

Goulburn Regional Art Gallery presents...

21 jan.—5 mar. 2022

Harriet Body *Yours*



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Goulburn Regional Art Gallery is supported by the NSW government through Create NSW

Art Trail



About the Art Trail

This Art Trail has been developed for the exhibition *Yours* by artist Harriet Body and prepared by Sally O'Neill, Education Officer. O'Neill has a Bachelor of Fine Arts majoring in Painting and Drawing from College of Fine Arts at the University of New South Wales and Certificate III in Early Childhood. She has extensive experience developing and delivering Education Programs for regional and public galleries.

The resource includes practical and theoretical activities for all ages and can be used before or after visiting the Gallery.

'*Yours* is a project where I have been working with an intergenerational group of local, pre-school-aged children and their parents to create a major exhibition that focuses on connection between people who are at opposite stages of life.

Of course, these people aren't just "seniors and children of Goulburn" they are Hinia, Gordon, Tommy, Ken, Catherine, Fiona, Amy, Maree, Manny, Lilith, Ali, Jazelle, George, and Oscar, with all of their complex and beautiful personalities, histories, and ideas. And they are the best!

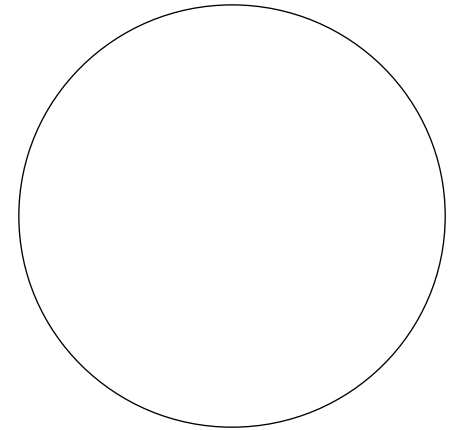
I hope visitors will be able to experience themselves as a part of the story of this exhibition. The title *Yours* speaks to how this exhibition is designed to belong not just to me, or the gallery, or the community collaborators, but to open it up belonging to everyone.'

Harriet Body, 2021



Round and round and round we go

Circles were a recurring theme for the *Yours* workshops and they appear in many of the works of art in the exhibition. Not only are circles an easy mark for most to make, they are full of meaning. Reflect on what you know so far about *Yours* and make some notes on what you think this symbol might mean for participants in the circle opposite.



What's the time?

It all boils down to time— how it is measured and how we spend it. What is or was your favourite thing to do at the below times:

In Summer _____

At night _____

Two years ago _____

What it's all about

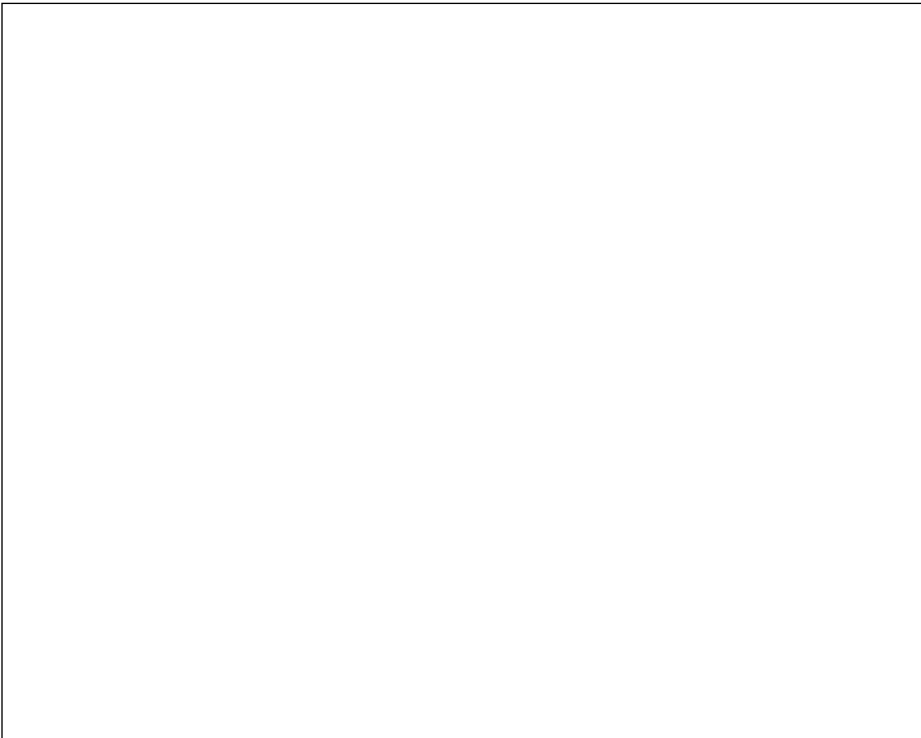
'With a focus on natural materials and inspiration drawn from the local landscape, the exhibition looks at how the body connects with nature, particularly through the metaphor of a tree. The artwork links the body with landscape and is an observance of our samenesses, a celebration of our differences, and an honoring of the astounding simplicity of both.'

Harriet Body, 2021

Trees

Trees are a recurring symbol in *Yours*. Time passes slower for trees than people. Standing still for generations, they hold the memory of people and are a metaphor for the connection between us.

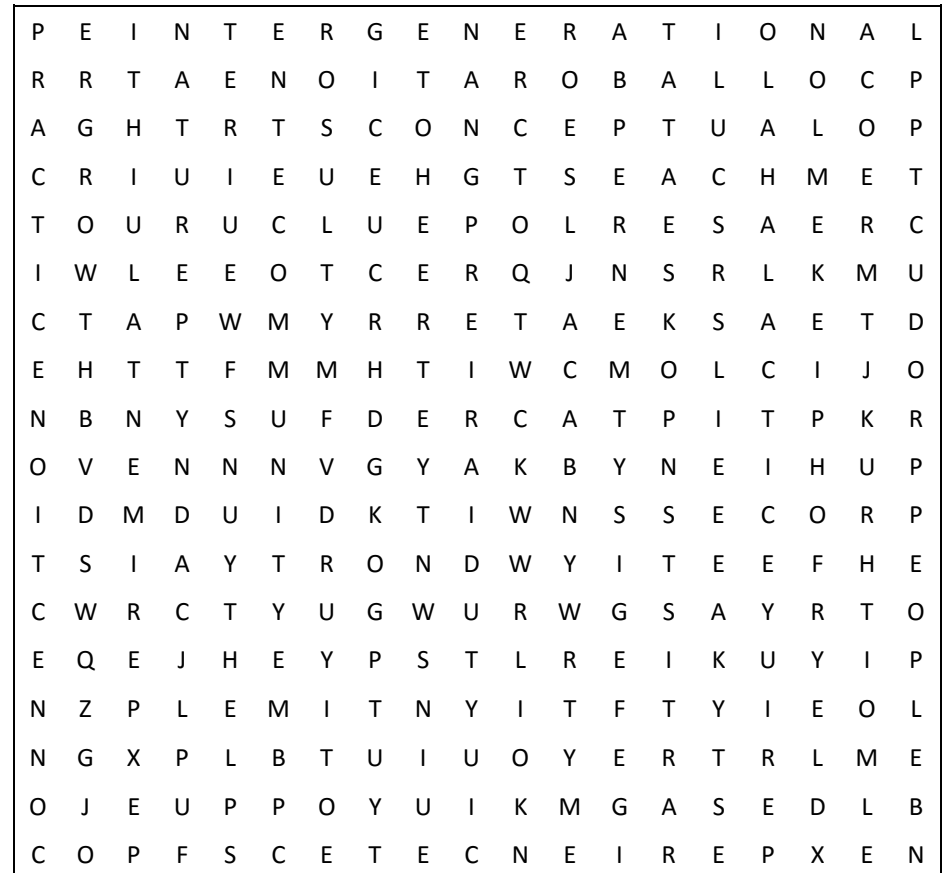
If you were a tree what kind of tree would you be? Would you have long willowy branches that offer shade on a warm day or thick woody branches for animals to make homes in? Draw your tree below.



About Yours find-a-word

Get to know a little more about the workshop program and exhibition by finding some of the core concepts listed in the find-a-word below.

COMMUNITY	TIME	PEOPLE
COLLABORATION	PROCESS	SKILL
ARTIST	EXPERIENCE	CONCEPTUAL
MARK MAKING	TREES	PRODUCT
EXPERIMENTAL	CIRCLE	ACCESS
COUNTRY	CONNECTION	PRACTICE
GROWTH	NATURE	INTERGENERATIONAL



Talking 'bout my generation

'Over the course of 2021 I have been meeting regularly with local, Goulburn-based seniors and pre-schoolers, toddlers and their parents. We have been playing together, sharing stories, experimenting with materials and creating art that examines how we exist together as people who are at different stages of life.' Harriet Body, 2021

Who are you now

At the very beginning, the participants got to know each other through a variety of different games and art making activities. These are some questions posed and answered in these early sessions.

Where is your favourite place?

Who is your favourite person and why?

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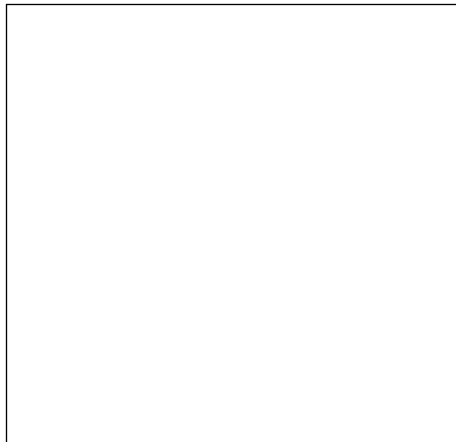
How do you like to spend your weekend?

.....

What is one interesting thing about you?

When we were young

Fiona is Lilith's grandmother. They attended the *Yours* sessions together. Draw yourself when you were younger in the box below.



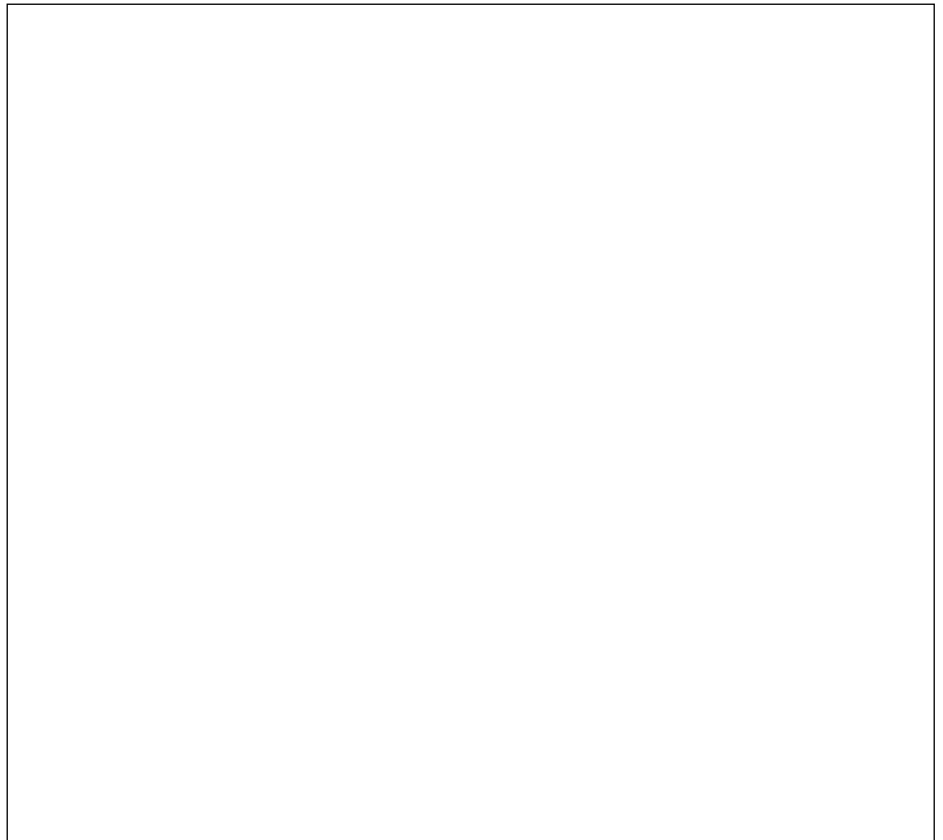
Mark making

Many of the projects undertaken by the participants in the workshop simply required each person to make a mark in response to the environment.

We all express ourselves differently through the words and actions we choose for ourselves. Mark making is no exception.

Gather a couple of people for this activity. Use the space provided below:

- Choose a mark for yourself i.e. shape, cross, letter or other symbol
- Complete as many of your chosen marks as possible in 30 seconds
- Pass to the next person and repeat until everyone has the chance to make their own individual marks



Process vs product

Ever heard the saying 'it's the journey that matters, not the destination'? This rings true with the project *Yours*. Harriet Body and the workshop participants created using ideas and processes rather than setting a product-focused end goal. They used a variety of resources and skills to create the work which are familiar and accessible.

Choose a work from the exhibition and use the space below to describe how you think the work was made, who made it and what materials they used:



Older and wiser

Above are Jazelle and Hinia who shared a friendship despite their age difference. They enjoyed a chat as they made art together.

What would you tell your younger self? Is there anything you wish you knew or wish you had done differently? Use the space below to write a letter to your younger self.

Many parts make a whole

'Yours is a part of my ongoing research into how the creative process can benefit the community. By exploring and expanding traditional engagement methods such as collaboration and public programming, this project makes community-engagement a critical part of my job as an artist.' Harriet Body, 2021

Your community

Think of a community you are a part of. It could be your school, sport team, special interest group or more broadly, your home town. Answer the following questions about your community:

What type of community are you a part of? _____

What key interests/characteristics unify your community? _____

What is your role within the community? _____

Identify three other people by name or role from your community _____

We are family

Many of the participants attended the workshops with members of their family. Draw a picture of your family below:



Harriet and the crew

'Over the past couple of years I have been conscious of wanting to combine my community-based practice and my studio-based practice. I think that by combining ideas around care, community, slowness, and nature, my practice can reach a place that, ultimately, is in opposition to capitalist and patriarchal structures of speed, greed, and individualism.' Harriet Body, 2021

Yours challenges the traditional expectations around who can make art, how it is made and what it can look like. In fact the words Harriet Body uses above to describe the project are so different to the traditional values of the art world they are opposite!

Consider the list of words below and suggest a word in opposition.

Work _____ Hard _____ Valuable _____

Feminine _____ Specialist _____ Senior _____

Art _____ Adaptable _____ Confident _____

Everyone can make art

Harriet Body is a firm believer that art can be made by anybody. Rejecting the idea of the artist as 'genius', Body believes creativity can be expressed in a variety of different ways. In fact anyone is capable of creating something meaningful.

The role of the artist

In the box opposite draw a picture of an artist in their studio and answer the following prompts:

An artist uses _____ to make art

They wear _____

To be an artist you need to have ____

An artist is not _____

Do your ideas align with Harriet's?

What is art?

What a big question with so many different answers! Art can be a lot of different things to different people. Reflect on what art means to you by circling the most appropriate answer/s for each question

Art is about: ideas skill imagination connection

Art can be seen: in galleries outside online in my home

Art can be enjoyed by: students adults artists the postie

Art can be: painting video an idea only performance

To enjoy art you must: have a degree make art have an open mind

To make art you must have: skills ideas paint movement



Everyone is important

'My creative process is slow and meditative. Through the repetition of mark-making or form-shaping, my work is all about watching something grow. I work with embroidery, ceramics, and natural materials that I process from nature such as natural dyes, pigments, and clays, to create work that is imbued with life and living things.' Harriet Body, 2021

From the above quote, we are able to understand how Harriet was led to her community based work and how her practice has informed *Yours*.

Everyone had a role and a part to play in the creation of the works of art. Take a look at the list of responsibilities below and identify who you think was responsible for what.

	Harriet	Participants	Gallery
Conceiving the project			
Making the work			
Resolving the work			
Writing artist statements			
Installing the exhibition			

Gunda Maradal (Hidden Past)

Aryssa McAlister

As a part of this project, Harriet Body invited local Wiradjuri artist Aryssa McAlister to complete a work of art about the Country on which the participants live and work titled *Gunda Maradal (Hidden Past)*. This followed conversations with participants about respect for the land which supports us from a First Nations perspective.

Use the space provided opposite to create your own map as acknowledgement of Country and the traditional owners of the land of which you call home. In your map include important sites such as your home, work/school etc as well as any important landmarks or sacred sites you are aware of. If you are local, consider some of the places identified in McAlister's work.



We acknowledge the traditional custodians of the land where the Goulburn Regional Art Gallery operates today and pay our respects to Elders past, present and emerging.