

SAINSBURY CENTRE

more than one me

What do these three images make you think about?

Masks, and objects with more than one face occur in Africa, the Americas and in other parts of the world, in different guises. Research to find other countries that honour the multi-faced character. Compare your findings - how are they different? Where are the similarities?



136



40032



50801

masks

The Sainsbury Centre has many amazing masks. Explore the varied ways they convey meaning.

Putting on a mask feels like being someone else. Think about when you have 'put on a mask' - either for real - by dressing differently, or using make up - or metaphorically to hide your real feelings, or to fit in maybe. How could you express this in an artwork?



1208



247



50862

Are you a twin? Or, do you know any? Or, do you have a sibling or friend so close to be almost a 'twin'? What does that look or feel like? List some words to describe how you think it feels to be a twin.

twins

Diane Arbus's photograph of twins is famous. Why do you think it is? Research Arbus and her life to understand why she captured the images she did.



feelings

Make a little box of You - something very personal - an affirmation



Kim Welling's Instant Comfort Boxes

Hide the 'true' you inside the box, with an image of the face you show to the world on the outside. Is there a difference between the two? Why might we choose to keep some of our feelings hidden?

In the Yuroba culture, the world's highest proportion of twins are born and celebrated with carved twin figures. Twins are seen as extraordinary and their souls are believed to be one.

How many moods and feelings do you have in one day? Discuss this in small groups - how easy is it to talk about?



229

Try some simple self portraits. A few lines can be expressive! Use a mirror or your phone. Really feel the emotions - draw the key features.



You can find out more about all of the featured objects by entering their number in the online catalogue: <https://www.sainsburycentre.ac.uk/art-and-objects/>