**A Touch of Clemency**

Clement Space - © Artist Statement Dr. Dawn-joy Leong

Everyone needs a safe place in which to rest and repair. Modern busy city life is stressful, especially for Autistic people, who experience everything more intensely - lights, sounds, movement, smells etc - and struggle constantly with anxiety. *Clement Space*, inspired by Lucy, my autism assistance dog and closest companion, is about fulfilling this need.

The principles of *Clement Space* are developed from my natural autistic ways of self-calming and caring for my own mental and physical wellbeing. The word “clement” denotes forgiveness and grace. *Clement Space* is a mental as well as physical space that forgives and gracefully heals. It is a calming and tranquil, nourishing and healing sensory oasis which can be personalised and yet shared.

Encompassing all aspects of healing and more, *Clement Space* is a perpetual state of being renewed, inhaling and exhaling, embracing and letting go, being forgiven and forgiving - a gift from the autistic realm, sharing sensory restoration with everyone, for when our senses are restored, we are empowered to Be. Come join me as we explore my personal perception of care, comfort and healing.

“Clement Space” was coined by Dr. Dawn-joy Leong in her PhD dissertation, “Scheherazade’s Sea: autism, parallel embodiment and elemental empathy, 2016. (<https://dawnjoyleong.com/phd-dissertation-2016/>)

Activity 1

\*Share and tag us on our socials @sgheritagefest – we love seeing your creations!

Materials:

* 5-8 marbles (goli)
* Water-soluble paints (any 2 colours, not too thin and watery)
* Metal tray/box
* 1-2 pieces of white paper/ recycled paper

Instructions:

1. Place white paper into metal tray/box
2. Splash some drops of paint onto the paper
3. Put 5-8 marbles into the metal tray/box
4. Rock and move the marbles in the box
5. Hear the sound of marbles moving inside the tray/box
6. An artwork of paint streaks will emerge



Activity 2

Materials:

* A pail of water
* One blade of pandan leaf

Instructions:

1. Smell the pandan leaf
2. Place the pandan leaf into a pail of water
3. Gently swirl the water in the pail with the pandan leaf
4. Create small ripples
5. Watch the water as it ripples
6. Take a deep breath and release



Activity 3

Materials:

* A cup of uncooked rice
* A clay pot / a metal pot / pan / bowl

Instructions:

1. Pour the cup of rice into the clay pot
2. Swirl and sweep the rice in a circular motion
3. Grab a handful of grains, and hold them tight
4. Release the rice into the container
5. Hear the sound
6. Smell the rice



Activity 4

Materials

* 1-2 pieces of A4 size magazine paper (highly encouraged as it water-resistant). Alternatively, a thick sheet of paper works fine
* A cup of uncooked rice
* A pail of water

Instructions:

1. Fold the paper into a sampan (boat)
2. Pour the rice into the sampan
3. Hear the sound
4. Put the sampan with rice into the water
5. Swirl and move the sampan
6. See the ripples
7. Feel the water

