

WELCOME

This guide has been created for you to read as you walk through the exhibition. If you need any help, find someone with a yellow badge.

FIRST AND LAST, 2020



THE SHAD°WED, 2020

Anish Kapoor chooses to paint with a distinctive colour palette of five colours.

Can you spot what those five colours are?



BABEL II, 2021

Can you spot where the artist has used sticks and even his own fingers to paint instead of brushes?



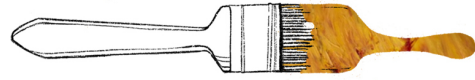
Anish likes to experiment with the ingredients of paint to create visual effects and illusions.

Look carefully at the surface of the canvases and the different textures in the paint, can you see any unusual shapes or images?

What do they remind you of?

FINISH

START



THE DARK, 2021

The paintings in this exhibition were made in 2020 and 2021. During that time, the artist would make paintings every day.

What activity do you like to do every day?

BLOOD RISING, 2020

Anish Kapoor believes that an artist must be open to 'not knowing' how things will turn out so they can take exciting creative risks.

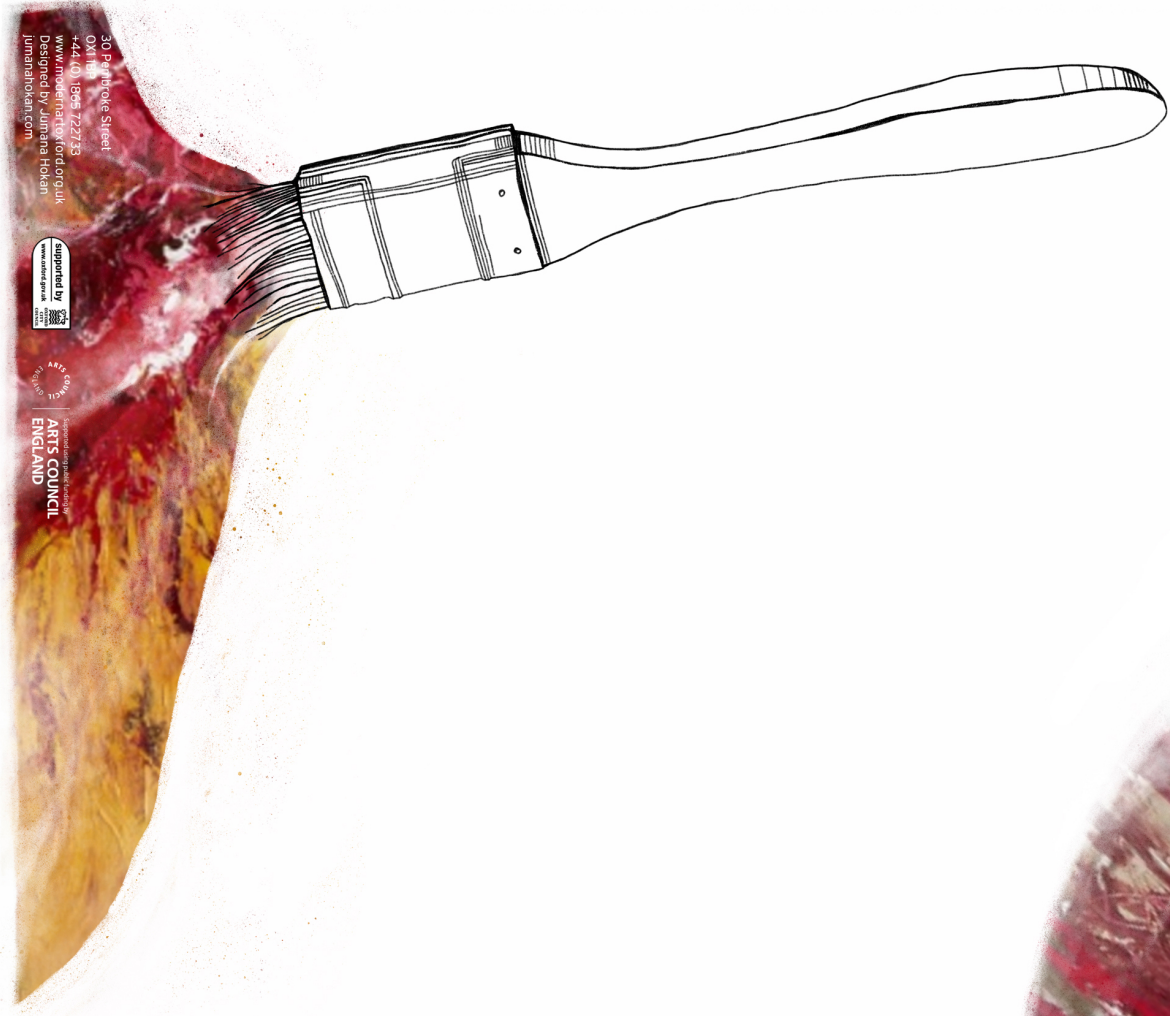
He invites us to 'unlearn' what we think we know about art and our bodies while we look at the artworks in the exhibition.

FIND OUT MORE ABOUT THE EXHIBITION OVER THE PAGE



ANISH KAPOOR: PAINTING

ACTIVITY SHEET

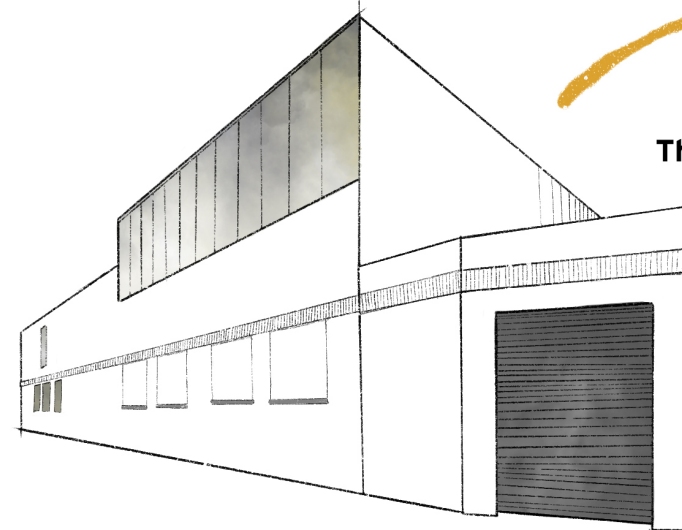


START

ABOUT THE ARTIST

Anish Kapoor is an artist famous for creating large sculptures that have been shown all over the world.

He was born in Mumbai, India in 1954. When he was 19 years old, he decided to move to London to study art.



DID YOU KNOW...

Anish Kapoor knows that an artist's studio is an important place for experimenting and exploring ideas. His studio in London is made up of many different spaces, each space is used for a different arts activity such as painting, sculpting and looking at new artworks.

If you had your own studio, how many spaces would you have? How would you use each space?

DID YOU KNOW...

Our blood is so important to us because it is our body's way of getting essential oxygen, water and food to our different organs to keep us alive.

Our blood can feed and clean our bodies inside, protect us from different diseases and even repair some cuts and injuries!

ACTIVITY

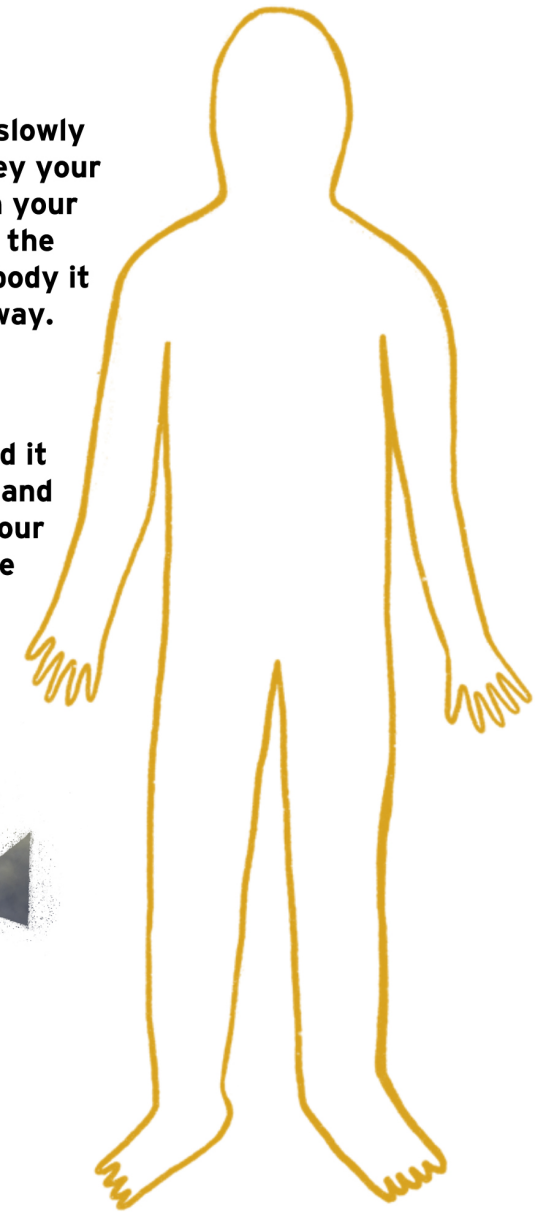
The paintings in this exhibition help us to think about our bodies as exciting and part of the living world around us.

To help us think about this more:

close your eyes and place your hand on the left side of your chest, where your heart is.

with your eyes closed, slowly try to imagine the journey your blood is taking through your body and think about the different parts of your body it is visiting along the way.

once you have imagined it clearly open your eyes and try to draw a map of your blood's journey in the body shape here



You can find some art materials to do this in the gallery basement.

FINISH

CAN YOU SEE...

Some of the paintings in this exhibition are made using silicone as well as paint. Silicone is a soft rubbery material.

Can you imagine what these paintings feel like to touch?

ABOUT THE ARTWORKS

Anish Kapoor likes to experiment with the colour red. He uses large surfaces and mixes paint together to create thick layers and textures to make sculptural paintings that look a bit like the insides of our bodies.

In this show, Anish invites us to experience our bodies by thinking about them from the inside-out. We can imagine that blood is moving around our body all the time.

