

Beaufort Wind Scale

Weather-Vane

Weathermen and seafarers score wind strength from 0 (calm) to 12 (hurricane).

Create your own made-up scale for any type of weather from 0-10 and name each level to capture its intensity.

You can also try this out with an emotion or feeling you have experienced this week. We rarely feel just one thing, so be playful and see if you can score grades of one feeling.

How does an artist loosen up?

Imagine being and feeling like whatever it is you are drawing. Feel it in your body and let it flow through your hand.

Ilse Black

VIDEO?

QR?

Movement

Nature outdoors buzzes with life and movement - swaying branches, scudding clouds, rolling waves and birds' wings. When we move around we brush against the physical world and movement makes sounds - wind in hair, scrape of feet, swish of clothes.

Wind and weather can stir up our imagination and connection to place, and offer a particular lens to view the world. Memories and experiences are sometimes shaped through the quality of light and atmosphere in different weather conditions.

What is moving around you today, and does this change if you go outdoors?

Inspire, learn and connect with others at Stepping into Nature's Community online group www.steppingintonature.org

- 0 Calm
- 1 Light Air
- 2 Light breeze
- 3 Gentle breeze
- 4 Moderate breeze
- 5 Fresh breeze
- 6 Strong breeze
- 7 Moderate gale
- 8 Fresh gale
- 9 Strong gale
- 10 Whole gale
- 11 Storm
- 12 Hurricane



Begin here

Activities to get you in the mood, break up your routine and help you enjoy creative flow.

A breath of fresh air

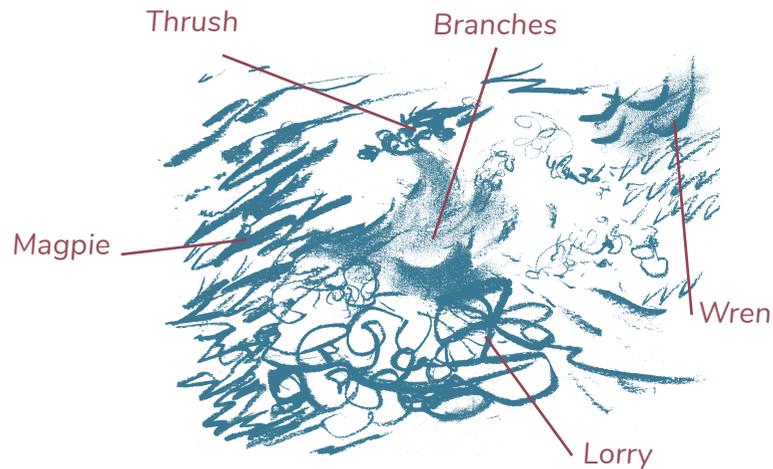
Go outside and close your eyes then feel the movement of the air on your skin. Turn to face North, East, South & West. Use personal landmarks in your surroundings to discover and enjoy wind direction.

Moving freely

Spend five minutes free writing or free drawing to find flow and loosen up. This is a process where you move fast across the page without stopping to censor yourself. Start with: 'A river flows...'

Eyeing up

Take your eyes for a walk by shifting your gaze across the natural or built landscape or horizon. Write down anything you notice about the energy of movement and perspective.



Elemental drawing

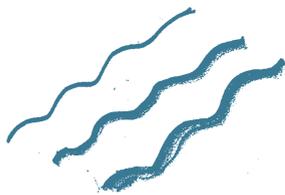
Think about the movement of water (or any other element) - waves, rain, flowing drains, even a tap.

Use pencil marks to express the energy of water flow. Marks can be fast or slow, heavy or light. Build up layers of movement by drawing over the same lines.

Use charcoal to draw movement loosely (this is known as 'gestural drawing'), by smudging marks with your fingers, and removing areas with a putty rubber.

In a group...

Try taping pencils or charcoal to a stick and see how marks change as you stand further away or closer to the paper. Use large sheets of paper for a collaborative landscape or skyscape drawings on the floor or wall.



Sound Maps

Take your pen and notebook outside or sit close to an open window.

Close your eyes and listen, then make a 'sound map' of natural and other noises you can hear, near and far. Make up your own imaginative symbols for each sound and inventing a way to show volume and intensity.

Show someone your map and talk them through your snapshot of sounds in the moment.

