

objectives



art and wellbeing combined

to connect ourselves to nature
in a mindful meditation.
using natural foraged objects as our tools.

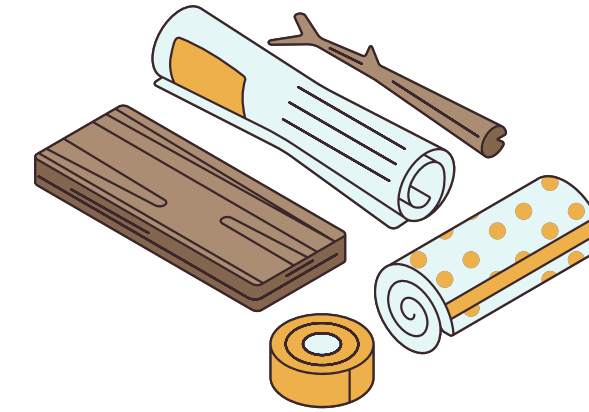


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materials

foraged natural objects

wire
scissors
nails
hammer
glue
string



preparation

students must begin by collecting natural materials.
any materials they can find are good as long as they are natural.
enjoy the moment of collecting these materials, smell the air around them,
feel the sun on their skin.
the breeze of wind in their hair.
to close their eyes and feel the textures and shapes of these objects.
enabling the students to create a sense of grounding between
them and the earth

the material gathered will be used in the sculpture/ jewellery making
session.

it is great if there has been a storm or strong waves to go to the beach
and help clean up the shore line.
collect some man made rubbish and dispose
of it correctly along the way.

PART 1

lets create with nature
ground yourself in a peaceful meditation
through art and nature



PART 2

collecting materials.
go out into nature.
a field, a beach, a woodland.
somewhere that is untouched by human influence.
pick up items that have fallen to the ground



PART3

creativity
using the objects we found
feel them, the textures. the shapes. the softnes or sharpness.
see the shadows they create.
using our mind try to create a sculpture or a piece of jewelery
using string and wire and nails
let the objects guide you.
let the objects inform you of what they want to become.
there is no right or wrong in this process.
it is all about connecting our senses with nature.



TikTok

