

Gwanwyn Nature Prompt #2

Drawing with Nature: Words

Nature is awesome. Even if we don't have a garden, live by a park or have a view from our window, we can still buy a bunch of flowers. For this activity, we can use words to prompt our drawing... words found - perhaps an inspirational quote or a description in a book - or your own words, some freewriting. Freewriting is writing without constraint, just for ourselves. No concerns about spelling, punctuation or neatness – zero pressure.

It can be helpful to empty our mind first. Sit comfortably and relax your body and eyes. Let your mind follow your breath as the air fills your lungs, body and limbs... then empties from your lungs completely, taking any tension with it. Perhaps you'd like to imagine a soft, golden light filling your body with each new breath - do this slowly, a few times, then gently open your eyes. Now choose a word, an image or a natural object to inspire our senses. Write about it, whatever comes into your head - perhaps for 5 or 10 minutes - make a start and let it flow.



Now you have some words that can inspire and perhaps be included in your drawing.



Take a line for a walk

Think of your line as an extension of your mind, eye and hand - it can draw an image...

...a word

...express beauty

...and darkness.

You can experiment by giving your line character – emphasise some areas, contrast light and dark, jumbled and spacious. Be playful with your mark-making.



Remember, no judgement, just enjoy!

“Art does not copy nature - it suggests it.” Ernst Gombrich

“I found I could say things with color and shapes that I couldn't say any other way... things I had no words for.” Georgia O’Keeffe

“You will have to experiment and try things out for yourself and you will not be sure of what you’re doing. That’s alright, you’re feeling your way into the thing.”
Emily Carr

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.

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.

