

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 3



Find some different natural materials to make some paintbrushes

- leaves, grasses, twigs. Collect some sticks. Use tape, string or elastic bands to attach each different material to a stick.

Whip up some mud paint and get creative!

Extension: can you colour the mud? What materials could you use?

Mindful moment: make sure there are no other sounds and that nobody speaks - listen carefully to the noise of the brush on the paper and as it enters the 'paint'. Can you hear your breath as you paint?