

## Gwanwyn Nature Prompt #3

# Drawing with Nature: Music

**Doodling to music is so relaxing! Try it with pencils, crayons or a brush and paints. If you don't have paint, you can make a wash using coffee or tea (strong, just a little water and no milk!)**

To link with nature, think about a tree, flower, animal or landscape - just choose one for now.

Play some music. Stand or sit with space around you. Choose one part of your body to move to the music – maybe your shoulders or your hands, your ankles or your hips – just gently moving. Let the movement slowly grow to the next part of your body, and again, until little by little, your body feels looser and your mind feels lighter. Recall the animal, plant or landscape you've chosen.



**Imagine it moving...**

**Imagine a breeze travelling across it...**

**Sunlight warming it...**

When you feel ready, sit down ...pick up your pencil, crayons or brush and continue responding to the music. Don't plan anything, just allow it to happen, a flowing doodle – no judgement, just enjoy the music and let your mark-making flow.



Maybe an image will come - maybe it'll be more of an experience. Each time you do this, it'll be different – different music, different mood, different mark-making.

Here's a [music link](https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?si=a9e16cf56c0a4ae7) to inspire your drawing:

[https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?  
si=a9e16cf56c0a4ae7](https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?si=a9e16cf56c0a4ae7)



## **Picking up an occasional natural object that catches the eye is a good way to appreciate and connect with nature.**

It can be a nice idea to dedicate a small space in our home – maybe a window sill, a small shelf or the top of a microwave – to have a mini-gallery, a celebration of Nature. Keep it fresh by letting it update as seasons move on... budding twigs, wild flowers, shells, a feather, dried grasses, acorns and conkers, an autumn leaf. As St David said, 'Do the little things in life'.

Seeing beauty in the small things can help our sense of wellbeing and creativity.

Perhaps you'd like to try these drawing activities again with different words, different music, different walks and at different times of the year. Let it become a habit to appreciate nature through your creativity. And remember, it's not about being good; it's about giving things a go, enjoying and sharing.

### **Sharing your artwork**

You can do these drawing activities again and again. Maybe you'd like to share your enjoyment of drawing with family, friends or online.

You can email a copy of your drawing to [gwanwyn@agecymru.org.uk](mailto:gwanwyn@agecymru.org.uk).

If sharing online, please use #UnearthingCreativity

### **Credits**

This worksheet was created by Caroline Richards for the Unearthing Creativity project. Unearthing Creativity is a collaboration between Marion Cheung, Naz Syed, Creative Lives and Age Cymru, and is funded by the Arts Council of Wales.

