There are many little characters on this page that need some colour! They would love for you to colour them in! How many can you find?

**10. Teresa Solar**

*Osteoclast (I do not know how I came to be on board this ship, this navel of my ark)* (2021)

Teresa Solar has created bone shaped kayak sculptures to represent how our bodies are passageways. Our cells, veins, and blood transport around our body on circular routes in the same way that sea passages like the River Mersey have created circular and transatlantic ship routes across the globe, transporting goods and people (often by force)

Q. If you were in one of these kayaks, how would you feel on the sea? Where would you go on your kayak journey? What would you tell the people when you arrived there?

Think of the BIG ships in the River Mersey – they go all across the world today, taking lots of things. These kayaks are much smaller...maybe you could only take a few things on your journey!

Jorgge Menna Baretto finds that weeds are often unwanted and overlooked.

Find the 14 hidden names of some types of common garden weeds here in the UK.

# WEED WORDSEARCH

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | Y | I | T | O | L | R | A | E | S | T | A | C | I |
| E | C | D | O | C | K | S | C | C | D | A | O | O | O |
| B | W | O | R | R | A | Y | C | T | C | D | C | I | T |
| B | L | C | H | I | C | K | W | E | E | D | L | H | V |
| U | D | T | O | O | F | D | R | I | B | S | C | O | W |
| T | E | C | H | T | S | U | O | S | E | I | S | R | D |
| T | E | O | M | E | A | D | O | W | G | R | A | S | S |
| E | W | U | Y | E | O | L | A | E | E | E | I | E | A |
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| C | N | H | S | E | L | T | T | E | N | Y | S | A | T |
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| B | H | C | H | U | R | U | Y | S | E | E | D | E | E |
| H | W | T | S | I | S | R | E | V | A | E | L | C | L |

COUCH
DOCKS
BINDWEED
CHICKWEED
DAISY
CATS EAR
MEADOW GRASS
THISTLE
BUTTERCUP
CLEAVERS
HORSETAIL
BIRD- FOOT
YARROW
NETTLES

**11. Daniel Steegmann Mangrané**

*La Pensée Férale* (2021)

Daniel Steegmann Mangrané has created a sculpture surrounded by trees, he wants to show that nature has feelings, just like you do! There are lots of ways that nature is being destroyed, or being made very dirty and unsafe.

Q. Can you think of any ways that nature is being harmed by humans?

Q. What can we do to protect it? Is there anything that we can do at home to help nature?

What will you take on your kayak journey? Pack your bag with drawings of your things!

**12. Rashid Johnson**

*Stacked Heads* (2020)

Rashid Johnson has created a sculpture in Canning Dock based on his series of drawings titled 'the anxious man'. The plants you can see in the totem – yucca and cacti – can survive in harsh winds and salt water. The resilience of the plants and the location of the sculpture could be speaking to the transatlantic slave trade – Canning Dock Quayside was an early location in the dark history of Liverpool's slave trade.

Q: Rashid Johnson chose this site for its historical link to the Liverpool Transatlantic Slave Trade – can you think of anything you know about this period or where you can find traces of this in Liverpool today?

Q: Can you think of times you or your family have had to endure, or be resilient?

Q: What do you think mental health is? How do we look after the health of the mind?

Anxiety can affect anyone at any time, but we can help to calm our mind and body by simply focusing on the breath.

Q: How can we work together, in our communities to care for each other's mental health after times of hardship, like we are going through now?

## MOUNTAIN BREATHS

Here is one breathing technique you can try for whenever you are feeling anxious, nervous, scared or upset.

- Sit or stand comfortably with your back straight.
- Open the palm of one hand wide.
- Now with your pointer finger of the opposite hand slowly trace your fingers while breathing.
- Breathe in as you trace up one side of your finger
- Breathe out as you trace down the other side of the finger
- Repeat for all five of your "mountain" fingers.

Draw yourself as your favourite thing in nature! Maybe a plant, or an animal or even a place.

**Larry Achiampong**

*Pan African Flag for the Relic Travellers' Alliance* (2017 - ongoing)

Larry Achiampong has created a series of Pan-African flags on buildings and streets across Liverpool city centre, can you find them all? The colours of the flags mean different things: Africa's land and people, struggles and unity.

Q: What colours has Larry used on the flags? What do the colours on the flags mean to you?

Q: Where do you usually find flags?

My favourite thing I saw today was...

**13. Linder**

*Bower of Bliss* (2021)

Linder has created a photographic billboard in Liverpool One City Centre.

The billboard looks at how women are sometimes seen in the public and by the media as objects rather than people.

Linder wants to question and break down gender roles that have been expected of women both in the past and today.

Q: How have the women shown in Linder's billboard changed compared to today?

Q: In Linder's billboard, can you find the reference to Liverpool?

Billboards are often used to advertise, give information and send a message - if you could design a billboard to say something to the world, what would it look like? What would your message be?

Use magazines you have at home to create your own billboard collage. Like Linder, you can use the pictures in strange ways to change the meaning or make things look unusual! Maybe you can give a person a flower for a head? See what ways you can change the message of your billboard.

**2. Jorgge Menna Barreto**

*Mauvais Alphabet* (2021)

Jorgge Menna Barreto is a Brazilian artist and researcher looking at how we shape our environment by what we eat and the way we live. Through eating, our digestive system helps our bodies understand our surroundings. The mural, Mauvais Alphabet, has drawings of common weeds found in Liverpool to make a community of plants which are mostly unseen and often unwanted, even though they play a vital role in the ecosystem (and can sometimes be tasty! Always check with a grown up before eating any plants though...) In collaboration with LJMU students.

Q: Look closely at the mural, can you recognise or even name some of the plants? Do any of these weeds grow in Liverpool?

Q: Can you think of ways our food tastes change our environment? Perhaps more fields for food, or different types of shops? If you have a small space for growing, what would you like to grow?

Q: Weeds can grow in unusual places! What strange places have you found weeds? Try to draw some of these weeds in unusual places on your activity sheet!

Sounds I hear in my city:

Liverpool is renowned for its friendly taxi drivers, and this year we have partnered with local company ComCabs and drivers across the city to deliver
Erick Beltran's Superposition (2021). To book a taxi, call ComCabs on 0151 298 2222 and quote Biennial.
Costs apply.

**Erick Beltrán**

*Superposition* (2021)

Erick Beltrán explores the links between physics and Cumbia, a lively music from Latin America. It tells stories and makes people dance!

Q: Do you know any songs that tell a story?

Q What is your favourite song to dance to? How does it make you feel when you dance to your favourite songs?

Q: What shapes do you like to make when you dance?

Erick Beltrán has worked with music to understand how our body uses sound, connecting us to our environment, to ourselves and to each other.

Record the sounds you hear on your day around the city or make a note of sounds or music that stuck in your head from your visit.