

Creative Engagement Activity Ideas

Nature Art Prints

This activity brings together opportunities to spend time outdoors, engage the senses, curate readily available materials, and explore the artist within.

Materials

- **Start by spending 20 minutes in nature.** Collect rosemary, leaves, flower blooms, anything that piques your interest. The more texture, the better!
- **Set up your workspace.** Heavyweight paper, ink pads, a plastic tablecloth, wet wipes or paper towels, and your collected nature. Add broccoli or lemons from your refrigerator.
 - **Additional materials can include** markers, colored pencils and pens.
- **Turn on your favorite music.**



How to

1. **Press** your nature objects firmly into an ink pad.
2. **Transfer the inked object** onto the paper.
3. **Press the inked object** firmly into the paper, then pull off the nature object to reveal the print.
4. **Create** an image, a story, or a pattern. Whatever you like!
5. **Embellish your art** with colored pencils or markers. Enjoy the scents of the materials.
6. **Title** your art.



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Nature Art Prints (continued)



“Two People Playing Tennis”

Benefits

Creating and engaging in the arts helps to increase a sense of well-being, reframe a sense of self, and foster communication and connection with others, in as little as 20 minutes!

When we encounter plants, water, and other natural elements, it reduces our adrenaline, blood pressure, and heart rate. Just 20 minutes in nature significantly lowers cortisol levels (the stress hormone).

Tips

1. Allow your family member to pick which nature items and ink colors they want to use in their artwork, as well as where to place these items on their composition.
2. Refrain from assisting unless they ask for or need assistance.
3. Start small. You can always add more items and color later.
4. Use the activity as a conversation starter. Collecting nature items, assembling materials, choosing colors, selecting music, noticing the smell and texture of items collected can naturally lead to asking questions like “Do you think this flower is pretty?” “I always loved my grandmother’s lemon bread, the smell of lemons is wonderful.” “I love that we have a rosemary bush in our backyard.” See where the conversation goes.



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