

Mindful Creative Activity – ‘Take Notice’

WHAT IS IT?

This mindful activity is all about taking notice of your surroundings, getting outside and exploring the marks, sounds and textures that can be made by painting with natural materials.

WHAT DO I NEED TO GET STARTED?

- A piece of paper, ideally sketching paper
- Some paint – poster paint or acrylic paint works well. You only need 1 colour, but you can use more colours if you have them and want to.
- 5 or more found objects that you can use as ‘brushes’ – ideally found on a walk e.g. twigs, leaves, stones, feathers, shells and anything else you notice whilst out and about. (If you can’t get outside, you can use household objects and go for a mindful walk around your home.)

WHAT ARE THE STEPS?

1. Go for a walk. Perhaps to a local park, forest, wood or the beach if you live by the coast.
2. Use this walk as an opportunity to get inspired! Listen to the sounds of the branches in the trees and notice the textures of different objects that you find. Are they smooth, rough or prickly? Choose your 5 favourite objects and bring them home. **Please don't cut off living parts of trees and plants, instead use objects that you have found on the floor.*
3. At home, wash the objects carefully and dry them.
4. Choose an object and dip into some paint. Try to make at least 3 different marks with 1 object. For example with a twig, you can make dots using the tip, draw long and interesting lines and put paint on the length of the twig and roll it across your page...what marks do you like the most?
5. Repeat this process for the other objects that you found – the focus here is on the making rather than the end result.



SHARE YOUR PROCESS...

This activity is all about how it makes you feel to be experimental, take notice and probably get messy! Share your process with @move_your_mind_dorset and @fortheloveofartclasses. Use the hashtag #mindfulmarch. We can't wait to see!

