



BODIES OF KNOWLEDGE







Bodies of Knowledge is a multi-site art exhibition that explores the many roles that the human body takes in shaping and creating knowledge.

Knowledge begins in an encounter with the senses, filtered and stored in the body. Every printed or spoken word enters through the soft passageway of the eyes, ears, or fingertips traveling along a stringy network of nerves to the brain. Often we experience pleasure, revulsion, or memory through taste and smell. We know about weight and movement through our muscles as they resist or submit to gravity. We feel the complexities of human contact and interaction. Our bodies hold this knowledge, a subtle vocabulary more extensive than words.

The exhibition examines several themes related to body knowledge: Movement and Sensation; Decoration, Ritual, and Costume; The Social Body; The Body in Transformation; and Extending the Body

Join us for a variety of free programs and events that explore the many ways we can care for and understand our bodies and each other through transformative experiences with art. For more info visit www.luag.org.

Cover artwork and illustrations by [Studio Finocchio](#) @dannyyfinocchio

Tag @luartgalleries to add your voice to the conversation.      

Support for Bodies of Knowledge provided by: Office of Diversity, Inclusion and Equity at Lehigh University and the Pennsylvania Council on the Arts.

CREATE WITH US!

This book belongs to: _____

Instructions:

1. Go through each page at your own pace.
2. The prompts are open-ended and are intended to help get you started.
3. Order is not important.
4. All you need is a pencil to participate but consider using other materials and tools that you have lying around to get creative with your responses.
5. Tag @luartgalleries to add your voice (and art!) to the conversation.

Optional Supplies:

- Pencils
- Markers and colored pencils
- Scissors
- Glue Sticks
- Collage materials (magazines, photos, etc)

Prompts provided in consultation with the Bethlehem Area School District, Café the Lodge, Lehigh Valley Center for Independent Living, Northampton Community College, Shanthi Project, and Lehigh University's Center for Gender Equity, the College of Health, Dining Services and University Counseling and Psychological Services.

Practice Mindfulness: Box Breathing

Follow the steps and illustration below to help clear your mind, relax the body and improve focus.

Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs.

Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.

Step 3: Slowly exhale through your mouth for 4 seconds.

Step 4: Repeat steps 1 to 3 until you feel re-centered.

Inhale. Breathe in through the nose for 4 seconds.

Pause. Hold breath in for 4 seconds.

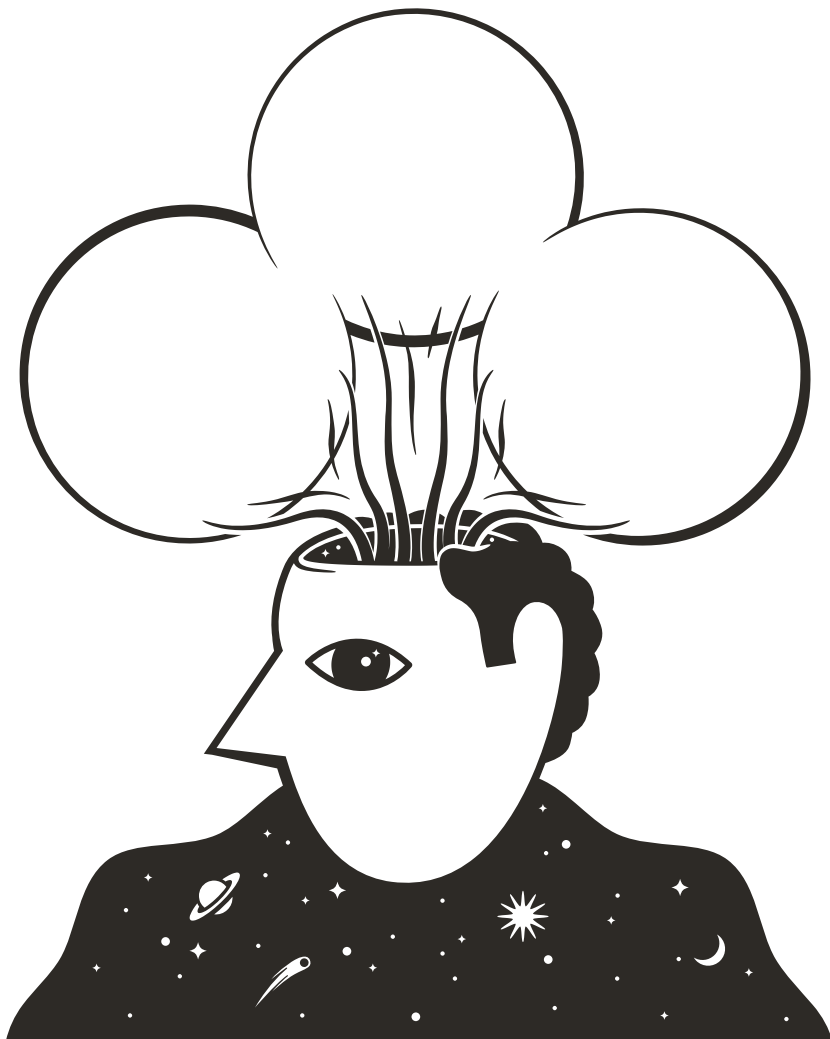


Pause. Hold breath in for 4 seconds.

Exhale. Breathe out from the mouth for 4 seconds.

Drawing Inspiration

Where do you learn? What sources do you gather inspiration from? This may be a place, a person, or an activity that you enjoy. Draw things that inspire you below.



Creative Play

Imagine a playground. What would this playground look like?

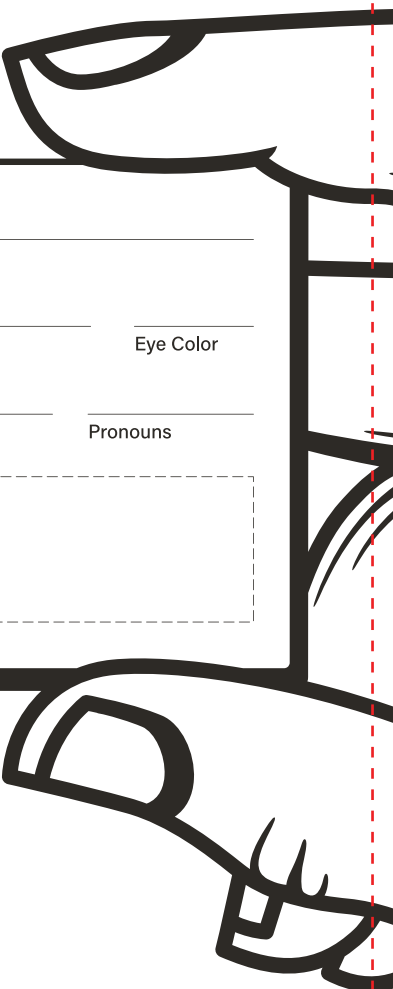
How can we ensure this playground is a place where all people can have fun together, regardless of a disability? Maybe it's an accessible fishing dock, a swing set with an accessible platform swing or accessible tennis courts where players with and without wheelchairs enjoy the game.

Dream big and sketch your ideas for a community playground or space below!



Identity Card

Personal identity is a sense of self that a person develops over their life. Complete the identity card below. Who are you? Who do you want to be? Is the way you see yourself different from the way others see you?



Identity Card

Name

Nickname

Eye Color

Age

Sex/Gender

Pronouns

Self-Portrait

Favorite Things To Do

Sole Expression: Design your own shoe

Imagine a shoe that embodies your unique personality and style. What does it look like and what features does it have? Pay attention to every aspect, from the material and color to the shape and design details.



Your Personal Playlist

If your life was a movie, what five songs would you put on your soundtrack?

< > Search

● Name

▼

Name Your Playlist

▶

♥

Playlist Art

SONG TITLE	ARTIST
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Now Playing

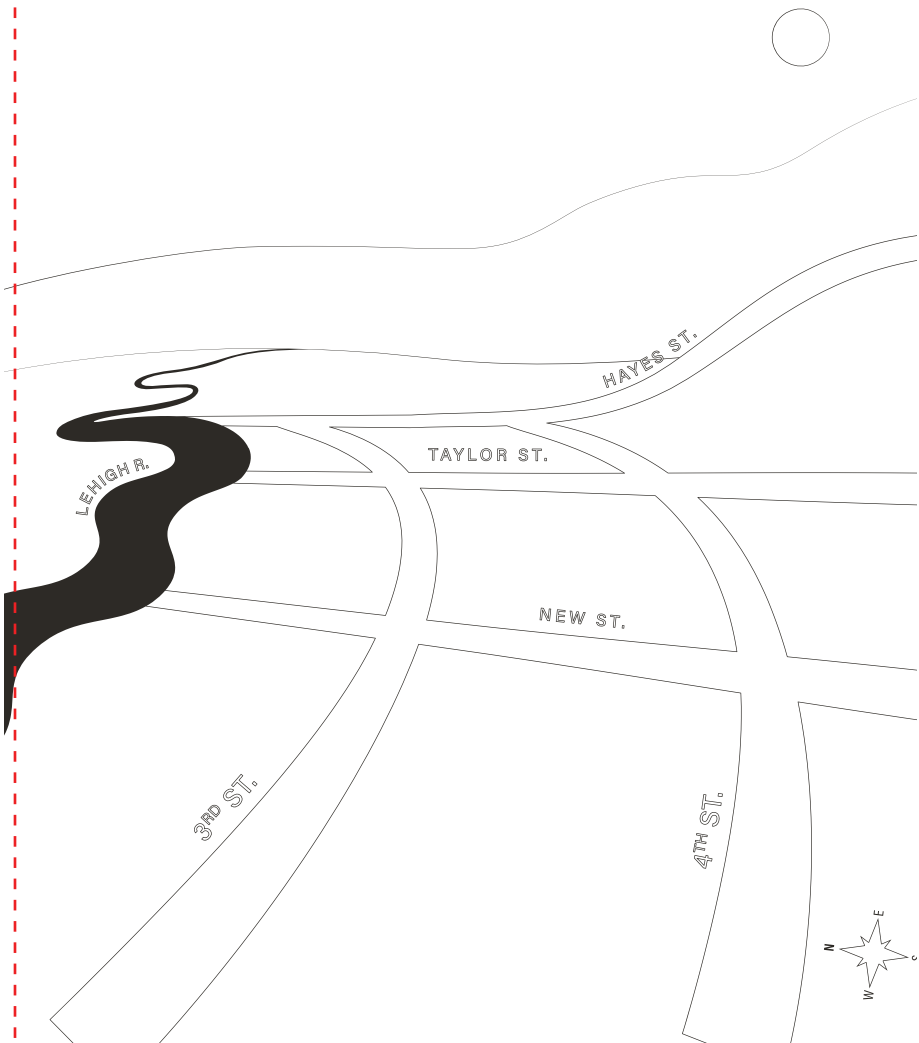
0:00 3:13

Post a photo of this page and tag @luartgalleries to add your songs to the community playlist! Scan the Spotify code below in the app to listen!



Design a Community Space

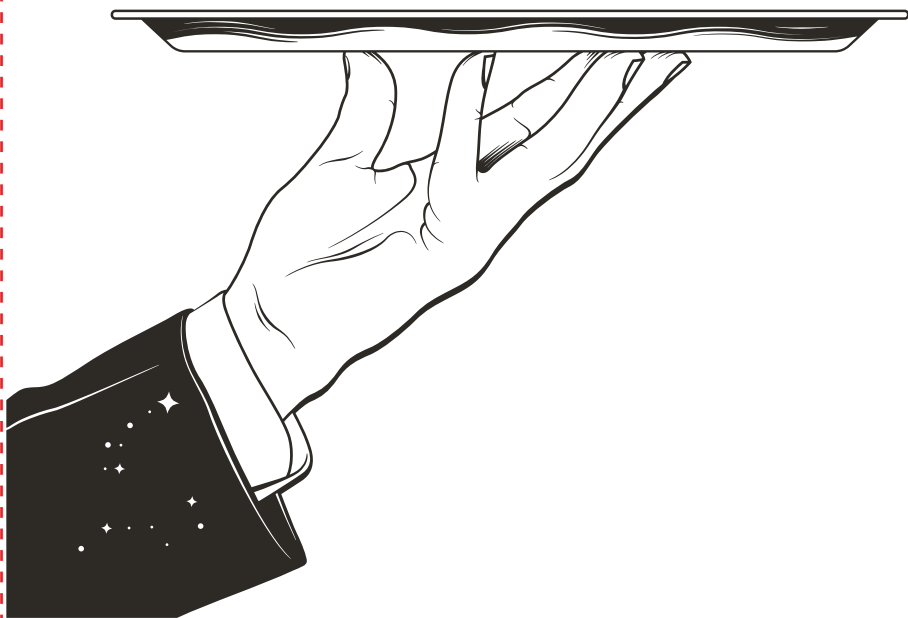
Do you have a favorite community space? If you were to design your own space, what would you build, plant, construct or include to support yourself and others?



Nourish your Potential

Draw your favorite food(s).

Take a moment to appreciate/celebrate your favorite foods. Consider...where does it come from? What's in it? Try and imagine the different ingredients in their natural growing environment and even the types of people who might have grown the food.

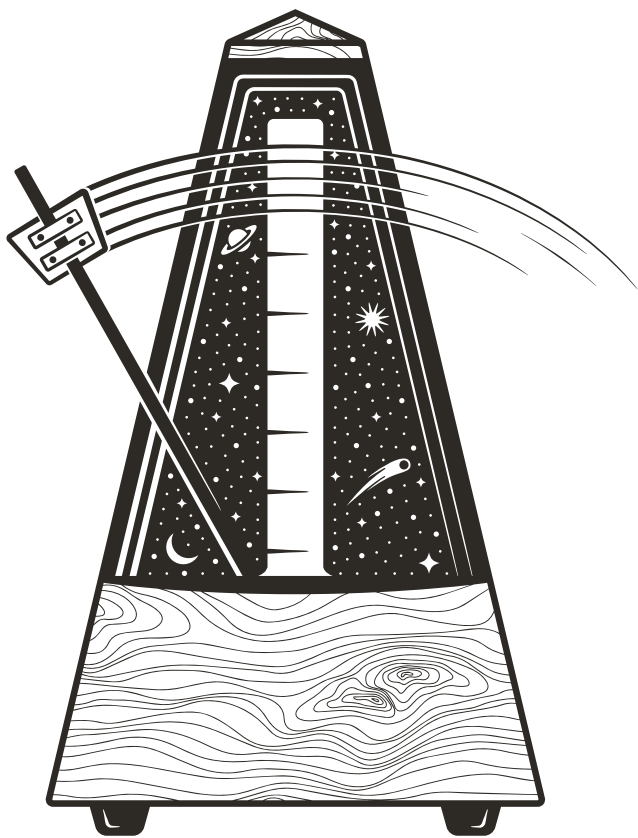


Drawing Challenge

Put pencil to paper and sketch a bit with your non-dominant hand. As you draw, observe what physical sensations you feel. How does this feel differently than normal? Do thoughts, judgments, or emotions arise? What is it like to offer yourself compassion while trying something that might be new or different?

Metronome Walk

A metronome is a device that plays a steady beat to help musicians play rhythms accurately. If available, Google “metronome” on your phone. Set the metronome to a beat that seems extra slow to you, and walk at that pace. Experiment by setting the metronome faster, then slower again. What’s it like to match your pace to the pulse of the metronome? What’s it like to pay attention to walking so closely?



How do you build connections within yourself and to the world around you?

What connects you to the people who matter to you? If those connections had color and texture what would they look like?



Art in Action!

Acting is the physical embodiment of a story, text, idea. It's also the ability to connect the physical with the emotional. And so actors have to prepare for rehearsals and performances. Now you can join along:

First: Stand in "actor neutral" - feet spaced directly under your hips, arms relaxed at your sides, head looking straight ahead. Now take 3 slow breaths in and out. Fill your entire belly and chest with each breath.

Second: Do some light stretching: gentle side-stretches with overhead; slow circles of your head; roll your shoulders forward and back; etc...

Third: Take a look at the art in front of you, or at some piece of nature near-by. What does it make you think of? How does it make you feel? Try to replicate some of the shapes you see and compare how you feel as you are in the shape to how you felt just looking at it. Ask someone with you what they think of when they see you, or what it makes them feel. What happens if you slightly change the way you are standing or moving?

Welcome to acting and theatre!

Look Closely



Laurence Salzmann, *La Lucha*. 1999-2000. Gelatin silver print.

Take a few moments to look closely at the artwork above.

What's going on in this picture?

What makes you say that?

What more can you see?

Take a photo in your community that illustrates a similar theme.
Tag and share with @luartgalleries.

Scan Me



Questions and ideas to consider:

Movement and Sensation

- How do you experience the world through your senses (sight, sound, smell, taste, and touch)?

Decoration, Ritual, and Costume

- What clothing, jewelry, or other ways do you decorate your body for special events, rituals or holidays?

The Social Body

- What do you like to do together with groups of people? What do you like to do by yourself?

The Body in Transformation

- If you could transform your body using your imagination, how would you do it? What super powers would you have?

Extending the Body

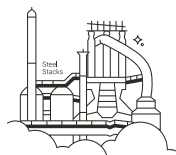
- Are there tools that you use on a regular basis to help you complete daily tasks? (ie. technology, sports equipment, musical instruments, etc.)

Tear Out & Share this Page!

Use this page to write or illustrate something for someone else.

Write a letter or create something that illustrates how and why you appreciate them. What might they need to hear from someone else? Tear it out and share it with them when you are done.













ABOUT LEHIGH UNIVERSITY ART GALLERIES

"We advance critical thinking, cultural understanding, and well-being for campus and community through transformative experiences with art." - LUAG mission

LUAG is a free art museum committed to making the collection and exhibitions inclusive and accessible, both in person and online, for individual and collective learning, scholarship, creative practices, civic engagement, and general enjoyment. With nearly 20,000 works of art from diverse time periods and cultures, seven galleries on three campuses, two art study centers, and an outdoor sculpture collection of over 50 works, there is something for everyone at LUAG.

Join us to explore our exhibitions and participate in free programs and events for all ages. Learn more at www.luag.org.

ACCESSIBILITY

LUAG is committed to providing universal access to all of our exhibitions and programs. For more information or to request accommodations in advance, please contact Elise at ej421@lehigh.edu or 610.758.6882.

MEMBERSHIP

Join LUAG today to help advance our mission to be a valued cultural asset for the community. Membership offers exclusive access opportunities, and helps support free educational programs and experiences for the community. Lehigh students, faculty and staff receive a free membership. Email luag@lehigh.edu to join.

