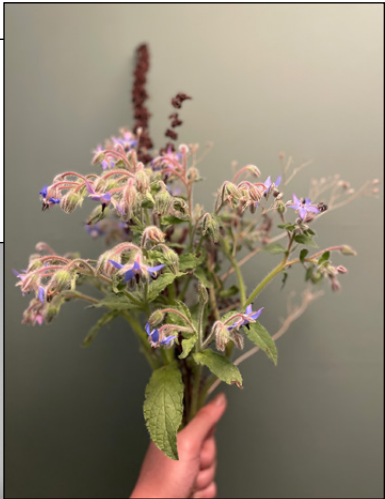
Explore the green spaces around you and find some treasures. Perhaps take yourself to a nearby green space and see if you can find any wildflowers and weeds that you like. Which ones do you find special, and why? Maybe they are nice to touch, with some kind of soft, velvety texture (some of them might be prickly, so it might be a good idea to wear gardening gloves) Maybe they smell particularly nice. Do they bring up any special memories? How is the environment where these flowers like to live in? Can you hear birds singing, plants moving with the wind, a water source, other people?

Gently choose your very favourite flowers and weeds and cut them from the stalk, so you have a few long ones. Be mindful with the flowers, and only gather a bit of each plant so they can keep growing strong and feeding the bees and other insects.

Put them somewhere safe and be careful not to squash them. Once you return home, you can arrange them as you like and put them in a vase or jar with a bit of water if they are fresh. You may end up with a mixed bouquet of dried and fresh flowers and foliage as I did, as we move into autumn and winter. Observe how the colours and textures will change over time, colours becoming paler and textures crispier.

A cloudless sky, a sharp horizon, gentle waves. My thoughts continued. Where do these ancient sensations that I feel come from? I wondered if it was possible for modern people to see the landscapes that the ancients once saw. Then I realised that it must be the sea.

-Hiroshi Sugimoto, *'The Dawn of Memory'*, Kagerō Nikki (Tokyo: Shinchosha, 2022), p.7-8



Of Gestures: creating a gesture dance from an image with Takeshi Matsumoto

Choose an image that draws your attention at home. This could be from a magazine or a personal photo. You can also use the attached image from the exhibition.

Look at it carefully. What are you drawn to? What shape can you see? What lines can you spot? What sound can you hear when you see the image?

Create a gesture or a short movement responding to what you see? Which part of the body can you use? Can you recreate what you see with your movement? This gesture is gesture 1. Come back to the image and notice how it makes you feel. Do you feel curious? scared or excited?

Can you create a gesture or a short movement expressing this feeling? How does this feeling look when you give it a movement? Is it fast or slow? Does it make your body open or closed? This gesture is gesture 2.

Come back to gesture 1 and see if you can connect and move from gesture 1 to gesture 2. What does this gesture dance look like? Can you repeat this dance several times? Do you want to play your favourite song and see if you can dance to it?

You have created your own gesture dance. Enjoy!



Relaxed Hours at the Hayward Gallery

Relaxed Hours events are a way to experience our exhibitions at the Hayward Gallery in more relaxed conditions, with additional support such as touch tours and a Relaxed Hours Studio, providing a space for our visitors to play, create and reflect with artists on the themes raised throughout the exhibition.

The Arts and Wellbeing team work closely with the Hayward Gallery's Visitor Experience and Curatorial teams, to make changes to ensure the gallery is even more of a welcoming and engaging environment, where you can enter and exit more freely, and exhibition capacity is significantly reduced to create a calmer space.

We may make sensory changes to lighting, audio and visual elements of the show and we have a brilliant team on hand and encourage visitors to work with us to prioritise their own needs when visiting.

Relaxed Hours are open to all, but particularly suited to visitors with access requirements and anyone who may not feel comfortable visiting during busier times.

Supporting access needs throughout the exhibition run is both our Preparation and Visual Stories which are accessible at the Ticket Desk and online.

Play Create Reflect

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THE HAYWARD GALLERY

For more information visit:

southbankcentre.co.uk/creative-learning/arts-wellbeing

Get in touch with us!

haywardrelaxedhours@southbankcentre.co.uk

Or call and leave a message on **020 7960 4206**

Image credits

Cover: Hiroshi Sugimoto, *East China Sea, Amakusa*, 1992 © Hiroshi Sugimoto

Opticks: Hiroshi Sugimoto, *Opticks* 163, 2018.

Content Images: Hiroshi Sugimoto, *Boden Sea, Uttwil*, 1993;

Hiroshi Sugimoto, *Lightning Fields* 227, 2009