

The Multi Sensory Art Project

Experience Explore Imagine

The Roche Court Educational Trust NewArtCentre.



Richard Long *Tame Buzzard Line* 2001 © the artist and courtesy of the New Art Centre, Roche Court

Richard Long *Tame Buzzard Line*

Richard Long's ideas come whilst walking or sitting down to rest in nature. The artist says 'the landscape and everything around you puts ideas in your head'. He makes his art using natural materials that he has collected, such as stone, soil, mud and his own body walking. These artworks are often created in the landscape or arranged in a different space into lines and circles. Some disappear and are subject to time and the elements.

<https://youtu.be/FDezc3yMmaw>



Rest your eyes on the horizon. Time outdoors is great for your eyesight. Scientists now believe that it is not only looking into the distance but the quality of outdoor light that is good for our eyes. Look out for interesting objects and make a collection of things like seedpods, fragments of broken china, stones and pebbles. How will you arrange your collection? <https://youtu.be/p7LOPSSm6zA>



If it has been dry and then rains, go outside and breathe deeply. Smell petrichor! This is the pleasant smell that frequently accompanies the first rain after a long period of dry weather. Scientists believe this smell is as old as evolution itself. <https://youtu.be/dnyCt03kTC8>



Stop. Be. Listen.

Our immune systems respond to nature, silence, love and community. <https://youtu.be/xargfjDCJWo>



Why not give your taste-buds a sensory treat and try a collection of different edible plants?! Herbs are wonderful to try: basil, rosemary, dill to name a few!



Put your hands in soil or wade through a muddy puddle! Digging the dirt really does lift your spirits. The digging stirs up microbes in the soil. Inhaling these microbes stimulates serotonin production, making you feel happy and relaxed. Since 1981, Richard Long has also made paintings by applying liquid mud to a wall or surface by throwing, drawing and painting with his hands. Make your own mud art:

<https://rochecourteducationaltrust.co.uk/app/uploads/2020/10/Richard-Long.pdf>

<https://youtu.be/ml4gyevBkc>