



# RECONNECT





Thank you to the contributing artists:  
Bethany White, Dr. Amy Cutler, Andrew  
Wilson, Christian Bell, Lydia Griffiths,  
Jasmine Calland, Georgia Lomax Thorpe and  
Eva Sajovic.

Re-Connect has been design and created by  
In-Situ with Pendle Hill Landscape  
Partnership.



For more on artists working in Pendle and  
ways to get involved:  
[www.in-situ.org.uk](http://www.in-situ.org.uk)



For more on restoration work on Pendle  
Hill:  
[www.pendlehillproject.com](http://www.pendlehillproject.com)

Contact us!

Facebook: <https://www.facebook.com/insitupendle/>  
<https://www.facebook.com/pendlehillproject>

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**in-situ**

**PENDLE HILL  
LANDSCAPE  
PARTNERSHIP**



# Welcome

In this booklet you will find ideas, questions and creative activities designed for you by 8 artists who made art in and about the Pendle landscape during the pandemic. As we begin to open up and reconnect with the world outside of lockdown, we wonder how artists could help us to (re:)connect and explore the natural environment in new ways?

You can use this booklet as way of testing ideas, making things, starting conversations and discovering new places. These activities are designed to help you to reconnect with yourself in your surroundings. You don't need any special materials or experience and you never know where an idea might take you.

Head to the back of the booklet to find plenty of space to draw out ideas and fulfil the activities. You can also use these pages as a way of jotting down ideas, creating collages or using as prints for your wall.

We hope you enjoy it!



## Bethany White

As our lives become busy, the beauty and wonder of the natural world around us can easily be overlooked. Appreciating nature can be done in many different forms and this is a quick activity to do just that. If you felt like you gained something from this experience why not make it a regular ritual.

*you will need: a pen or pencil*

1. Grab a pen and go to an outside space. This could be your garden, a park, your front door, or an open window. Wherever this may be, take a moment to focus on your surroundings.
2. Document your experience guided by the 5 bullet points below. These 5 points could be written, drawn or both!
3. First, document what you can see. Has a bird caught your eye? A cloud?  
Second, what you can smell?  
Third, what you can hear?  
Fourth what you can feel? Is it cold? Warm? Is there a breeze?  
Finally, how does this makes you feel emotionally?



## Amy Cutler

Throughout history, rain and storms have been used to suggest particular moods and atmospheres. This has been called pathetic fallacy.

The following activity outlines how you can make your own moody, micro-atmosphere at home, in the form of a lava lamp.

*You will need: a plastic bottle, vegetable oil, food colouring and an Alka-Seltzer, a torch*

TRY  
COLLECTING  
RAINWATER!

1. Fill a clean, whole, empty plastic bottle with water up to  $\frac{2}{3}$  full.\*
2. Pour in some vegetable oil to top up the water until the bottle is almost full. Then add 10 drops or more of food colouring.
3. Add half of a fizzing tablet, such as Alka-Seltzer, and you will see that the colours and blobs in the bottle begin to swirl around. Use a torch, flashlight, or bike light to shine from the bottom of the bottle. You can add more Alka-Seltzer to reactivate.
4. Turn out the lights in the room and think of stormy sounds as the lava lamp creates patterns of watery light.



**WE**





## Andrew Wilson

You don't like the news? Let's Change it! This activity will help you start. This task is designed for a small group. Make sure each person gets the opportunity to contribute.

*you will need: a pen or pencil*

1. Write a headline for at least three stories you may expect to find in the national news tomorrow morning. These could be specific, such as 'Further riots in Bristol' or more general themes like 'Hottest Day on Record!'
2. Take turns to read out each other's headlines. Identify common themes, or shared expectations.
3. Now imagine you are a journalist, equipped with the tools and resources to write your own stories. Write headlines for at least three stories that you would like to see covered in the national news. Try to draw from your own lived experiences or daily encounters.
4. Again, take turns to read out each other's headlines. Are there common themes, or shared concerns? What are the worries or issues behind the stories? Could two or more stories merge?
5. Imagine your group are committed to collectively investigating your stories. What will your next steps be?







## Christian Bell

Exploring your local landscape, ask yourself what your community needs to create a more hopeful future. What have local people from the past done that inspires you today? What inspired their vision of the future?

*you will need: a pen or pencil, scissors*

1. Think of a change you would like to see.
  2. Allow yourself to be inspired by what's local to you. You could go to your favourite nearby spot or have a chat with some who inspires you.
  3. Embrace your personal hopes for the future. Embrace the future of the place you live.
  4. Write down your thoughts. What did you hope for? What does your community need?
  5. With scissors cut up your text into individual words.
  6. Re-arrange the words into a new sentence to create your vision of a more hopeful future. The sentence doesn't have to make sense, think of it as a poem or abstract idea!
  7. Glue the words down to make a collaborative collage, or write your abstract sentence into the blank boxes on the image opposite.
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## Lydia Griffiths

How can we document our experience of the landscape in a way that changes with nature? Try projecting your own landscape from sunlight!

*you will need: 2 pieces of white card, aluminium foil, tape, pin or paperclip*

1. Cut 1 large square into the centre of a piece of card.
2. Tape a piece of aluminium foil over the square.
3. Use a pin or paperclip to poke multiple holes through the middle of the aluminium foil. You could create shapes or patterns inspired by your surrounding landscape.
4. Place your second piece of card on the ground and hold the piece with the aluminium foil above it (foil facing up). You have now made your very own Pinhole Camera!
5. Stand with the sun behind you and view the projected image on the card! The further away you hold your pinhole camera, the bigger your projected image will be.




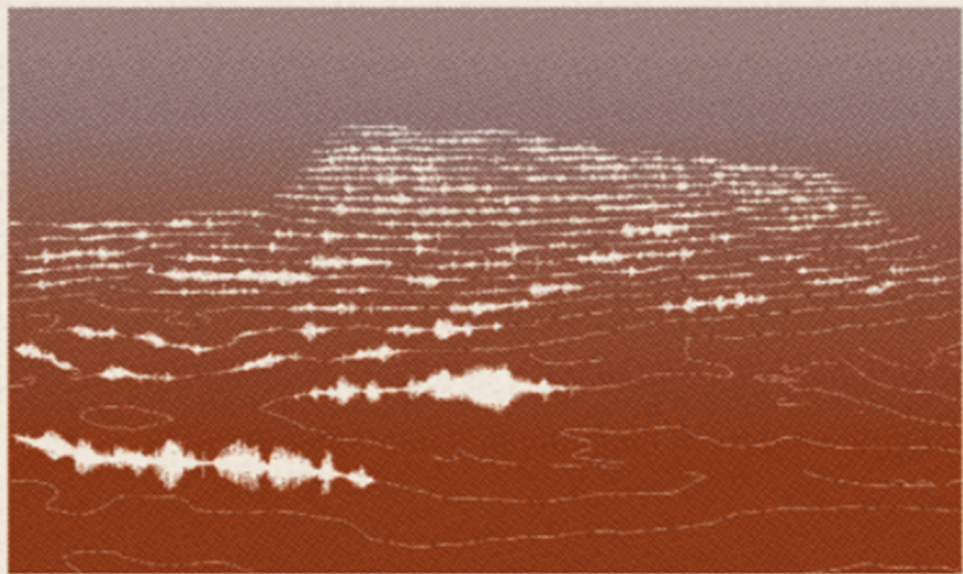


## Jasmine Calland


When was the last time you let yourself relax and enjoyed moving your body freely? It can be awkward dancing alone but it can also be a lot of fun.

*you will need: a pen or pencil*

1. Explore an outdoor space. Listen out for sounds, can you hear a rhythm emerge? Be inspired by the things you see; a sharp corner revealing a busy high street, a tree with gnarled branches, a patch of flowers blowing in the breeze.
  2. Find a place where you feel comfortable and will be able to move with ease. Close your eyes and visualise the environment you took the details of. Recreate the sounds you heard too. How can this be translated into movements?
  3. With a pen or pencil in hand, allow your hand to move freely across some paper in sync with the sounds you recall and shapes you saw.
  4. Change the pace of your drawing actions, speed up or slow down, focus on the movement of your hand instead of the lines on the page.
  5. Does it feel as though your hand is dancing on the page? Extend your drawing movements to include your whole body. Let yourself enjoy moving freely! Or, try it with some music on.
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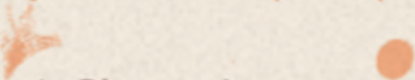





## Georgia Lomax Thorpe

When we remember a place - do we only remember what it looked like? How do memories change if we focus on sound? Go out into the world and draw your attention to what you might hear.

*you will need: a pen or pencil*

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1. Plan to journey somewhere new to you.
  2. Take this page and a pencil with you. Prepare to be present to the sounds you will encounter.
  3. Before returning home, find a space to pause, close your eyes, and spend a minute listening.
  4. Form a map in your head of the sounds you are listening to. What directions do they arrive from?
  5. Use a space in the booklet to draw, scribble or note down the sounds around you. Try and situate them by direction and distance from you.
  5. In a few days time, look at the way you documented the sounds you heard. Can you hear them now?
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# Eva Sajovic

We can use natural materials to make dyes and inks. Below are instructions you can use to make a coloured ink, ready to use for a drawing, painting or dyeing fabric! This example uses Ground Elder but you can try this activity with onion skins, dandelions, cabbage, spinach and more!

*you will need: a pot and a stove*

OR ONION  
SKINS OR  
DANDELIONS!



How to make ink from natural material:

1. Place Ground Elder in a large pot
2. Cover it with water.
3. Heat gently and turn off once the water starts to simmer.
4. Soak for a day or two. The colour of the liquid will change to dark grey.
5. Strain the leaves, collecting the liquid.
6. Heat the liquid gently for a few minutes. The liquid will darken again. \*
7. To preserve for longer add 1/2tsp of vinegar or a pinch of salt.

*\* Optional: Use it as it is or thicken by adding a bit of powdered gum Arabic.*









