

# 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 94 Degrees in the Shade:**

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 trees on the horizon with hands or fingers



feel the warmth of the day, open-up your chest and sway



tread lightly on the corn with quick steps



with hands, flutter swoop and fly like a butterfly

**If you would like to spend more time with Filipa and this painting, go to 94 Degrees in the Shade - on YouTube Cambridge University Museums /Playlists / Artworks in Focus/ Relax, Look, Imagine**



**What did it feel like to dance?**

# Look, Imagine & Create Activity Pages

The  
Fitzwilliam  
Museum  
CAMBRIDGE

## 94 Degrees in the Shade, 1876

Lawrence Alma-Tadema (1836 - 1912)

This painting of a field in Surrey, by Tadema shows a 17 year old boy, the donor of the painting to the Fitzwilliam. If you look carefully you will see that the boy is looking at a book all about butterflies; entomology, the study of insects was a craze in the 1800s.



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

**What do you see, perhaps it's the 'milky blueness of the still sky - can you feel the closeness of the day' or the 'detail and textures, the spikes of the corn, silk of his net, sheen of his outfit'**

*- observations made by other picture gazers*

**Imagine** being in this picture. Maybe you're talking to the boy about butterflies, sitting in the shade and looking out onto this scene; maybe when it's cooler, you'll swim in a nearby river or have supper outside?



Oil on canvas, laid down to panel, 352 x 216cm. Given by Sir H.F. Herbert Thompson, Bt. 1920 - 1014



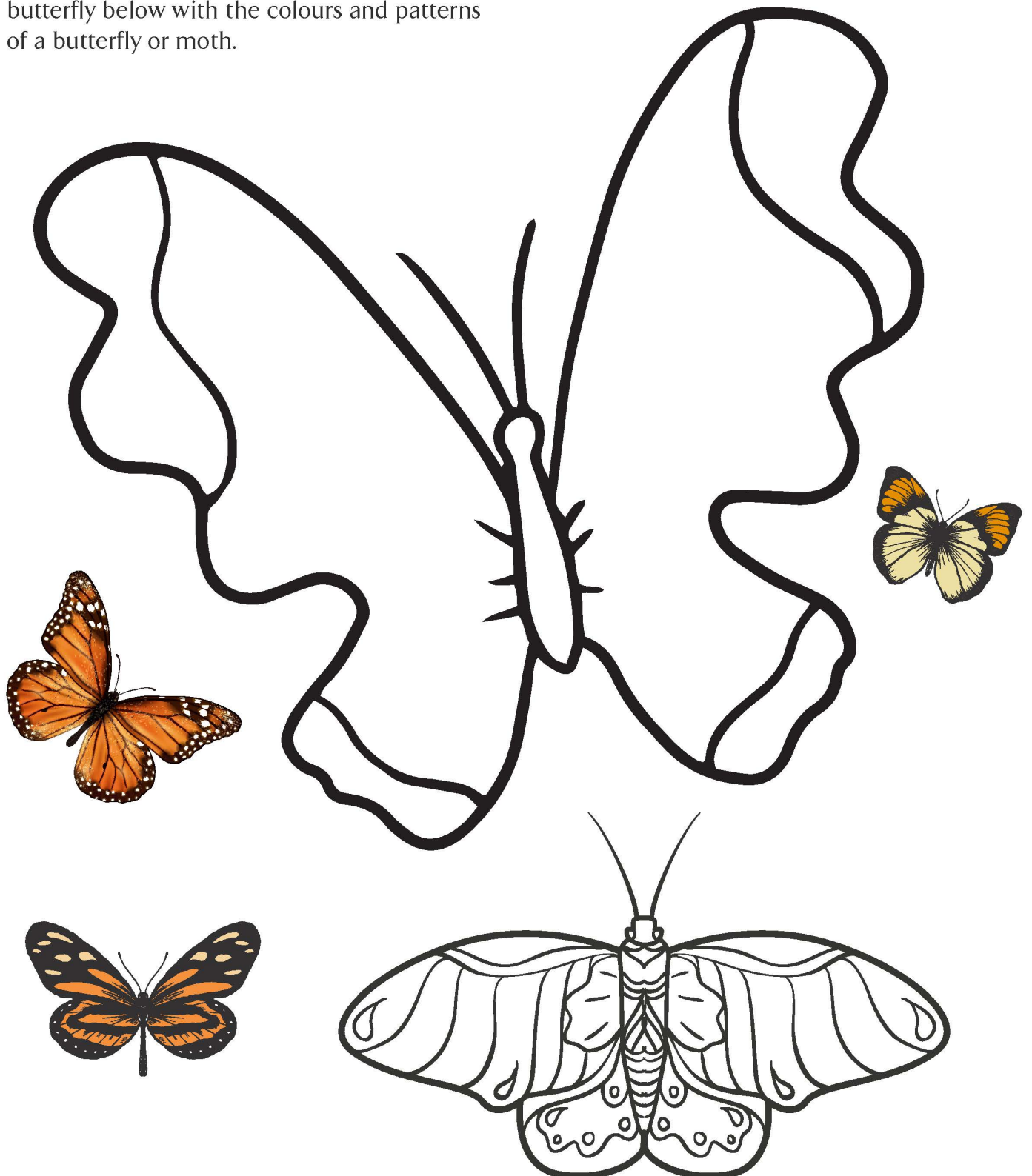
# Create ~ colour, draw, describe

The boy in this painting is absorbed in his book of butterflies, trying to identify them from the array of colours and patterns which decorate their wings.

**How about** filling in the outline of the butterfly below with the colours and patterns of a butterfly or moth.

**Or** fill the wings with words to describe butterflies and how they make you feel.

**Or** continue adding patterns and colour to our imagined butterfly.

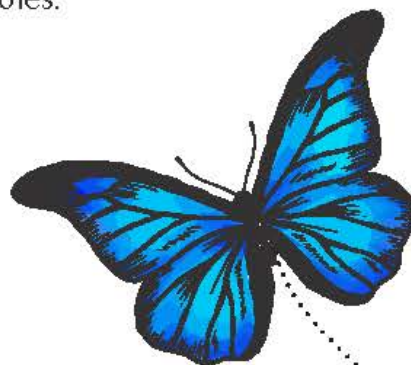


# Create ~ make a plant pot

**At home or when you have more time**, how about decorating a flower pot or recycling a plastic container, using acrylic paint which won't wash off in the rain. Then you can plant it up with flowers or herbs to attract butterflies, moths and bees.



**You'll need** acrylic paint, brushes, water and something to mix your paints on. You will also need to make some drainage holes.



**Plants butterflies like** - As well as big shrubs like Buddleia, they are attracted to a wide variety of smaller plants like Marigolds, Lavender, Oregano, Verbena and Mint. There is a small day-flying moth called the Mint Moth! Even a small space such as a window box will provide nectar for these little creatures.