

Pencil prints

Find a view from a window or doorway, and using tracing paper or baking paper draw the shape of a tree, building, hills or any other outline. Press heavily on the paper, ideally using charcoal, chalk or pastel.

Turn this over onto a sheet of plain paper and rub the back of it using the heel of your hand. This transfers the original drawing to create a mirror image. You can make several different transfers and group them to create an original imagined composition.



How does an artist get inspired?

I walk and daydream outdoors to listen to the world, my feelings, and to slow down as part of my creative process.

Sarah Acton



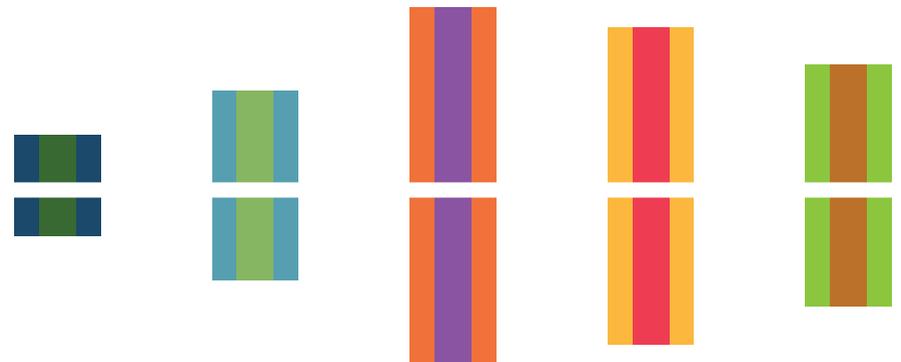
Refelection



Reflecting means giving yourself time to slow down, be in the moment, look back in stillness, perhaps mull things over...

Taking time to pay attention to places, detail and objects opens our eyes to seasonal shifts, the everyday beauty around us and helps generate shared empathy. When we look at an object, person or place closely, we see and wonder at so much we may have otherwise missed. We might get curious about about new things, and ask ourselves questions about how we view, understand and experience the world.

Sitting by water is a good place to reflect as clouds and ripples gently pass by. There is never complete silence in our inner and outer worlds. Being still outdoors allows us to open up gently to the landscape.



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

What colour is happiness for you?

Begin here

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

On reflection

Sit comfortably with your hands gently resting in your lap. Close your eyes and imagine sitting somewhere peaceful in nature outdoors near moving water, imagine how it feels to be there. Take a deep breath and sigh, relax.

The little things

Collect a pebble, flower, seed, or other small natural object and take a really close look. Perhaps use a magnifier. Note down any surprising or curious observations that come to mind.

Setting the Mood

After a few gentle yawn-stretches, shake your hands, arms, feet, legs and body to stir up energy. Set an intention for your creativity and art today, such as 'be kind,' or 'be playful.'

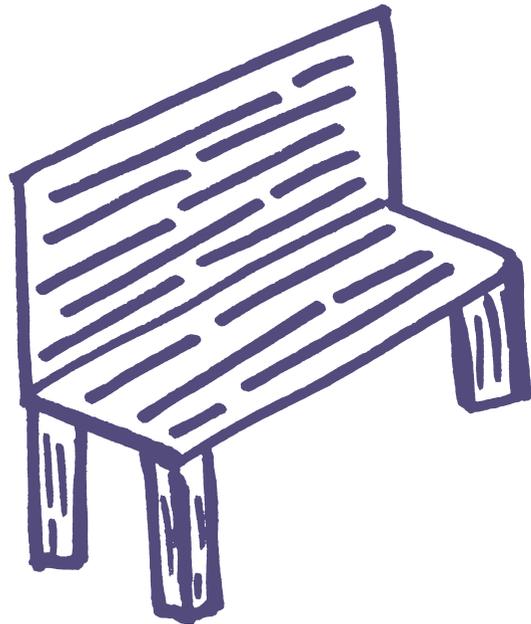
Reflective journalling

Find a comfortable place with a view outside, somewhere you can return to easily and regularly.

Track day-to-day changes of the seasons and weather, as well as your own thoughts.

A journal is useful to note things you value or that inspire you and provide a source of material to explore.

Record anything that comes to mind when you are out in nature.



Zooming in

Spend five minutes observing something, try drawing or painting a smaller part of it rather than the whole.



Your viewfinder might be useful here!

Start with a pencil then add lighter paint to highlight areas with a fine brush, if you have one.

Consider the surface textures and experiment with creating textural patterns using oil pastels, paints, inks, or even coffee.

Add torn coloured paper or material glued in layers to collage and layer your textured drawing.



Journalling tip

Try not to worry about what other people might think, or judge yourself too harshly. A journal is for your own creative process, an open space where you can explore ideas and new ways of seeing..

Drawing loose sketches (doodling) helps to free up the page, add colour and let your associations flow with playful freedom.

There are no rules!