

# THE MINDFUL SCHOOL

## Student Lessons - Level 1



### CONCEPT:

TO BRING AWARENESS BY BEING MINDFUL THROUGH ART USING ORGANIC MATERIALS

### EXERCISE NAME:

NATURE ART

### EXPLANATION:

THIS ACTIVITY INVITES STUDENTS TO REIMAGINE ORGANIC MATERIALS IN A CREATIVE WAY BY MAKING ART INSTALLATIONS WITH THEM. THIS LESSON AIMS TO CHANGE CHILDREN'S OUTLOOK ON NATURE AND THE NATURAL WORLD, AND VIEW THE WORLD AROUND THEM THROUGH AN ARTISTIC LENSE.

### METHODOLOGY

- CHILDREN WILL WORK IN THE OUTDOOR CLASSROOM
- CHILDREN WILL COLLECT ORGANIC MATERIALS (LEAVES, TWIGS, STONES ETC.) IN SMALL GROUPS AND WILL CREATE ART PIECES WITH THE MATERIALS, USING THE NATURE ART FRAME (SEE RESOURCES) TO FRAME THEIR CREATION
- CHILDREN WILL PHOTOGRAPH THEIR WORK, AND WILL THEN RETURN THE MATERIALS TO NATURE
- CHILDREN WILL BE ENCOURAGED TO ENJOY THE PROCESS IN THEIR OWN TIME AS OPPOSED TO FOCUSING ON THE FINISHED PRODUCT

### REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHAT HAVE YOU MADE USING ORGANIC MATERIALS?"  
"HOW HAS THE ORGANIC ART PROJECT CHANGED YOUR WAY OF THINKING ABOUT NATURAL MATERIALS AND THE WORLD AROUND US?"

### REFERENCES:

LESSON #:

3

# LESSON RESOURCES

## Outdoor Classroom



*Organic Materials - leaves, flowers, twigs, stones etc.*



*Camera*



*Background Paper*



*Example*



Source: <https://www.fantasticfunandlearning.com/10-ideas-for-creating-with-natural-materials.html>

