

# CONNECTING WITH NATURE

Art | English Language Arts | Physical Education & Well-Being

Possible curricular outcomes, artwork dependent: Science, Social Studies

## Look closely

Stop and quietly look at this artwork for at least one full minute.

- What do you notice?
- Use your view finder to help focus on any areas that make you curious.
- Take a moment to imagine you are inside the artwork. What can you hear and smell?

## Questions

- What feelings emerge for you as you look at this artwork?
- What does this artwork make you think about?
- What do you wonder about this artwork?

## Learn more

Connecting with art and nature inspires creativity and focus. They both offer benefits, including reduction in anxiety and boosting a person's mood.

## Activity

Materials: pencil, paper, markers, crayons, or pencil crayons.

Optional: camera phone and recording device.

1. Find a natural environment that you find grounding and calming. It could be in your school yard, neighborhood, a view out your window, or a new place you discover.
2. Spend time experiencing this place.
  - a. What do you notice?
  - b. What sounds do you hear?
  - c. What sensations do you feel?
  - d. What thoughts or emotions arise?
3. Record of your time with nature by drawing a picture, journaling, taking a video, or recording a soundscape. You can use this memory as a grounding and calming resource in the future.

## Share!

Share your connection with nature with a classmate, or you can email us at Glenbow:  
[schoolprograms@glenbow.org](mailto:schoolprograms@glenbow.org).

## Additional questions and thought starters

- What do you think inspires this artist?
- How would you describe this artwork to someone who has never seen it?
- Do pictures paint a thousand words? If so, how?
- What questions do you have about the artwork?