



Be a
#ForceForNature



Taking It Slowly

TOPIC: ART

THEME: Trees & My Health

Aim - A lot of the time children and young people's lives are very busy – rushing to get to school in the morning, rushing from lesson to lesson, rushing to the front of the dinner queue, rushing home! So these three art activities are designed to help them create something special, and in the process, slow down, be more mindful and take a proper look around them.

Allocate a good amount of time for these activities, to allow the pupils to really look, think and pay attention. The idea is that they take their time and have space to focus on their art and not the everyday worries of life.

Activity 1: Take time to look

This activity is very simple. Hunt for colours around the school grounds. You may want to start by asking them to see how many shades of one colour they can find (green is good!). They will be surprised by how many different greens there are.

Once they've got the hang of this, they can either look for lots of examples of another colour or count how many different colours can be found – this may vary at different times of year.

Think about how students could record their findings:

- taking photographs
- matching them with paint charts
- trying to match the colours they found with paints.

They can watch how natural colours fade when compared with the colours they make with paint.



Weblinks

lfl.org.uk youngtreechampions.org treecouncil.org.uk

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Activity 2: Big and Small

This activity is designed to get the children and young people looking very closely at a subject. They can work on their own, in pairs or in small groups – or even the whole class! They should choose a very simple subject, for example their favourite tree – then draw it as small as they can. Can they make it as small as a £1 coin?

School grounds are great for the next part of this activity as there is generally space! Allocate a space to each artistic team and ask them to create a picture of their subject as large as they can within their space. You could give them different materials to work with such as chalk, rope or twine, PE equipment or sticks and stones.

Can you view this big picture from anywhere high up?



Activity 3: Nine Objects

Ask each pupil to collect nine objects.

Then, give them a large sheet of paper or a space on the playground upon which they should lay out their objects however they like.

Give them lots of time, record the image created if you can, then ask them to lay the objects out in another way.

Repeat this three or four times.



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