

— TAKE ROOT

TAKE ROOT is a wellbeing walk that invites you to meet the UEA campus and sculpture park in new ways.

Step aside from the familiar cycles and stresses of university life and be alive to your senses. Meet sculptures, ancient trees and other attention-drawing wildlife. And, for a short time, take respite in the grace of the natural world.

— HOW TO USE

Take part in seven creative exercises that encourage you to look, think and play, designed to help you take time out and connect with the campus landscape.

You can follow the suggested walking route, or pick one or two landmarks to explore.

Tune into your senses throughout, bringing awareness to what you can see, hear, smell and taste.

Give it a go and see where it takes you.

— WHY WALK

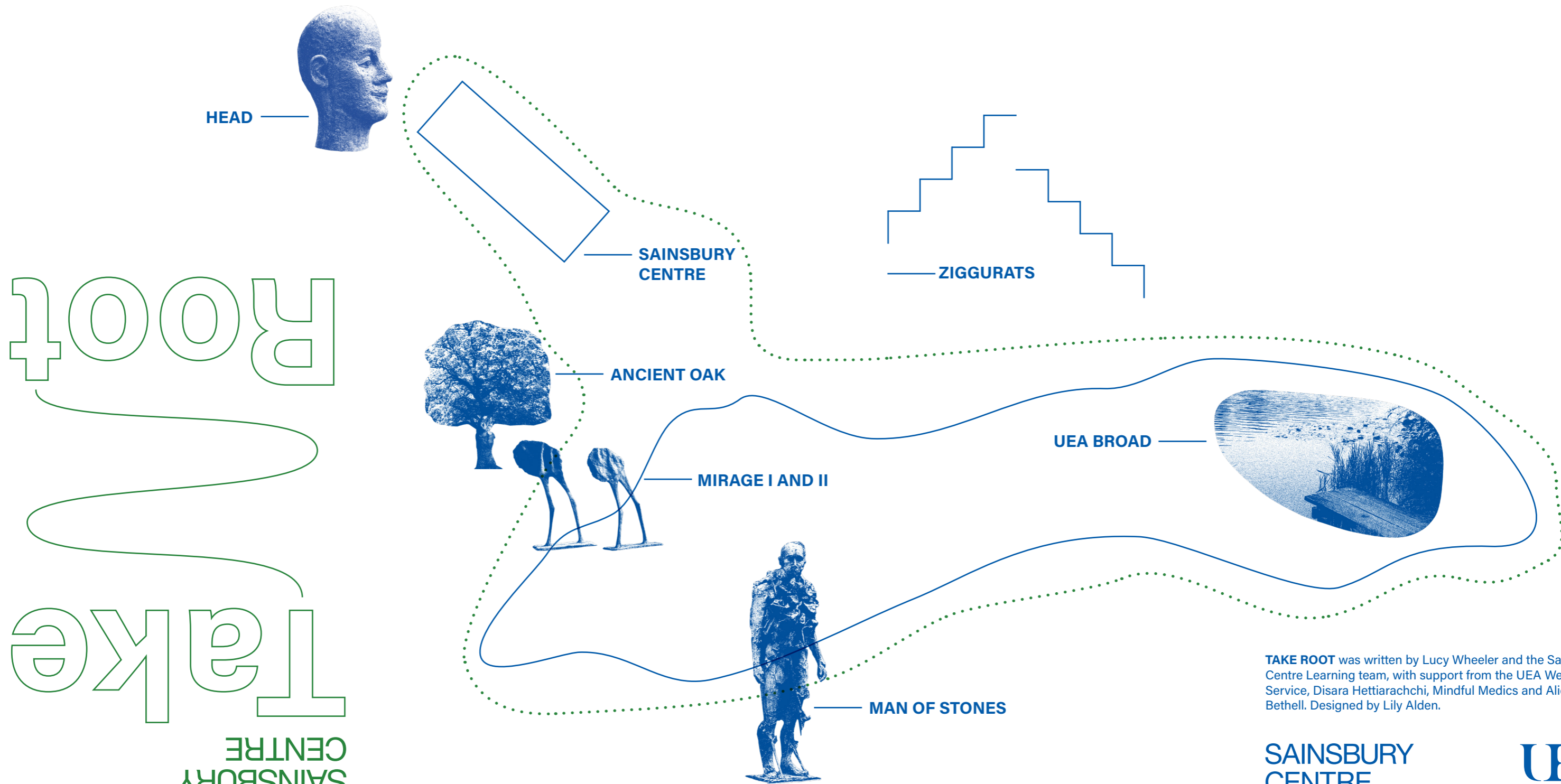
Feeling connected to the natural world is good for us. Spending just 10 minutes of contemplation in nature can lower levels of the stress hormone, cortisol.

Engaging with art and being creative can also have positive effects on our physical and mental health and wellbeing.

Pause.

Breathe in.

Where will you wander?



TAKE ROOT was written by Lucy Wheeler and the Sainsbury Centre Learning team, with support from the UEA Wellbeing Service, Disara Hettiarachchi, Mindful Medics and Alice Bethell. Designed by Lily Alden.

— EMBODY

Meet **Head** by John Davies, Bronze, 1997

Stand next to Head, and try to embody it. Get comfortable in becoming all head, no body. Take on the facial expression for a minute. Does this shift your mood, or thought patterns?

Now do the opposite. Try now to be all body and no head.

Focus on your fingertips. Wiggle them and name what you feel.

Feel the elements on the back of your neck.

Focus on how your feet feel rooted to the earth.



— OFFER

Meet **Man of Stones** by Laurence Edwards, Bronze, 2019

Take 30 seconds to look closely at this sculpture. Notice how it nestles within the landscape and interacts with the elements and local species. How might this change with the seasons?

Make an offering to this sculpture by collecting a few natural objects and placing them upon or around the sculpture. How long will this last?

This sculpture is a reminder of our own relationships with landscape and place.



— LOOK, DRAW, LISTEN

Meet the **Woods**

Look to where the trees meet the sky. Draw what you see in a simple horizon line. Imagine how this horizon line shifts and changes with the seasons.

Walk into the woods.

Novelist, environmental activist and farmer Wendell Berry writes: 'Go without sight, and find that the dark blooms and sings.'

Stand still, close your eyes and listen to the woods.

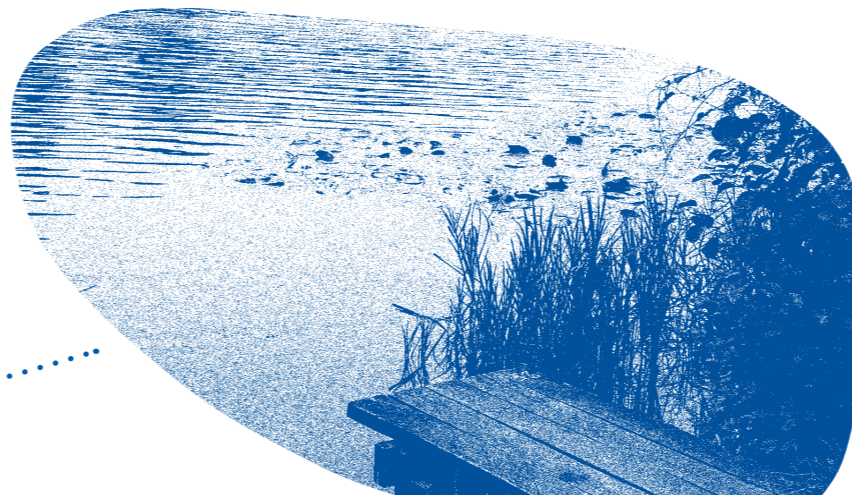
Now turn 180 degrees and listen to the sounds from the opposite direction.

— CURRENT MOOD

Meet the **Broad**

Watch the broad current move.

Imagine your mood today as a water current and draw it below. Does it flow smoothly, meander, fall or swirl?



— SEEK NOURISHMENT

Meet the **Ancient Oak**

This is the oldest tree on campus, planted around 400 years ago. An important wildlife habitat, this ancient oak can support 2,300 species.

Spend 30 seconds taking in the twists and turns of this gnarly oak, looking out for some of the species who rely on it for sustenance.

Writer Zakiya Mckenzie believes woods can be places of nourishment. To commune with ancient trees reminds us of the scale of the world and our place in it, that 'tomorrow morning the trees are still going to grow, the sun is still going to shine and I can get up and try again.'

Sit at the base of the tree, or run your hands across the textured bark. Experience the scale of time through this physical interaction.



— SHIFT PERSPECTIVE

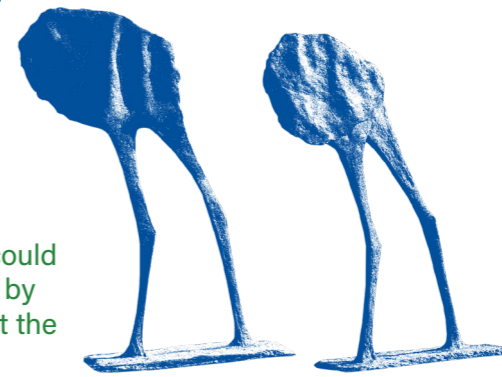
The poet Nan Shepherd believed we could deepen our sense of the natural world by literally changing the way we looked at the landscape.

Try doing as Nan did.

Face away from the lake, place your feet apart and bend forward until you can see between your legs and the world upside behind you.

What's different?

What draws your attention?



— SHAPESHIFT

Meet **Mirage I and II** by Elisabeth Frink, Bronze, 1969

This sculpture was inspired by the artist's experience observing birdlife: 'sort of birds, or it could be a person, or a tree...sometimes it was a man on a horse, or it was a bird...or one of those umbrella pines'

Spend time watching the birds on the lake. Close your eyes and make drawings of the fleeting bird movement from memory without taking your pencil off the page.

Look at your drawings. Do they resemble birds, or something else?

Add to the drawings to transform them into something else – a person, a tree, a bicycle.

Stand still.

Breathe out.

What did you wonder?



— Find out more about the Sainsbury Centre Sculpture Park



— Get information and support from the UEA Wellbeing team