

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

NATURE OBSERVATION

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| Good for | Calm and Focus Using nature for good mental health Observation Whole class or smaller group Any age |
| Length | 1-2 hours |
| Resources | Outdoor location Each person will need: sketchbook, pencils, rubber and sharpener, a small piece of white card double-sided tape, small scissors, hand sanitizer, magnifying glass, crayons for rubbings coloured inks for mark making with grasses, sticks |
| Actions | This workshop by Emerald Ant helps children explore form, colour and light in nature. It relates this work to famous artists such as Monet, Seurat and Van Gogh. You can find a downloadable worksheet here: www.emeraldant.com/wp-content/uploads/2020/03/ws1.pdf |
| Tips | Could be done as part of Forest School in several sessions |
| Variation | Check out the rest of Emerald Ant's outdoor workshops at www.emeraldant.com/bluebell/creative-activities-in-the-woods/ |

