



ZES ONLINE PROFESSIONAL LEARNING LET NATURE BE YOUR MEDICINE PART A

WITH TANIA DI BERARDINO

YEAR LEVELS: 2 - 10

OVERVIEW

In a fast-paced world, every day is met with new challenges. One important lesson we can all learn is that it is OK to slow down! How do we encourage students to slow down, to be in the moment, to appreciate and be grateful for the environment around us? In Part A of this workshop we will learn the art of looking, as well as how to slow down and be present. Through guided art experiences we will explore collecting, displaying and looking, drawing and exploring natural found materials. We'll look at the power of colour and line, and

their ability to change a simple drawing exercise. We aim to spark curiosity in educators so you can then with your students and colleagues.

ART ELEMENTS & PRINCIPLES

Line, Shape, Texture, Pattern, Balance

CROSS-CURRICULUM / CAPABILITIES LINKS

Science, Environmental Studies, Wellbeing

LEARNING OBJECTIVES

Students will:

- Explore found natural materials.
- Look at leaf litter for shapes, colour, form and texture.
- Reflect and Explore found materials by placing them into a non-permanent display.
- Explore the art of drawing, watercolour painting and Gel Plate printing.
- Make a series of drawings, paintings, and prints.
- Consider ways to display their drawings, paintings and prints in collage form.
- Consider the art elements of composition when choosing display/collage format.
- Consider and discuss the idea of slowing down and being present while performing these art making outcomes.
- Display and discuss their outcomes.

MAKE

Step 1: Collect Your Inspiration

With a bag in hand visit your local street, garden or local public park or gardens.

Look out for any leaves, bark, feathers, branches, sticks, weeds – anything that catches your eye and would make a good drawing focus.

****Important:** Do not pick from living trees or plants in a public parks and gardens, or from your neighbour's gardens. You are permitted to pick items off the ground, pathways, undergrowth or leaf litter, etc.*

Step 2: Lets Display

After you have finished your collecting, bring your found collection back to the classroom.

It's a nice idea to have a look through what you have found. Let's display our items on a large sheet of paper. Try grouping leaves, sticks, and seed pods together. It can be interesting to see the groups of natural materials with their varying shapes, colours and textures.

Next, arrange materials in 3 or 4 non-permanent displays. Look at shape, colour, texture, form and composition.

Step 3: Non-Dominant-Hand Drawing

Using Bulky News paper and a permanent pen or fineliner, we will draw some of your found natural materials.

Use your non-dominant hand to do this. Have a practice first, you may be surprised with the outcomes.

Focus on the lines and shapes of the materials in front of you and let your non-dominant hand flow and follow those lines.

Continue until you have filled 3-4 sheets of paper. Try to create images that fill the page, perhaps overlap some lines and shapes. Try including some of the finer details you can see.

Step 4: Adding Colours with Watercolour & Colour Slicks

Next, we'll add some colour to our black line drawings. Start by adding Watercolour or ColourSlick markers to your drawings, colouring them in.

You may decide to keep within the lines or not, or you may decide to use all natural colours or vibrant non-realistic colours – it's up to you.

If you haven't used these particular watercolours before, it's a good idea to test colours on a sheet of paper. Perhaps create a colour chart to refer to.

Colour Slicks are a type of crayon marker. They are great for adding colour to artwork quickly and will dry as you work leaving you with a clean and mess-free artwork.

Try other art mediums that you're not familiar with. This is a great exercise to explore how they work.

EXTENSION

Extension drawing activities:

- **Blind Drawing:**
Draw without looking at the paper. Focus your eyes only on the subject matter in front of you.
- **Continuous Line Drawing:**
Try to complete some drawings without taking your pen or pencil off the paper.
- **Draw to Music:**
Play some classical music.
Close your eyes and draw how the music makes you feel.
Play some fast / rock music and complete the same activity. See if your outcomes are different
How does different music change the outcome of your drawing?

DISCUSSION / REFLECTION

- How did you feel when you were walking outside? Did you feel calm?
- Did you notice any sounds or smells? Did you feel you were using some of your senses that we sometimes ignore?
- Did you notice something new? Perhaps a new path, plant, tree, or sculpture you hadn't noticed before? Did you discover anything you might normally rush past?
- Did you enjoy drawing with your non-dominant hand? Would you like to do further artwork using this drawing technique?
- Will you start a Gratitude wall in the classroom? Or perhaps your own personal gratitude journal?

MATERIALS & EQUIPMENT

PM437	Zart Multi Markers Gold & Silver 20s
PM439-BU	EverZart Broad Marker 20s
PT873	Primecolours Watercolours 18s Asst
BR319	Zart Taklon Brush Dynamic Round # 2 (4.5mm)
PK213	Palette Plastic Daisy
PK021	Water Pot #5 Set 5's Assorted
PN160	Pencils Blacklead 72's HB
CR256	Colour Slicks by Zart 12's
CR257	Bright Slicks by Zart 6s
CB222	Cardboard 200gsm A4 100s Black (Mount)
PA106	Cartridge 130gsm A4 210 x 297mm & A range of collected, found natural materials.

*Materials that are collected for Part A will be used for Part B. If your found natural materials are not able to be saved, take some photographs of your collection before returning it to nature or your green waste or compost bin.

New materials can be collected again prior to Part B.

INSPIRATION
RELATED ARTWORK,
LINKS & SOURCES

Andy Goldsworthy

<http://www.artnet.com/artists/andy-goldsworthy/>

Jeannie Baker

<https://www.jeanniebaker.com/>