

# 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 4



Find some recycled cardboard - a cereal box would do. Draw a large simple shape on it and cut it out to make a stencil. The shape could be anything - a car, dinosaur, butterfly, dress.

Take your cardboard for a walk with a camera. Find interesting natural backgrounds, use your cardboard as a frame and photograph your art.

Extension: take 5 photos of plants you can't name: can you use the internet or a book to identify the plants?

**Mindful moment: set an intention for your walk - to observe as many shades of green as you can; mindful photography is a great way to help focus your mind and promote wellbeing so take a photo of every shade.**