

Animal instincts

Have you had a meaningful encounter with an animal in the wild...

How did you feel?

Make a list of common creatures that can be seen in your garden or from your window. What is your favourite animal, and your least favourite?

Now take one of these and write or speak two or three lines in the voice of this animal.

What does it want to say and how might it speak, what might its voice sound like?



Wild-Self

We are all part of nature and nature is part of us. Connecting with nature makes us feel more alive in a shared world, and we can get in touch with our inner wild selves. By doing so we often discover greater empathy and kindness for ourselves, and for others.

We weave plant and animal language into our everyday understanding of what it is to be human; we branch out, bear fruit, we're busy as bees... It is only when we wake up in our bodies that we start really sensing the world and our surroundings, alert and alive. In many myths and legends, people shape-shift into wild animals, or trees become humans.

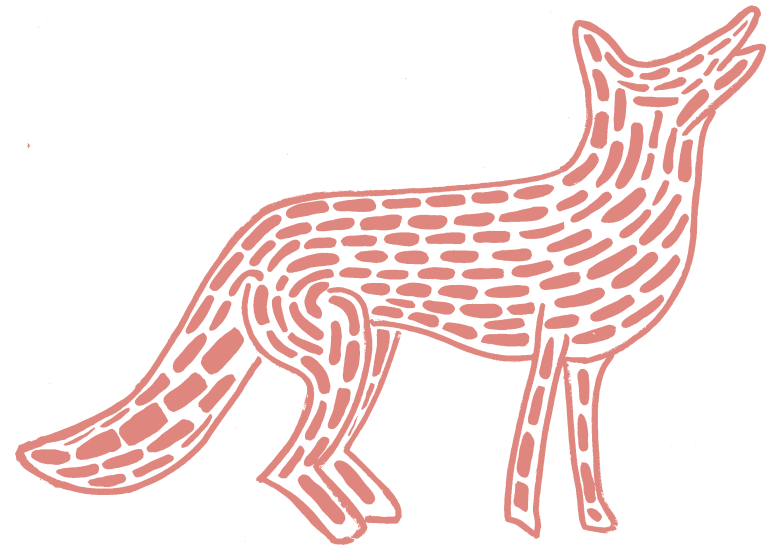


What inspires a storyteller?

I love folktales of people changing into other creatures (and vice versa) they let me imagine how the world would look, smell and sound in that form.

When drawing my wild self I often play with ideas and images connected with the Green Man – part human, part plant...

Martin Maudsley



.....
Message about sharing artwork with online community
.....

What wild places in nature make you feel most at ease, able to be yourself?

Begin here

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

Tune into your senses

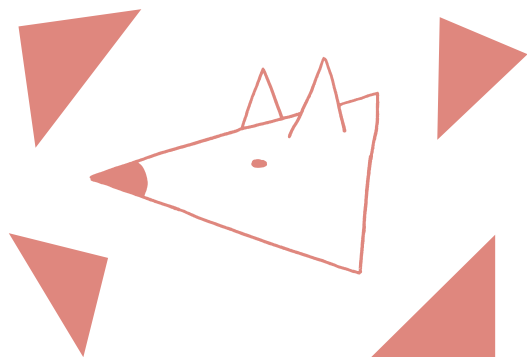
What can you see, smell or hear around you? Pay attention to individual sounds, scents and colours near and far, notice how they make you feel.

Let go!

Take five minutes to daydream. Afterwards reflect on any thoughts and feelings that arise for you today.

Find wonder

Hold a natural object or something close to hand and observe its form and structure, exploring its texture with your hands. Write down any details that you'd like to tell someone else about



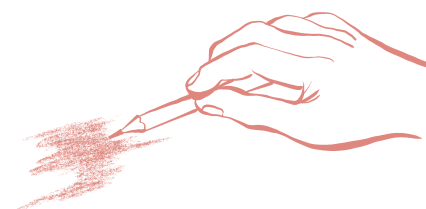
Wild self-portrait

Use the triangle shapes included in the resource pack to get started. A triangle might be used for the nose, ears, legs, mouth.

Draw around the triangle on the page, then draw an animal shape around it, a pet or yourself imagined as an animal. Feel free to mix human and animal characteristics.

Have fun. Add three words underneath that sum up your mood or feelings when you drew this.

Different types of line

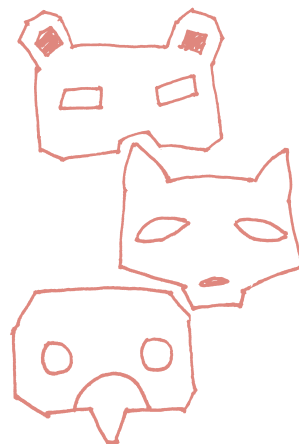


Wild collage

'Collage' is an effective and simple way of playing with colour, cutting and pasting, layering shapes and creating texture. Make a collage of an animal from memory or imagination.

- Find some cardboard and old magazines or newspapers.
- Create shapes by tearing or cutting materials. Jagged edges help create texture, it doesn't have to be neat.
- Place and stick on added images, words, textures and natural materials.

Don't think about it too much!



In a group

Try making animal masks together.

Everyone pick an animal that is the essence of the season for them, then make a collage to bring out the animal's characteristics. For example, what shape of animal, reptile or bird eyes might they have?

Cut out the mask shapes, wear and share.