

How does an artist take notice

There is such a variety of colours, feelings and moods across the seasons. Practising looking at the daily changes in nature (a spun cobweb, a bulb poking up through the soil) can help develop our observational skills.

Sarah Jane Ross



Everything changes. In the natural world, seasons change from winter stillness to spring growth, from warm days in summer to autumn colours and blustery winds. Each turn of the wheel brings personal nature connections, memories, emotions and inspiration. In our lives and in our bodies, we also change through growth and age. Over time, when we revisit places and people we love, we notice day-to-day and longer term shifts.

Wheel of change

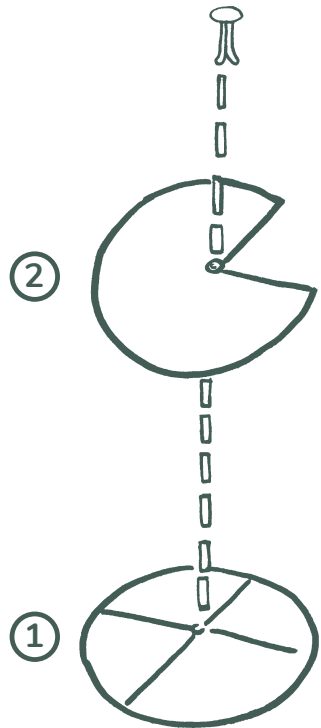
Use the Wheel of Change resources in this box numbered

① and ②

Draw or paint images and colours onto each quarter of the bottom wheel 1) to capture images and feelings that you associate with a particular place in nature through the year.

Add any words or phrases. Fragments work well, for example... 'tall trees swaying in the wind,' 'sounds of sea roaring.'

As in this diagram, fasten at the centre with a split pin to allow the top wheel to rotate and reveal



You are part of something much bigger by taking part in these activities. For more visit picnicintheparks.org

Your
Seasons
of
Stories

What is your favourite season?

Begin here

Activities to get you in the mood, break up your routine and help you enjoy creative flow.

Tune into the seasons

Think about the season you're in right now and how it affects your mood, health and energy. Allow thoughts to come and go freely, then sit a while longer than usual and enjoy being present in the moment.

Shake it up

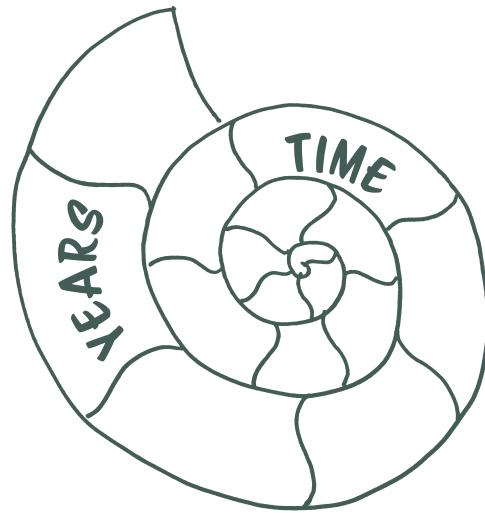
Move your body and release any tension. Add sounds, sighs or hums.

Find a positive phrase for something you are grateful for today and repeat it aloud, until it becomes a song or chant. Find inspiration from Sarah's Infinity Landscape poem in this box.

Making a mark

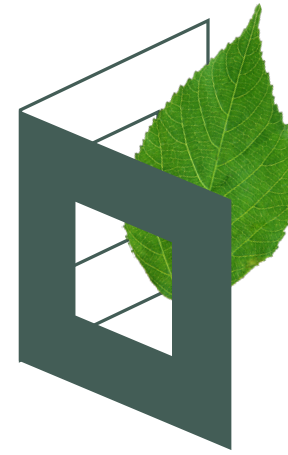
Take your pencil for a walk across a piece of paper. Try holding it further up or down to influence the line on the page, or swap it to your less dominant hand.

That old fossil!



A fossil is the body of an ancient animal transformed into stone over millions of years.

Draw the shape of an ammonite - start from the centre to create the spiral and add lines to create chambers.



Turn over a new leaf

Find a leaf and insert it into the leaf-frame included in this box then hold up to natural light. What do you notice? Try another leaf.

Draw around the leaf and colour it in to reflect how you feel. You may like to add words inside the leaf or on its outline that describe its qualities or any associations.

Hold back time

Press your leaf, herbs or wild flowers into a notebook and weigh it down. It'll dry flat and last a long time. If damp (e.g seaweed), use layers of newspaper and change these until dry.

In a group...

Pressings from a local meadow or garden make easy memory bookmarks with pre-shaped card, ribbon and laminate covers.