

# HAYWARD GALLERY

A SENSORY ACTIVITY GUIDE

# Play Create Reflect

WHEN FORMS COME ALIVE  
HAYWARD GALLERY  
7 FEB – 6 MAY 2024

**SOUTHBANK  
CENTRE**

# Play Create Reflect

WHEN FORMS COME ALIVE

Welcome to *Play, Create, Reflect*, a companion resource to support you to take time to explore your creativity through all your senses.

We invite you to participate in creative activities designed by our guest artist, Georgia Akbar, to connect with the *When Forms Come Alive* exhibition's themes, artists and artworks, in your own time, and from the comfort of your own space. All activities in this resource use everyday items found at home or school, or easily sourced in your local area.

This exhibition celebrates 60 years of restless sculpture, exploring You can also find out more about the *When Forms Come Alive* exhibition from our Hayward Gallery curatorial team.

## **From Sarah, Liberty & Emma, the Arts & Wellbeing team**

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.

To request a digital copy of *Play, Create, Reflect*, email:  
[haywardrelaxedhours@southbankcentre.co.uk](mailto:haywardrelaxedhours@southbankcentre.co.uk).

For more information visit:  
[southbankcentre.co.uk/creative-learning/arts-wellbeing](https://southbankcentre.co.uk/creative-learning/arts-wellbeing)

Get in touch with us!  
[artsandwellbeing@southbankcentre.co.uk](mailto:artsandwellbeing@southbankcentre.co.uk)

Or call and leave a message on 020 7960 4206

# Relaxed Hours at Hayward Gallery

We welcome everyone to the gallery throughout our opening hours but we also recognise that some visitors may require a more relaxed approach to noise and movement in the space, or additional support to experience exhibitions fully. Our Relaxed programme provides a relaxed environment for those with sensory processing differences, neurodivergent visitors or those living with neurological conditions, as well as early-year visitors, parents and carers.

Together we set out to engage all of our senses and explore a variety of activities together. It is a time and space for you to be yourself.

Our Relaxed Hours event for *When Forms Come Alive* takes place on Tuesday 26 March, 10am – 3pm



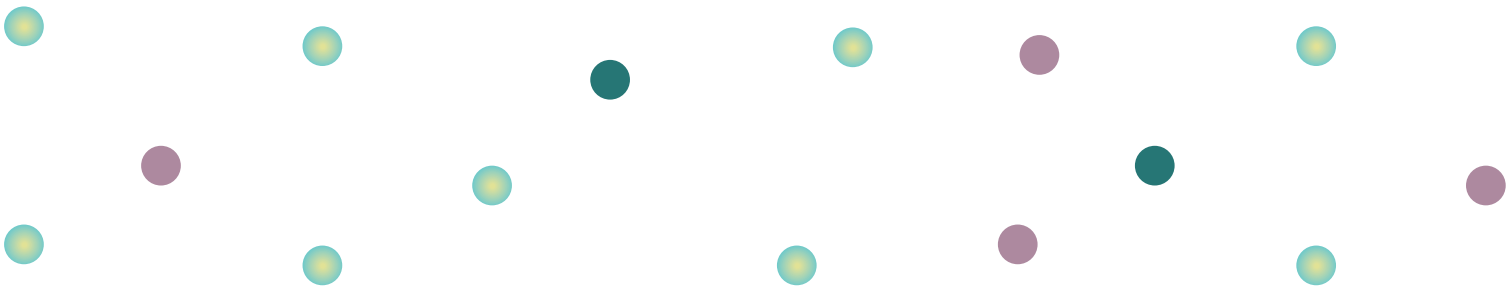
**PLAY**



**CREATE**



**REFLECT**





### **Relaxed Hours events include:**

- Guided tours of the exhibition
- Touchable materials
- Relaxed Hours studio spaces for you to play, create and reflect with artists
- Take up space with reduced exhibition capacity
- A chill-out space is available
- Preparation and visual stories sent out to all bookers in advance

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

Sensory Backpacks and noise-cancelling headphones are always available throughout the run of the exhibition from the ticket desks in the Hayward Gallery Foyer.

# Can't make the Relaxed Hours event?

We also offer additional tours throughout the exhibition run. Please note no sensory changes are made for these and the exhibition capacity is standard.

## **Relaxed Tours: Sensing Sculptures**

Wednesday 3 April, 2pm – 4pm

Wednesday 1 May, 2pm – 4pm

Sensing Sculptures Relaxed Tours focus on experiencing the *When Forms Come Alive* exhibition through centering our senses, tuning into – and being guided by – feeling, and taking things at a slower pace. There is time to explore in our small group and independently, and creative opportunities to support us to delve a little deeper and discover the exhibition in new ways. Join us to unwind, reflect and enjoy some light refreshments in the Hayward Gallery Cafe afterwards.

All our Relaxed events are open to all and we encourage bookings from SEND schools and community groups.

Book via our website or contact the Arts & Wellbeing team for more information, or to request access to our limited number of free community bursary tickets.

haywardrelaxedhours@southbankcentre.co.uk  
or 020 7960 4206



# About *When Forms Come Alive*

Spanning over 60 years of contemporary sculpture, this exhibition highlights ways in which artists draw on familiar experiences of movement, flux and organic growth.

Inspired by sources from a dancer's gesture to the breaking of a wave, a flow of molten metal to the interlacing of a spider's web, the artworks in *When Forms Come Alive* conjure fluid and shifting realms of experience.

Undulating, drooping, erupting and cascading, these artworks remind us of the joy of movement and sensation in an era when our experiences are increasingly digitised and disembodied.

They are dynamic and highlight that everything is always changing and evolving in a constant dance of transformation.

The exhibition features work by 21 international artists: Ruth Asawa, Nairy Baghramian, Phyllida Barlow, Lynda Benglis, Michel Blazy, Paloma Bosquê, Olaf Brzeski, Choi Jeong Hwa, Tara Donovan, DRIFT, Eva Fàbregas, Holly Hendry, EJ Hill, Marguerite Humeau, Jean-Luc Moulène, Senga Nengudi, Ernesto Neto, Martin Puryear, Matthew Ronay, Teresa Solar Abboud and Franz West.

# Hello from Hayward Gallery

A WELCOME NOTE FROM HAYWARD GALLERY'S  
CURATORIAL TEAM

We're really pleased that you're here to visit this exhibition, which is full of sculpture that **draws on our different bodily experiences of the world around us**, and activates many different senses.

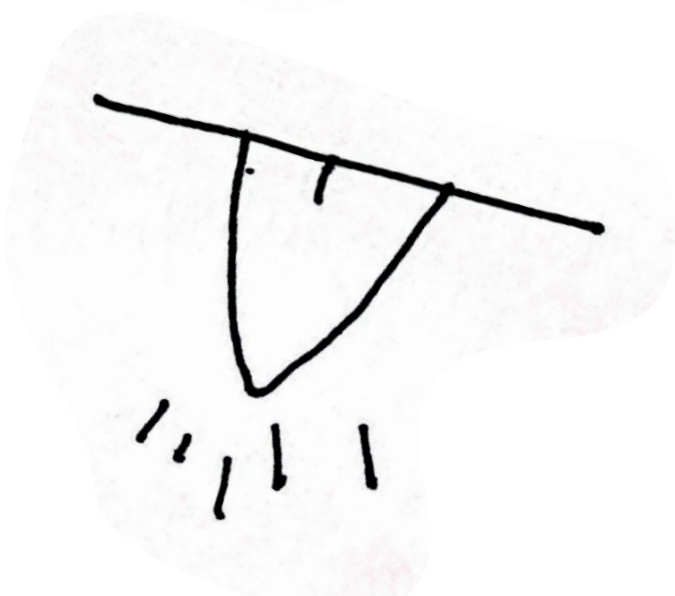
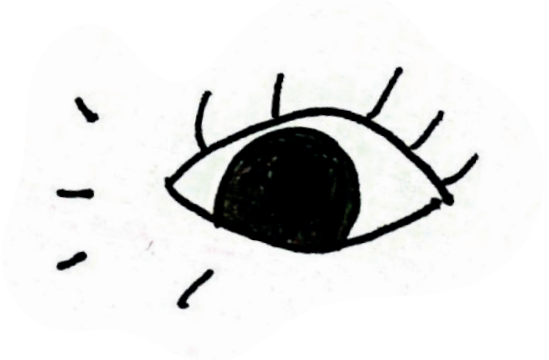
Some of my favourite works are the oldest in the exhibition – from the 1950s, 1960s and 1970s – by artists like Ruth Asawa, Lynda Benglis and Senga Nengudi, who produced sculptures that didn't look like anything else that was being made at that time. Asawa was **inspired by natural forms** like the skeletal structure of leaves or spiders' webs, to make her intricate, multilayered, hanging works from looped wire. Benglis **used materials in a playful way** that set her apart from the geometric minimalism of her peers, creating works that look like the melted remains of traditional, monumental sculpture. Nengudi used stretched and weighted, flesh-coloured stockings to describe the **physical changes that bodies undergo** during pregnancy and breastfeeding.

Younger artists, such as Eva Fàbregas and EJ Hill have created installations that **immerse us in sound and light**. Fàbregas's giant sculptures (featured on the front cover) echo embodied forms of communication, while Hill gives us pause to reflect on how the **public expression of emotions** like joy, or terror, can be experienced differently by different bodies.

All of these sculptures, while so different from one another, seem to resonate with Holly Hendry's description of her own work as **'twitching with life'**.

Katie Guggenheim, Assistant Curator of *When Forms Come Alive*





# Creative Activities

DESIGNED BY RELAXED HOURS LEAD ARTIST GEORGIA AKBAR

'I am so excited to be the Relaxed Hours lead artist for *When Forms Come Alive*. I've always been interested in making and looking at sculpture because it helps me see the wonder in everyday things, which can change the way you see the world. I hope these activities offer interesting ways of looking and thinking about your space and that you feel inspired to create your own sculptures. You already have everything you need!'

– Georgia Akbar

## About Georgia Akbar

Georgia is an artist and facilitator specialising in inclusive, experimental approaches to visual arts and filmmaking. She co-creates dynamic, playful spaces for shared curiosity, led by the existing fascinations, ideas and narratives that people choose to bring. At the heart of her work is a belief that approaching conversations, relationships and the everyday with creative attention can result in works that universally resonate, making assertive statements about the wider society in which we live.



# 'Extraordinary Balancing Acts'

INSPIRED BY CHOI JEONG HWA'S TOWERS

1. Find objects: Look for things at home that interest you with similar shapes or colours (use safe, non-breakable items)
2. Build towers: Carefully stack these objects to create playful towers.
3. Make it a game: How high can you build your tower without it falling over?
4. Capture your work: Draw or photograph your sculpture in all its glory
5. Dream big: Imagine your sculpture was so big you could walk around it. Where would you install it? Draw or use photographs from newspapers or magazines to imagine the work in different places

'Bearers of memory across time, space and cultures, these columns of discarded junk resemble natural forms.'

– Helen Lockett talking about Choi Jeong Hwa's work.



# Sensing Sculptures

1. Choose an artwork from the exhibition
2. Challenge yourself to spend longer than usual looking at the work (try 5 minutes)
3. Really look at all of the details, the shape, colours, textures, the light and the shadows around it
4. Do you notice anything different after paying close attention to the artwork?
5. If this artwork had a voice or made a noise, what would it sound like?
6. What would the artwork taste or smell like?
7. You could use a phone to record your thoughts or make sound effects.
8. Try this with another artwork if you have time!



# Living Sculpture

INSPIRED BY MICHEL BLAZY'S *BOUQUET FINAL*

I consider my sculptures as living beings. My gesture as a sculptor often consists of triggering a process that takes shape on its own; I try to create the right conditions for a material to perform. Soft materials interest me because they are in movement, their form depends on themselves and my degree of control is limited.

– Michel Blazy talking about *Bouquet Final*, *When Forms Come Alive* catalogue, page 202

Spend some time with Michel Blazy's artwork *Bouquet Final*.

Can you follow the slow, subtle movements of the foamy bubbles?

Take some time away from this artwork... and then return.

Has anything changed since you were away?

The bubbles start growing at the beginning of the day, and by the evening they're touching the ground. How much have they grown while you've been in the gallery?



## Image credits in order of appearance

Installation view of Eva Fàbregas, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Installation view of Phyllida Barlow, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Installation view of Tara Donovan, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Installation view of Ruth Asawa, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Installation view of Lynda Benglis, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Senga Nengudi, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Installation view of EJ Hill, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Georgia Akbar, *Extraordinary Balancing Acts*, 2024. Courtesy the artist.

Installation view of Choi Jeong Hwa, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

Installation view of Michel Blazy, *When Forms Come Alive* (7 February – 6 May 2024). Photo: Jo Underhill. Courtesy the Hayward Gallery.

This resource has been created by the Arts and Wellbeing team, Creative Engagement at Southbank Centre.



This leaflet has been made using 100% recycled paper.



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**ARTS COUNCIL  
ENGLAND**

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