

Animals, Health & Resilience 07.09.2023**Exercise II (aim to be done by the 11th September)****Find a ruminant**

(hooved animal with a complex digestive system – cows, sheep, deer, gazelle, goat) alive if possible, otherwise a photograph will have to do!

Sketch the animal three times in timed sketches (3 minutes, 2 minutes, 1 minute – set a timer!)

Write down the following (notes not essay):

- How do they interact with the world through their senses? Which senses are most active?
- What rhythms do they have, how do they move and breathe?
- What do they eat (how often, how much etc.)?
- How do they reproduce (when, how many offspring?)
- What noises do they make?

Think through the elements (earth, water, air and warmth) – how is this animal connected to the different elements? Make some notes!

Finally, after you have built a picture through sketching and observation, use as few lines as you can to indicate the animal... make sure that you are indicating YOUR animal (not a general one)