



Grab a pen or pencil to help you explore the exhibition and start the activities.

Then open up the sheet to start.

Learn more about the artists here.



BEFORE YOU BEGIN

The artists want us to think about how we work and use energy and what we need to rest and repair.

As you enter the galleries you will see dancefloors, trophy rooms, coffins and bell towers.

Welcome to our winter exhibitions!

WELCOME!



UMA BREAKDOWN

As you are reading this, you are now being transported into the bell tower created by artist Uma Breakdown. They are interested in the emotions sparked by scary stories throughout history.

Usually, these scary stories are known for horror and violence or fear. But the artist instead wants us to think about the feelings of love and care that happen in them.

Uma wants us to think of this space as a **Save Room**, a place in video games to rest, repair and take stock. This is a place with coffins, strange technologies and games to explore.

The artist thinks about how these difficult times bring people together to form new communities.

In Jenkin's film, he re-tells historical stories of dance marathons. We watch strange tournaments that look at how the body can be pushed to its limits.

Have you ever heard of dance marathons that happened nearly 100 years ago in the 1930s? They were events where people danced non-stop for hundreds of hours for huge prizes.

As you are reading this, you are now being transported into a cinema inside the belly of a giant inflatable rat. This is the home of Jenkin van Zyl's film *Surrender*.

JENKIN VAN ZYL

FAMILY ACTIVITIES

Inspired by our current exhibitions, our family friendly workshops investigate the genres of horror and fantasy, and ask you to consider what we need to create spaces of care and support.

This season, workshops will be held in a brand new space made especially for artists (of all ages!) to make and play called Studio/Lab, on the third floor of FACT.

Suitable for ages 6-12, these hands-on sessions are drop-in so no need to book - just turn up anytime between 12:00 - 15:00 on any of the Saturdays below.

5 November
25 November
9 December
20 January
3 February

SCHOOLS & YOUTH GROUPS

Are you interested in a free tour of our exhibitions? Or having a member of our team come to your school or youth group to deliver a free workshop?

If you're a teacher or educator interested in art and creative technology, get in touch. We offer free exhibition tours and workshops that can be tailored to all ages and abilities.

To arrange your visit, a workshop or to ask us a question, please email learning@fact.co.uk

JENKIN VAN ZYL & UMA BREAKDOWN

ACTIVITY SHEET

20 OCT 2023 - 28 JAN 2024

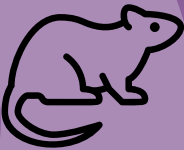
PART ONE: WORK AND ENERGY

Would you be able to compete in a challenge where you do the same thing over and over again for hours on end?

What is something you and your friends could do non-stop?

Fill in the gaps to design your own marathon inspired by Jenkin's.

The prize would be _____!



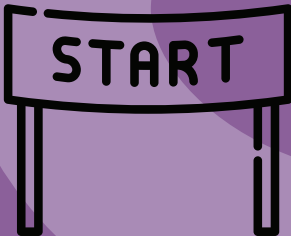
I would need _____ to keep my energy up.

To win I would need to _____.

I choose _____ and _____ to do this with me.



I could do _____ for _____ hours.



After _____ hours my _____ would start to _____.

I would want _____ to keep me going.

I would like _____ and _____ to cheer me on.



PART TWO: REST AND REPAIR



Uma's coffins are there to help you recharge.

What would your own personal save room look like?

Can you draw it?

What would you need to help you rest and repair?

What objects would you want in here?

Is there a game that you play to feel better?

Is there a song that makes you feel calm?

