

FRida & freD travelling exhibitions presents

Heart over Heels



(c) Günther Linshalm / FRida & freD

Through movement children find out more about the complex theme of the human body and about themselves, their needs, abilities and desires.

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HEART OVER HEELS

Target group

Heart over Heels is designed for children six years and older visiting with families or groups. The diversity of rooms is also suitable for preschoolers to explore.

CONCEPT

In search of yourself

Heart over Heels addresses the theme of the human body. While the human body is often displayed as a functional machine in its every detail, visitors of *Heart over Heels* are not shown descriptive diagrams or charts in order to increase their awareness of the subject. Instead, they participate in movement-based activities that lead them down the path to self-discovery. The more familiar children become with themselves and the greater their sense of self, the more deliberately and efficiently they can live their everyday lives. The children are encouraged to embrace a positive attitude about themselves. The focal point of this exhibition is the experience and exploration of oneself and the concept of “feeling at home in the world”. Questions are posed in a way that motivates the children to find answers on their own. They are encouraged to challenge who and what they think they are, what they like and don’t like, and what it takes in order to feel good in their own skin.

The visitors:

- ... learn how the body functions through hands-on experiences
- ... create an image of themselves in the process
- ... discover themselves and identify their needs
- ... understand and conquer their world.

Understanding oneself and the environment through movement

Children move according to their own desires and impulses, and conquer their world through a continuously growing repertory of movement. They run, jump, summersault, climb, throw, and balance. In response to children’s urge to move, *Heart over Heels* contains numerous movement-based activities, which test their motor skills and coordination, such as their reflexes, balance, flexibility, speed, sense of rhythm, and the endurance and quickness of their arms and legs.

THE HOUSE AND THE THEME ROOMS The human being as an interactive living space

Everyday, children ask themselves - and others - questions about the human body.

“What happens with my food after I’ve swallowed it?”

“Why does my heart sometimes beat faster?”

“Why do I get a side stitch when I run fast?”

Questions about “themselves” arise at every possible hour but most frequently when children have discovered an anatomic function or need.

In order to keep body and mind together as one, while explaining several anatomic functions, we have created the *Heart over Heels* exhibit in the model of a house, hoping that this metaphor will more effectively draw attention to our human needs. Based on the fact that human beings - independent from sex, origin, social status and religion - furnish their living space according to their own specific needs and desires, this exhibition presents itself as an interactive educational living space, where every room addresses a specific aspect of “self”. The houses that people live in are as different as the people themselves.

These interactive living spaces have each been designed to demonstrate different basic daily needs as well as to emphasise certain anatomic functions.

The first noticeable thing when visiting *Heart over Heels* is the façade of the house. It consists of a collage of pictures, showing children in a variety of situations. This exemplifies the concept of the exhibition which aims to demonstrate just how diverse human beings really are.

Kitchen and dining area

The kitchen and dining area present an analogy of food processing within the household and inside the body. The kitchen covers nutritional guidelines, the digestive system, and also acts as a central place where family members can communicate openly with one another. The nutritional guidelines reflect not only the consumption and processing of food, but also the importance of “nourishing” all of our daily requirements and needs.

The jigsaw puzzle on the **wallpaper** symbolises the division of nutrients as they travel through the body during digestion - a whole is broken up and split into many little particles.

The **pictures** in this room show illustrated expressions, such as “Do things ever get stuck in your throat?”, or “Are some things hard for you to stomach?”

Kitchen cupboards

Children are taught how an apple is digested by crawling through the kitchen cupboards.

Nutritious card game

In this game, the nutritional guidelines share the main focus with the daily meals, which represent the daily communication between family members. The objective of this game is to “fill your plate”, and to “eat” in such a way that you stay full for as long as possible.

“I decide!”

The visitors are presented with the question “What do I like?” and then asked to choose between the two buttons, “Yes, I like it!” or “No, I don’t like it!”

Mud pie bakery

Children bake mud pies.

Bathroom and toilet

The bathroom and toilet present themselves as a collage of different cleansing systems. As the counterpart to ingesting kitchen, the central theme of the bathroom is “giving up”. This part of the exhibit addresses the issues of inner and outer cleansing.

Water, the cleansing element, is pictured beneath a fine filter as an illustration of the function of our kidneys. Representing the two-thirds of water of which the human body is composed, the **wallpaper** in this room does not reach all the way to the ceiling.

The **pictures** in this room answer several of the questions children commonly have about hygiene, such as “Do you want to know why you sweat sometimes?”, “Do you want to know where your pee comes from?”, “Do you want to know how diarrhoea happens?”, ...

Bathtub game

The human body balances its water supply through consumption (food and beverage) and expulsion (urine, faeces, sweat, tears, saliva).

Collage of mirrored cabinet doors

Several pictures and a short film about animals that clean themselves are hidden behind the doors of a mirrored cabinet.

Quacky sound collage

Little rubber ducks create different bathroom sounds while swimming in a sink.

Toilet flushing game

The children can release themselves from any unwanted aspects of their life by writing them on a little piece of paper and flushing them down the toilet - by doing so they activate a sound installation.

Toothbrush game

Armed with a toothbrush, the children try to catch the little cavity monsters that take up residence in the mouth after eating.

Loo-literature about release and expulsion

Boiler room

The main feature of this room is a big red tube slide which symbolises the digestive tract of the human body and links the kitchen to the bathroom. The entrance of this slide is accessible through the last kitchen cupboard and it exits directly in front of the toilet. The heart is also discussed in this room since the digestive tract is responsible for delivering nutrients to the bloodstream, thus producing new energy.

The **wallpaper** of the boiler room features a vast network of veins in warm red tones.

The **pictures** provide answers to questions, including: “Do you want to know what your heart does?”, “Do you want to know why you blush sometimes?”, “Do you want to know why nutrients that you ingest are absorbed by the blood?”.

Furnace

Children, coming from the kitchen, crawl and climb through the slide which simulates the digestive tract, pushing balls forward and throwing them into holes in the boiler room. This demonstrates to the children that the absorption of nutrients into the bloodstream happens directly within the digestive tract. In the boiler room they load the balls into an oven in order to generate heat.

Pulse check

The children can monitor and record their heart beat using an electronic stethoscope.

Pump station

A child’s daily routine is shown in a film, revealing the fluctuation of the heart rate throughout various everyday activities and situations. The children exercise on a stair stepper keeping time with the film and by doing so increase their heart rate.

Nursery

The nursery displays the uniqueness of each individual. It shows what human beings are made of and what makes them so special.

The **wallpaper** is a collage of eggs, which at first glance all appear identical. On closer examination, however, you can see that no two eggs are exactly alike.

The **pictures** in this room illustrate the different phases of growth and development.

Detective profiling

In this game the children are on a search for themselves. In a special detective passport, they record all the information they have uncovered about themselves: their interests, hair colour, favourite colour, fingerprints, eye colour, mother-tongue, skin colour, shoe size, sex, weight and height.

Living room

In the living room, visitors of all ages are given the chance to discover their current needs and requirements and how to react to them, as needs often trigger a variety of actions. The main steps towards doing so are paying special attention to their personal needs, articulating them and developing a strategy by which to fulfil them.

The motif of the **wallpaper** first seems to be comprised of a collection of suns but from a closer look, it becomes clear that one is actually looking at an ensemble of cacti. Both are symbols, respectively, for “feeling at home” and “not feeling at home”.

In the **pictures** in the living room, some of the non-materialistic wishes of children are written, such as “I want to have breakfast in bed with my parents!”, “I want to build a dam in the stream with branches and stones!”, “I want to be asked about my opinion!”.

Televised need fulfilment

By television, this game presents several human needs to children. The task at hand is to find a suitable strategy by which to satisfy these needs.

Dollhouse - Furnishing for comfort

Working with their parents, our young visitors furnish a dollhouse with the goal of making it homey and comfortable.

Big comfortable reading corner with a small library of books about the human body

Coat room

In the coat room the children feel free to act themselves and present their identity outwardly to others.

On the **wallpaper** two zebras are pictured, one that blends in with its environment, while the other contrasts against its background.

The **pictures** in this room all relate to the topic of body language.

Costume grab

The children can choose from different costumes: winter clothes, swimwear, leisure outfits and school uniforms.

Twisted mirror

A mirror that distorts reality.

Obstacle course

Little trip blocks and obstacles have been integrated to increase the challenge of walking down the catwalk.

World stage

In front of large curtains which display pictures of children wearing clothes of a common theme, the visitors can choose either to adopt or go against the suggested theme.

Three-part collapsible costumes

Different costumes can be combined together in a three-part collapsible picture-book.

Study

The study deals with the rational conscious of the human mind - thinking, learning and expanding our knowledge. A collection of writing desks, each with different tasks to carry out, point to a variety of cognitive possibilities.

The pattern on the **wallpaper** consists of the topics: brain, synaptic impulse and perception. The text is written in a swirling pattern (“something spins around in my head”) in direct association with the neuralgia of the brain.

To encourage the children to find their own answers to the numerous questions about the human body, each **picture** shows a question along with three possible answers; the correct answers are hidden on the back of the picture frame.

Writing table collage

The writing tables symbolise the two hemispheres of the brain, and through a variety of games, the delineations between the two hemispheres are made apparent.

Walnuts and nutcracker collection

The human brain is similar in shape to a walnut. At this station the children can choose from a collection of different nutcrackers, all which function in different ways, to crack and eat walnuts.

A wall of specialised books pertaining to the theme of the human body, accompanied by a listening station “We discover our body”

Intertwined nerve ends

The message system integrated into the study demonstrates the strong network of the body’s nerves.

Winter garden

The winter garden symbolises perception through the use of all human senses. The emphasis in this room is on perceiving and feeling rather than attempting to describe the human body rationally as a collection of parts. In this exhibition, the children can give wide-eyed stares, prick their ears, turn up their noses, taste-test all kinds of things and in doing so, carefully poke around the entire place.

The chakra coloured **wallpaper** in this room hints at the search for the sixth sense!

The **pictures** in the winter garden show the Müller-Lyer illusion, the Tichener's circle illusion, the Lipp illusion and motion perception.

Eye glasses

The children can experience their environment through different kinds of glasses (microscope glasses, coloured glasses, up/down glasses, left/right glasses and many more).

Hand-eye-coordination

The hand-eye-coordination test is an exercise where visitors can test their hand to eye coordination skills and reaction time.

Camera Obscura

The functionality of the eyes is explained with the help of Camera Obscura.

Through animal eyes

By asking the children the question, "How do you see an animal and how does an animal see you?" we confront them with the idea that a human is more than it first appears to be ...

Ear sport

The children play ear sport by following a text that is consecutively audible from different loudspeakers.

Sound wave transmission

The transmission of sounds is explained through the beating of the membrane on a drum, as that is how the sound waves are produced. These sound waves then collide with the blinds hanging in a nearby window, and set them into motion.

Directional hearing

Here the children try to determine what direction a sound is coming from while holding two connected funnels up to their ears. While one person listens, a second person taps lightly on the pipe connecting the funnels. The listener then tries to find out whether the sound is coming from the right or left side.

Balancing bar

On a small balancing bar the young visitors practice their balance.

Hearing test

After taking a simple hearing test, the children find out if they are able to differentiate between similar sounding words by selecting the illustrations that match the words they hear.

Seashells

An analogy is made between small and large seashells and the shape of our ears.

Lip reading

This installation shows that words can also be perceived and understood visually.

Scent trail

Just follow your nose when sniffing along a “scent trail”.

Sniffing booths

We have sniffing booths for our small visitors, in which they can smell various scents that each provoke a different association.

“What do you sense and how does it make you feel?”

This installation clarifies that sensing is not synonymous to feeling. The fairly objective exploration-perception indicates what is sensed, while the rather subjective sensation-perception provides the child with an opportunity to express whether he or she feels good or bad.

Gloves

While trying on different types of gloves, the fine and gross motor skills are tested. These tests are task-based and involve performing gloved activities such as stacking building blocks and fine needlework techniques.

Degustation bar

To try out the different tastes of sweet, sour, salty and bitter, flavoured waters are provided to our visitors in order for them to experience these tastes firsthand.

Skin pattern

“Clothes” made out of patterns reminiscent of winter coats, rain cloaks and blinds, make it possible to explore the entire surface of the skin.

Bedroom

Relaxation, rest and repose - these are most important themes of the bedroom. In a very comfortable room with a cupola, the children are invited to slow down and relax. A starry sky, relaxing herb-filled cushions, books, screens with images of yawning people, soft acoustics, listening stations with stories for dreaming, and installations that make it possible to literally count sheep; all offer the children the chance to retreat from everyday life.

The **wallpaper**, in a luscious monochrome blue, has a tranquilising effect on its visitors.

The **pictures** in the bedroom display bedtime stories as well as nursery rhymes.

Soothing oasis with a starry sky, herb filled cushions, bedtime stories and books

Soothing oasis with pulsing lights and the sounds of lapping waves at the seashore

Soothing oasis with the “counting sheep” installation and toys to cuddle with while they doze

Balcony

The topics addressed on the balcony are: conscious breathing, the capacity and functions of our lungs, as well as a comparison of “good” versus “bad” air.

The **wallpaper** on the balcony was designed in the light colours of blue and white, and points out the striking similarity between a vastly interconnected bronchial-tree and a leafless tree in wintertime.

The **pictures** in this room inspire the visitors to experiment with the element - air.

Breezy journey into the lungs

With “breath-powered interfaces” the children operate the game, tracing the path of an oxygen atom into the bloodstream, and a CO² molecule’s journey into the air.

Deck chair cave

The visitors realise that it is difficult to concentrate in stale “bad” air, while trying to assemble a multilayer puzzle from within the deckchair cave.

Bicycle tour into the forest

Here the children can test their athletic endurance, while the importance of fresh air is pointed out.

Lung capacity test

From a simple test - blowing into a water-filled container - the children find out more about the capacity of their lungs.

Fitness room

The central theme in FRida & freD's fitness room is movement. That is why there are numerous interactive installations that assess the body's movement. The fitness room also explores the bones, joints and muscles of the human body.

The vertical zigzag on the **wallpaper** creates the illusion of motion - "Move your body while exploring yourself!"

The **pictures** in this room show motion sequences, such as the bending and lengthening of arms and legs.

Jigsaw puzzle "Bones and skeletal structures"

Once assembled, the puzzle depicts a scene indicating that human beings are not the only life forms with a supportive skeletal frame.

Dancing Test

With their natural rhythmic ability, the children do their best to follow the pattern set by jumping feet on the monitor.

Joints

To encourage the children to discover the different types of joints by themselves, there are three-dimensional mechanical models of each type of joint, as well as illustrations of the entire human body.

Sprint

On a three meter long running track the children test their speed.

Facial muscles

A film is shown behind a one-way mirror that makes it possible to simultaneously observe and mimic the grimaces of a clown.

Wallball

The children test the quickness of their arms, by throwing a 0.5 kg ball at a target on the wall.

Animal shadows

Through hand gestures the visitors imitate the shape and movement of several animals.

Garage

In the garage many objects are being worked on; broken objects are repaired while well functioning objects are reinforced and strengthened. That is why this room includes topics such as injury and illness. The central theme of the garage is the acknowledgment of the dangers in our everyday lives, accompanied by a variety of healing remedies.

On the **wallpaper** in this room, huge plasters are presented in spring-colours which symbolise the themes of: regeneration, healing and prevention.

The **pictures** in the garage contain recipes for healthy vegetable juices.

Medicine cabinet

In the drawers of a medicine cabinet, the children discover photos of different healing remedies as well as a variety of treatment possibilities.

Sick ward

Here, the children can treat and heal dolls and toys with real medical equipment. By taking these tools into their own hands, the children lose their fears and anxieties about being treated by others with them.

Refreshment bar

The children strengthen themselves at the water-bar by drinking a glass of humour, tranquillity, friendship, acceptance, movement, protection or nutrition.

CD-Rom security bear

By playing this CD-Rom the visitors are made aware of the dangers in household, garden, play ground, traffic and sporting activities.

Cellar

The cellar is a room where things are continually collected, piled up and stored. Thus its main purpose is that of a repository or storage unit. Similarly, people store many things inside themselves where they can be accessed again later on. Memories and reflections of one's past can be such meaningful reserves that one can be sustained by them for a long time. Suited to the usual challenges of a cellar - efforts to reach something that's been placed at the top or the back of a high shelf - there are two exercises integrated in this room as a test of the visitors' motor skills.

There are two motifs on the **wallpaper** in this room which overlap each other - a sponge and a honeycomb. These motifs reinforce the humans capacity to store input.

The **pictures** in the cellar provide information about what humans store.

Quickness of the legs

Here the children reach up to push a button. Then they jump up and push another button. It is in this way that they discover the power of their legs, and determine whether they have a lot of power, extreme power or tremendous power in their legs.

Flexibility

The young visitors try to reach a button near their toes with outstretched legs and in this manner experiment with their flexibility.

Memory bank

Humans store many memories. This memory-recall phenomenon is demystified for the visitors through the use of mnemotechnics.

Hallway

As the common link between the rooms, the **wallpaper** in the hallway depicts the extensive network of blood vessels, arteries and nerves.

The **pictures** in the hallway are composed of puzzles and riddles that draw specific attention to several human needs and requirements.

Step by step with the “feel at home” card

The “*feel at home*” card can be used at 17 different interactive installations. With their card, children can save pictures of themselves, collect the results from their sport activities, or dive deeper into the subject of the human body by asking further questions.

Using their personal passwords, the visitors can log on to our website and relive their visit of “Heart over Heels” at home.

❖ **Spatial and technical requirements**

Required surface area: 400 m² to 600 m²

Minimum room height: 2.80 m

Heart over Heels is composed of 3.2 x 4.8 meter rooms plus hallway and is extremely adaptable to fit nearly any exhibit space.

Setup options for:

- a room with a width of 10 meters
- a room with a width of 15 meters
- an almost square room
- a two-level exhibit
- a three-level exhibit

The house complex is composed of a pipe rack with attachable tarpaulins, and is a free-standing structure. For this reason, it is also suitable if assembly to the existing architecture is not possible.

Sufficient energy supply and internet access is required. Technical equipment is included with the delivery of the exhibit.

❖ **Dates and prices**

Please contact us for availability and prices.

❖ **Contact**

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❖ Photos

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