

DANCE AND MOVEMENT

RESOURCE 03

Explore the themes of Green Space Dark Skies with this collection of quotes and questions – you might do so in your activity groups, or with family and friends. Share your responses with other Lumenators through [#GreenSpaceDarkSkies](https://twitter.com/GreenSpaceDarkSkies)

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HOW DOES THIS QUOTE MAKE YOU FEEL?

“The tree remains motionless until a breath of wind greets her and sings her leaves to flutter their stillness. I too sit and breathe until... a deeper breath sings me to dance...my fingers flutter and my limbs sway.”

Quote from Nina Wyte for The Earthbody Institute, 2017

WHAT CAN YOU DO?

How can movement of our bodies bring us closer to nature?

What is your relationship with movement and the world around us?

Next time you go outside, see if you can spot the way nature moves and dances – it's all around us!

SHARE YOUR EXPERIENCE



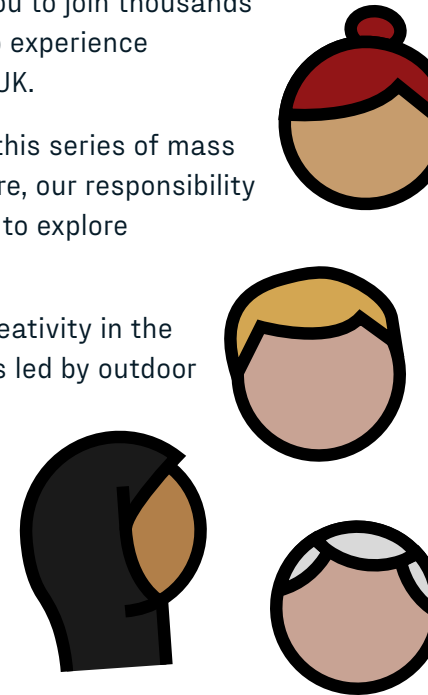
Why not record what you notice and share. Scan the QR code to share your experience on the **Green Space Stories** website or use **#GreenSpaceDarkSkies** on social media.

BECOME A LUMENATOR

Green Space Dark Skies invites you to join thousands of people, from all paths in life, to experience beautiful landscapes across the UK.

Anyone is welcome to sign up to this series of mass gatherings, which celebrate nature, our responsibility to protect it and everyone's right to explore the countryside.

Part of the UK-wide UNBOXED: Creativity in the UK festival in 2022, this project is led by outdoor arts experts Walk the Plank.



JOIN US

Scan the QR code to visit the Green Space Dark Skies website and join us this Summer.
