

Sensory Glisk



A care package from Greer Pester
and Salima Punjani

*(Glisk -NOUN Scottish
a glimpse: "glisk" - a
gleam of sunlight
through cloud; a glow
of heat from a fire.
Figuratively, a glimpse
of the good -
Shetlandic)*

What is Sensory Glisk?

Sensory Glisk is a collaborative digital project between Greer Pester (UK) and Salima Punjani (CAN) that started in 2022.

Our goal was to play with the senses to explore how to create engaging digital environments. We sent each other sensory care packages to test with each other while we connected over digital platforms.

These included things like fabric, sprigs of eucalyptus, essential oils that we blended from a distance, rose petals, treats like tea cakes and maple candies along with podcast episodes and sounds of the sea and strawberry picking.

We wanted to share this care package with you with some exercises and objects to give you a glimpse into our sensory exploration. The following pages have some highlights of our exchanges.



Hold the soft, tickly, bunny tail by the stem.

Take a deep breath.

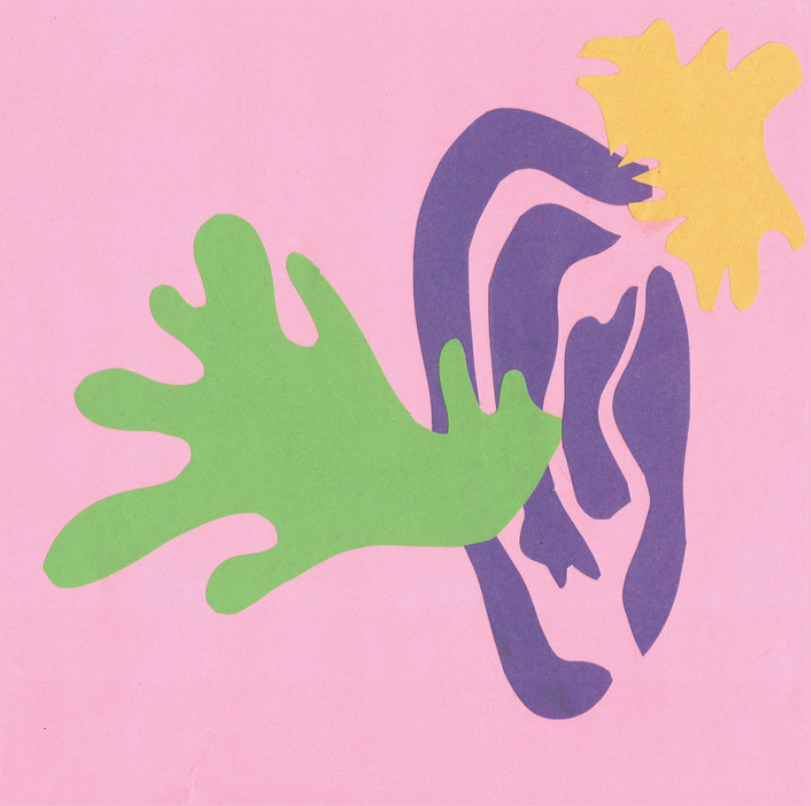
Starting at the outer edge of your hand. guide the soft tip along the outline of your hand.

Inhale up the edge of your pinky finger, hold your breath at your fingertip, and exhale down.

Continue with the rest of your fingers.



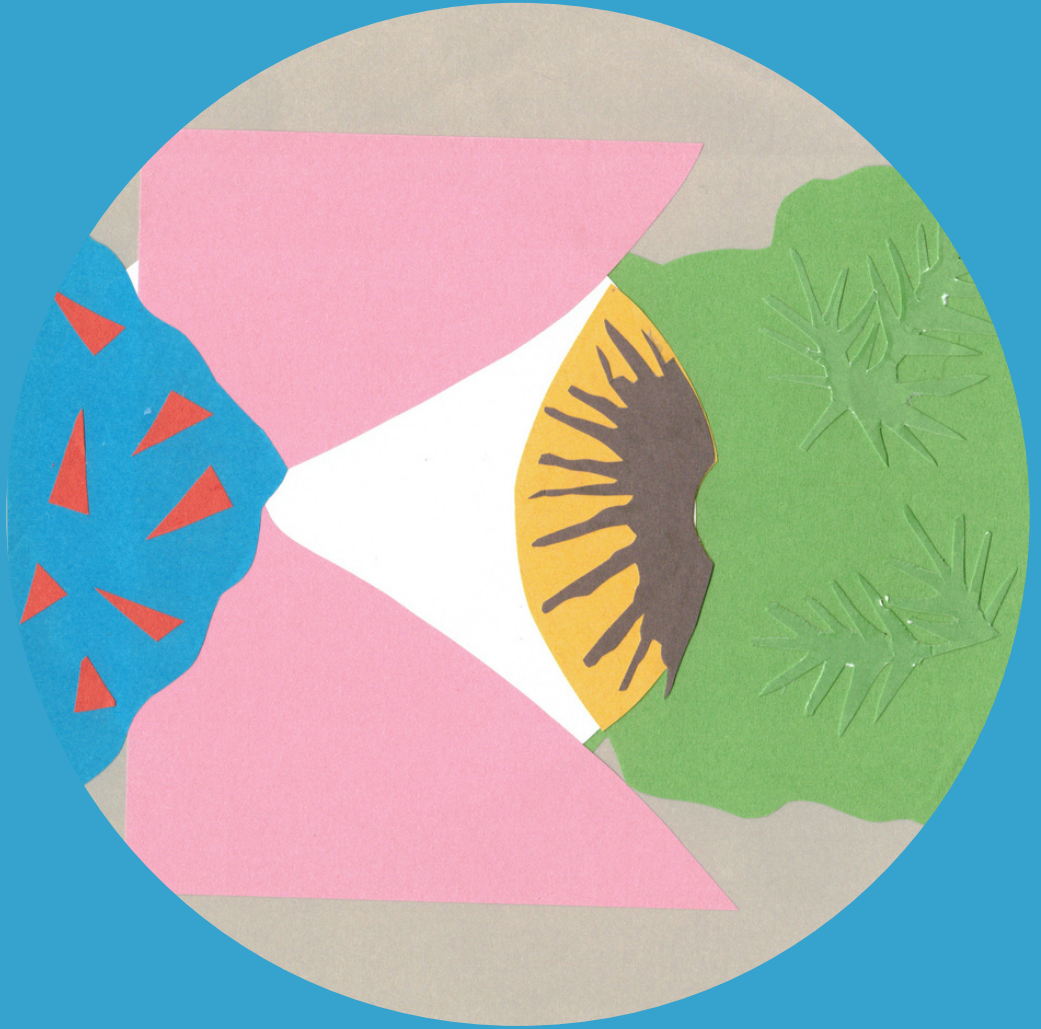
Touch



Focus on the sound the furthest away from you. Now focus on the sound closest to you.

Put your hand on your heart and feel the beat in the palm of your hand.

Listen



See yourself
reflected

in the environment
around you

Sight



Open the bag and smell
the herbs and spices.

What does it remind you
of?



Try and use all your senses.

What does it smell like?

How does it feel in your hands?

What parts of your tongue are stimulated?

Take your time and let it melt.

Is there a memory that comes up with this
flavour?

Taste



We hope you have enjoyed this care package. If you would like to learn more about the works that have inspired us scan this QR code.



About the artists

Salima Punjani is a multisensory artist and MSW grounded in relational aesthetics based in Montreal, Quebec. She is particularly interested in how multiple senses can be used to create artful experiences of empathy, intimacy, and connection. Her recent work explores themes such as isolation and resocialization processes related to COVID-19, rest as resistance to systemic injustice and how medical data can be subverted into finding human connection rather than pathologies.



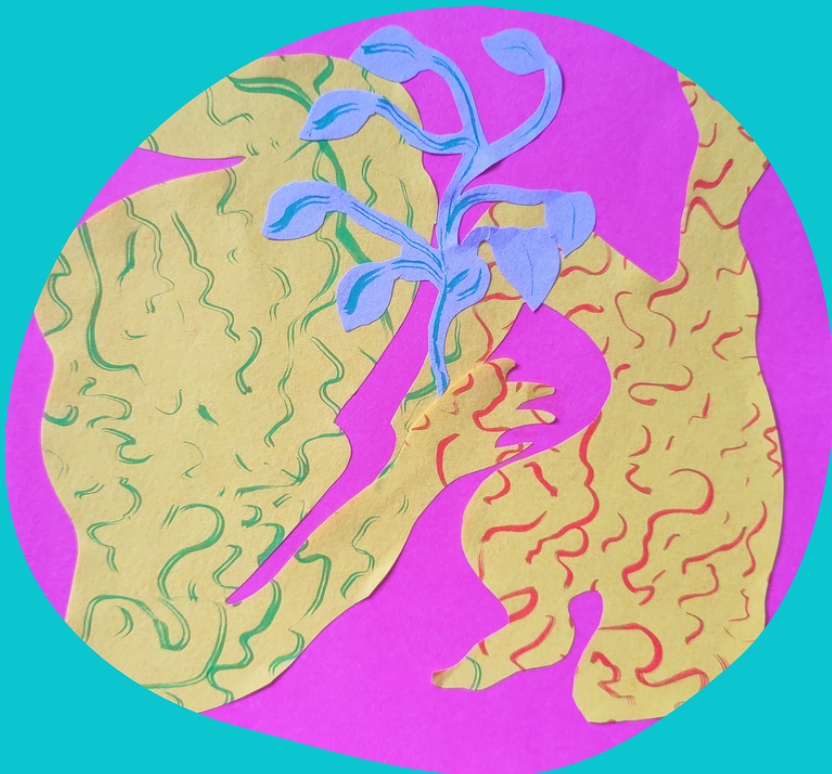
www.cargocollective.com/salima
www.konbitanbasoley.com
Instagram @picturesalima



Instagram: @greerpest /
@greer_socialart
www.greerpester.com

Greer Pester is a visual and social artist based in Glasgow, Scotland. She studied at Edinburgh College Of Art . Her practice explores human intimacy and states of connection with nature and one another, she is curious about creative play, life and death cycles , rituals , food and ecstatic experience. Bordered by colours and shapes that can often refer us to the infantile and feminine. Her work is material led. She works with collage , painting, tactile sculpture and text.

Stay connected with @sensoryglisk on Instagram
we would love to hear from you.



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