

## To try at Home before you go...

### Have a cup of tea!

Take a moment to relax, have a cuppa and read over our practical info tips. Also find out one new fact about the Horniman Museum and Gardens.



### Make a connection between your home and the Museum

Your home is a museum of you. Select 3 or 4 objects from around your house, hold them in your hand and touch it – What is it made of? What is its history? What was its journey before it made its way to your home?



### Re-explore your home through new eyes

Close your eyes and point in any direction. Open your eyes and ask yourself about what is in front of you: I see... I notice... I wonder...



### Get ready mindfully

As you get ready to leave really think about everything you are doing – textures, sounds, materials, shapes. For example take your time when doing up your jacket, notice the feel of it, listen to the sound of the zip. And lastly have you got your keys, wallet, phone?! Take two deep breaths in and then exit the door on an exhale.



### Mindful journey to the Museum

Pick some things to do on your way in from the following:  
 -Listen to the sounds around you, maybe catch bits of people's conversations  
 -Smile and say hello to people as you pass by  
 -Feel the changes in gradient as you walk or ride and notice if you feel different moving from shade to light  
 -If you spot some rubbish, pick it up!



### Continuing your journey...

Take some of the activities and techniques in the Wellbeing Wander to other places around the Museum and to other places you visit.

### Extra bits and bobs you could take on your Wellbeing Wander...

- A book to read, or just a poem or two
- A sketch book and pencil
- A bird watching book
- Some music to listen to

# Wellbeing Wander

A warm welcome to you! In this leaflet you will discover our top tips for nurturing your wellbeing, discovering new things and relaxing at the Horniman Museum and Gardens...

This resource was created by a group of people from SLAM Recovery College who worked with the Horniman to look at how the museum and gardens could be used to improve wellbeing – we hope you enjoy it!



We were inspired by the Wheel of Wellbeing which looks at the six ways to wellbeing, Body: Be active. Mind: Keep Learning. Spirit: Give. People: Connect. Place: Take Notice. Planet: Care. Where we have suggested things to do around the museum we have highlighted which way to wellbeing we're looking at.

We suggest using this resource when the museum is a little quieter. To find out more about quieter times and how to get to the museum, visit: <https://www.horniman.ac.uk/visit/planning-your-visit-6> We'd love you to tell us what you think or what you discover on your Wellbeing Wander! Use #HornimanWellbeing and tag us @HornimanMuseum with your photos, thoughts and responses.



### Natural History Gallery

Find the birds – find the biggest bird, the smallest one and two of the same colour... Take the opportunity to really look at the birds, find your favourite and notice all the details about it.

Write a poem about your favourite bird  
 Make a sketch of your favourite bird  
 How do you think your favourite bird would move?  
 Try out some of the movements!



### Music Gallery

Have a wander around the music gallery and find an instrument you've never seen before. Have a listen to what the instrument sounds like on the listening tables (works for instruments with red labels). Really focus in on the instrument and the sound you can hear. Imagine the sort of place and time where it might have been played.

Can you find the oldest instrument in the gallery?  
 (Clue: they'll give you a round of applause when you find them!)



### World Gallery

Take a look at the Making the Future display in the African Encounter. Look at how people from Lagos "plan for the future, but when they do, they think about their pasts too". The artwork in this display is influenced by the past and future of the many different cultures and people that live in Lagos.

If you were to create a piece of artwork about you, your past and future, what would it look like?  
 If you were to do the same for London or another place you know, how would that look?

Cloutie Tree Spirit  
 For thousands of years people have tied scraps of fabric to trees that grow near sacred wells or springs. In the British Isles they are sometimes called cloutie wells. Each piece of fabric is a wish for well-being or says thank you for something good that has happened.

Add yours to the tree!



### Music Garden

Strike a note in the Music Garden!

On one of the instruments make a sound and then close your eyes and listen until the sound finally disappears – imagine it floating away across the gardens.

If you are with someone else, play a tune for them and get them to play it back to you. Or why not compose a little something with someone in mind, perhaps even send a recording of it to them.



The Horniman Gardens stretch over 16 acres, go for a brisk walk around the site and take in all the different sites around you.

**Fact!** 16 acres can take a lot of watering in hot weather – but 187,000 litres of waste water from the Aquarium's water filters are reused in the Gardens each year. It has too many impurities for sensitive fish and corals but is perfect for plants.



### Bandstand

Find a nice spot to sit by the Bandstand and look at the view of London.

Are there any buildings you can pick out?

Do you have any particular memories of any of the building / areas you can see?

Take your finger and sketch out the horizon, or get out a sketchbook and sketch it for real!



### Prairie Garden

Take a seat on one of the carved benches

Listen to the music playing from the sound tower and look at the different plants and flowers in front of you, really focussing on the feel of the bench, what you see, hear, feel, wonder...

**Fact!** The naturalistic planting scheme was devised by Olympic Park designer James Hitchmough.



### Medicine Garden

Planted in ten 'body part' sections, the Medicine Garden features a range of plants used to treat illness in different areas of our body. Some are local remedies that have persisted through time while others have formed the basis of modern medicines.

Have a look at what all the plants can do for the body – are there any properties of these plants that surprise you?

Do a body scan, a chance to really focus inwardly and reduce tension. Starting at the top of your body, focus on thinking about your head, moving down to your neck, shoulders and so on right down to your toes. Check in with, and being aware of your body – maybe even have a little stretch.



### Quieter areas



Find a quiet place in the garden (as highlighted by this symbol that you will see on markers around the gardens) and try one or more of the following things:

- Find a bee or butterfly and follow their journey
- Find a bench and take in all the goings on in nature around you
- Find something that takes your notice and sketch what you see



### Materials Garden

Notice the materials that are used in musical instruments and then go and find and listen to them in the Music Gallery.

