

Scouting at Home



Suitable for: All Sections
Time needed: 90 minutes



Creative & Personal Growth
Challenge Area

Inspired by nature

Go on a hike around your area to create an artistic project that reflects the feelings brought about by your surroundings.

You will need

- Notebooks
- Pens and pencils
- Crayons and colouring pencils
- Phone with sound recording abilities (optional)
- Camera phone (optional)

Instructions

1 Do some research into how artists, writers, poets and others have been inspired by nature for centuries. Go on a hike to a natural location or green space where you can create your own poem, piece of descriptive writing, drawing, abstract painting, recording or short film inspired by the natural world around you. It could be something else – think of other ways of expressing how you feel about nature.

2 Think about the best place to go in order to find inspiration – do you have any ideas of natural spaces you could hike to?

3 Once you've reached the perfect spot, settle down and work on your project. If the weather isn't very

good, you can create the artwork back at home. If it's too tricky to transport painting equipment and other art supplies, you could make a sketch to paint later, or take pictures that you can use to create a drawing or painting.

4 When creating your artwork, remember to really take in your surroundings. Use the tips on this page for a mindful hike and to use your senses to create your art. Paying close attention to all our surroundings and being in the moment can also be really good for our mental health and wellbeing.

Find inspiration...

- [Nature Photographer of the Year](#)
An annual competition
- [Untitled landscapes](#)
Abstract paintings by Etel Adnan
- [A Light Exists in Spring](#)
A poem by Emily Dickinson
- [Nature Cure](#)
A memoir by Richard Mabey about the healing power of nature
- [What a Wonderful World](#)
A song by Louis Armstrong

Find your inner artist with a mindful hike

Breathe:

Concentrating on breathing can make us feel calmer and help us to smell our surroundings.

Listen:

Can you hear birdsong, and if so what does it sound like? Can you hear traffic? Does that affect the way you feel? What else can you hear?

Touch:

Put your hands on the trees, pick up a pebble, and run your hands through the grass to get in touch with nature.

Look:

Sit or stand quietly and see what you can see. Are the leaves moving in the trees? Are there any animals moving around? What colours can you see?

Outcomes

You will go on a hike and spend time outdoors, improving wellbeing and valuing the outdoors. You will channel your feelings and observations into drawing, painting, writing, poetry or other artistic outlets.