

Create ~ make a playlist and dance

To start, open out this sheet to its full size so that you can see the painting and these notes. Choose songs or pieces of music that come to mind as you look and imagine.

Your musical choices for Springtime:

Track 1

Track 2

Track 3

Listen and soften, find a way to be quiet and bring awareness to your body, the emphasis here being on simply noticing. Let your music begin and maybe close or lower your eyes; imagine the music around you, softly coming into your bones.

Warm up, take a few moments to wake up movement in your body. Maybe start by twinkling your fingers as if they were playing the piano, lifting one or both elbows and if possible, reach one or both arms wide. Keep waking up as much of your body as feels right.

Creating dance, imagine yourself in the artwork moving through the landscape, this might be the beginning of a small dance. Can you capture what you see and feel in movement? Let the rhythms and feelings of music help your dance to flow.

To finish, close or lower your eyes and hold something of the painting in your mind. Allow your body to rest quietly, that is a great dance too!

How did the painting change as you listened to the music?

Track 1

Track 2

Track 3

Let's move, with dance artist Filipa Pereira-Stubbs - movement can be small, big or dramatic; there is no wrong way to dance.



trace the branches and the blossom with hands, eyes or feet



feel the warmth of the sun on your back, roll your shoulders



let your fingers snake about! In the cool grass



sway like a tree in the wind, enjoy the gentle rhythms

If you would like to spend more time with Filipa and this painting, go to... Springtime~ guided relaxation film on YouTube Cambridge University Museums / Playlists / Artworks in Focus/ Relax, Look, Imagine, or scan the QR code.



What did it feel like to dance?

Look, Imagine & Create Activity Pages

The
Fitzwilliam
Museum
CAMBRIDGE

Springtime 1c.886

Claude Monet (1840-1926)

This painting of an orchard was part of Monet's famous garden at Giverny. The two people are his son Jean and stepdaughter Suzanne. Monet used his garden as an endless source of inspiration and painted the waterlilies ponds over 250 times.



Oil on canvas, 64.8 x 80.6 cm - Bought by Alex Reid and Lefèvre 1953 - PD.2-1953

Take a closer look, allow yourself five minutes or more to explore the colours, textures, shapes, mood and atmosphere of this painting.

What do you see, perhaps it's *'that there are no outlines to the people - just dabs of different colours that together make the shapes' or the 'vivid and bright colours, you can almost smell the grass!' ... 'the canopy of the blossom which looks like a piece of delicate lace'* - observations made by other picture gazers

Start to imagine... sitting on the cool grass in this orchard, surrounded by the scent of the blossom and grass. What can you hear - bird song or perhaps a river or stream in the distance? What interests you, what draws your attention?

Create ~ colour, draw and describe

How about colouring the leaves below or writing words on them to describe how this painting makes you feel, what it reminds you of, what you imagine - you might even create a piece of poetry?

Or invite a friend to join you to make a poem. Cut out the leaves and maybe make some more of your own. On each write a sensation or feeling. Mix up the leaves up and drop them onto a page, read them out-loud in the order they have fallen.



Create ~ a mixed media collage

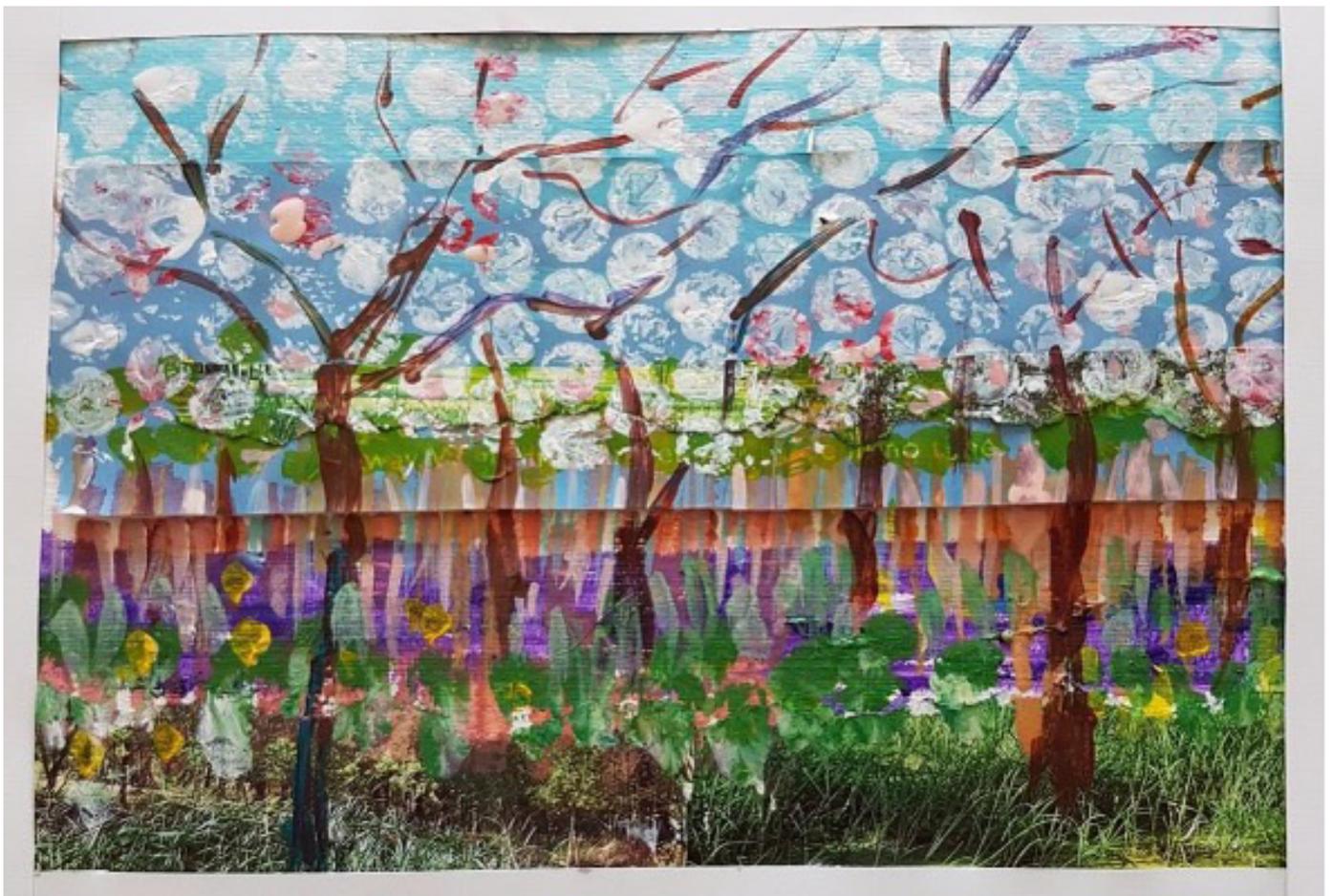
At home, or when you have more time, how about making a mixed media collage inspired by Monet's Springtime.

You will need plain paper, magazines, scissors, a glue stick, paint and brushes and bubble wrap

Start by gluing down strips of coloured paper or pictures from magazines.

Fill in the gaps and build up the picture with paint.

Use different brushstrokes to create trees, grass, flowers and clouds.



To make blossoms use a piece of bubble wrap. Lightly paint the bubble side and press it over the painting.

Frame and enjoy your finished picture.