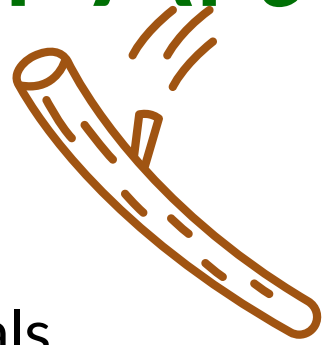


Amazing Outdoor Art

Aims:

- to get outside for some fresh air
- to appreciate nature
- to take a moment to be mindful
- to experiment with natural materials
- to develop photography skills



Resources can be collected from your back garden or you could go for a walk to collect them.

Activity 2



Extension - if you've drawn animals, add speech bubbles and make them communicate with each other! Keep the toys on the paper for a while - what happens to the shadows during the day? Why is this?

You might need to wait for some sunshine for this activity. Alternatively, do it indoors using a torch or light. Find some interestingly shaped toys or other objects. Place them near some paper so a shadow is formed. Draw around the shadow. Add detail and colour.

Mindful moment: lie down and place one of the objects you collected on your belly. As you breathe in and out slowly and deeply watch the object rise and fall.