

Outdoor Exploration:

Nature Art Journaling (15-25 min)

- 1) Take students outside, or have them go outside or sit by a window if at home. Ask them to bring paper, pencil, and colouring materials they would like. These will be used later to make observational sketches.
- 2) Invite them to spend 5 minutes sitting quietly and observing their surroundings, OR, invite them to take a 5 minute walk around, looking for interesting colours, textures, signs of life, etc.. What do they hear? Smell? See? Taste? Touch?
- 3) Ask them to choose something to investigate closer. Perhaps a plant or a pollinator. Get them to go in-depth with their observation. Use the five senses. Reflect: what role does this item play in its environment?
- 4) Next, have them sketch their item, capturing everything they observed. Use detail, but remember that it does not have to be perfect. Their representation is personal and unique to the connection they made with the item. Invite them to add any impressions, thoughts, feelings, etc. from their quiet sitting/observing to the page as well.
- 5) Label your sketch. What are they able to identify? What don't they have a label for?
- 6) Come back and research the missing items, or use the class to collaborate on these missing pieces of information. Can they come up with an identification for it? Invite them to colour it if not done already.
- 7) Share! Invite students to talk about their experience outside, share their nature journal entry, or something they found in their research.

*This activity could be done in a written or oral format as well. They could also turn their sketch into an abstract art piece, a collage, or poem.