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://www.youtube.com/watch?v=hXilv9Sq5Ec)
  [https://www.youtube.com/watch?v=Kxp8LghDUoM](https://www.youtube.com/watch?v=Kxp8LghDUoM)

Nick Cave exhibition installation at the Anderson Collection at Stanford University, 2017.
Photo: Harrison Truong