Second Sunday At Home - July
Activity Guide – Make your own Soundsuit inspired by artist Nick Cave.

Join the Second Sunday crew and get inspiration and tips on making and performing in a body-sized sculpture.

1. Try to cover your body completely.
2. Make sure you have good air flow around your head so you can breathe easily when you dance.
3. Attach stuff to your suit that makes noise when you move.
4. Dance around and make your own unique sounds.
5. Find or make a drum for someone else to play while you dance.
6. Ask someone to make a video of your dance, and...
7. Share with us! Tag us @cantorarts @anderson.collection.stanford #SecondSunday

Tips and tricks:
- You need not buy anything new
- Cover your arms and legs with socks or tights
- Connect things to your suit using: tape, safety pins, paper clips, clothespins, twist ties, string, yarn, rubber bands, and more!
- Nick Cave uses everyday objects such as bottle caps, twigs, raffia, and buttons
- Drumming sounds can be made from a paper tube hitting a cereal box or sticks hitting a plastic bucket
- Please watch videos of Nick Cave’s Soundsuit performances online. Here are some links to get you started:

  https://www.youtube.com/watch?v=hXilv9Sq5Ec

  https://news.stanford.edu/2016/08/12/anderson-collection-nick-cave-exhibition/

  https://www.youtube.com/watch?v=Kxp8LghDUoM

An exhibition of works by Nick Cave at the Anderson Collection features a number of his Soundsuits, full-body-sized sculptures that are sometimes worn as costumes and performed in. They conceal the wearers' identity to leave no indication of race, gender or age.  
(Image credit: James Prinz Photography)