



Creation Elixir

CREATIVITY AND
EXPERIENCES

with Nature

Activities for the family, friends or just
for you.

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Here are some ideas to do with children or to entertain your inner child, while experiencing nature. These ideas were gathered from different platforms or are practices I currently have. The goal is to ignite the imagination and creativity, experience nature and spark your senses.

Remember, when in nature, greet the land in which you are, ask permission to the land to be there and thank the native habitants of the land. if you don't know the history of the natives of the land, is a great opportunity to learn about it.

You will notice that in the majority of this activities, I encourage you to not glue down, or o permanently add the elements to the surface. I do this because this activities are better when we take an approach about the process and not focus on the “product”, also, we let go of any attachments. You can document your creations an experiences with a photo, but then, it will go back to nature were it belongs, we let it go.

When gathering nature elements, always ask permission to mother nature. If you want to collect flowers, make sure there is enough for the bees and other insects and birds to feed on. There is always enough foliage on the floor from which you can collect.

Also, be careful of hazards, like poisonous plants, insects or other animals native to the land. having fun with safety is a priority!

Now, for the fun part. Happy Creating time!

Sheila.



CREATIVITY

1-Color Nature Hunt.

In a piece of paper or any surface, paint a variety of colors with crayons, watercolor, or any coloring medium. Ask participants to find nature elements with that color range.

The color doesn't have to be exact. The idea is to discover the variety of shades within nature. At the end you can ask to describe the nature elements and colors, or ask what is your favorite one.

If you want to go further with this exercise, you can create a painting with any preferred medium inspired by those colors. The idea is to play and have fun!.

At the end you can offer the elements gathered back to nature and give thanks to the land!

2-Nature Mandala

Go and explore for nature elements to make a mandala. It can be leafs, small branches, rocks, seeds, etc. A mandala is a geometric shape that means "circle" in Sanskrit. It is a common design among many different cultures and often appears as the sun, moon, and earth. This nature-based activity allows children and adults to observe patterns and cycles found in nature, which will help transition from one season to the next.

The size of the mandala depends on the amount of nature elements you have, your time, or span of attention. It is a fun activity that can be done in a group as a collaboration or individually. You can also do a difrent form, it doesnt have to be a circle.

At the end you can offer the elements gathered back to nature and give thanks to the land, or you can leave it for other person to find it!





3-Creating insects and creatures with nature elements
 Gather nature elements that you can then transform in to your favorite animal or insect. You can be inspire to create bees, butterflies, birds,etc. The purpose of this activity is not to create an exact replica of an insect. Play with your imaginations! You can even create your own personal creature!

(You can combine this activity with experience #3 in the next section)

At the end you can offer the elements gathered back to nature and give thanks to the land!



4-Nature collage Journal

For this activity, I invite you to have a “journal” that you can continue to use every time you go on a nature walk. It doesn’t have to be an art journal, it can be a notebook, a bunch of stapled paper, you can even recycle books that no longer serve you. Gather nature elements that you like the most during your walk. Is better if they are leaves, feathers, or any foliage that can be easily press between the pages.

I suggest to use tape to secure your foliage, but you don’t have to. After the foliage is in the place you want, write a word for the day that describe how are you feeling. You can then add more description to that page and add paint or color with your preferred medium, is about the process, so have fun!. If you are doing this activity with small children, a descriptive word is enough. Add the date at the end, so you can revisit later and compare different emotions and feelings.



5-Art frames for Nature

With any flat surface like paper, cardboard, old envelope, recycle promotional material...make a design in the middle that you will cut out (this part is better fit for an adult because it involves cutting). You can make a punch in the middle, if you are using scissors, and start cutting from the inside forward. You can also use an exacto knife.

After you have the form cut out, you have your “frame”. Now you can start discovering parts of nature that you like the most and “frame it”. I suggest taking a picture to document this experience and then share with other people or just for remembering the experience.

You can do a different form in the next walk, and this way you can repeat this activity many times.



6-Self portrait with nature

For this activity you can use a plain paper, a cardboard, any flat surface like a notebook. Gather some leaves and sticks or any small nature element. Start to create your portrait, adding leaves to your hair, sticks to your body, seeds to your eyes if you want. Then, with a crayon or marker, draw your face or any other part of yourself that you want. Is not about perfection, is about play and the experience.

You can then do a show and tell and take a picture. If you are an adult or an adolescent, i encourage you to do the activity and think you are 4 or 5 yearsl old. Your Inner Child will thank you.

At the end you can offer the elements gathered back to nature and give thanks to the land. You can also use your drawing for a future walk and just add nature elements.



Experience

1-Cloud gazing

As a kid, this was one of my favorite activities. After you find a safe spot to lay down, and you are sure there are no hazards on the ground, look at the sky and find shapes in the clouds.

You can try to find creatures from nature in the clouds, or characters that you can use to create a cloud story. Talk about what you see: Shapes, colors, creatures, or other forms in the sky. Make it a game to see who can come up with the silliest descriptions!

Challenge each other to find the best description of a particular cloud (before it changes!) or make up stories about the creatures you see up there. You can also talk about other things besides clouds you might see such as planes, birds, trees, or bugs!



2-Creating a Nature Perfume

For this activity, I invite to walk in nature and start smelling the different aromas. You can make notes of the aroma that was notice and describe it, How does it smell?. After a good amount of time smelling the aromas, start selecting the ones that you like the best.

You can just smell and take notes, or you can gather the elements and go to your “lab” in the park, and start formulating your “perfume”. After you create your imaginary “perfume” just name it. You can also describe what type of bottle your perfume will be, for what occasion you will use the perfume, etc.

Use your imagination!





3-Feeling the textures and creating a treasure

After going for a walk, I invite you to notice the different types of textures you can find. If the nature elements are on the floor, you can gather them. Start describing how they feel. Are they soft, rough, silky, pointy, dry? After you finish describing, you can put them in an imaginary treasure trunk, and revisit in a future walk or maybe somebody else will find the treasure.

(You can combine this activity with experience #3 and #6 in the creative section)

4-Tasting and comparing

When we go for a walk, we often take some snacks with us, like fruits and nuts, tea or juice. Sit down in a selected area, and start tasting your snack. Now, let's try to compare the thing you are eating, with a nature element. For example, a grape can taste fresh and cold, maybe similar to the water in the lake at the park or the river. An almond can feel grainy, like the soil on the ground. A cracker can feel a bit dry like the trunk of a tree.

The possibilities are endless, and you can have a lot of fun inventing similarities!

(This is an imaginary exercise, please don't digest nature elements from the park just for the sake of comparing flavors and textures. Specially if you are not sure of what you have in your hands, it can be poisonous.)



FILM NEGATIVE

5-Looking for the small things

During your nature walk, I invite to look for the smallest thing you can find. There are many elements of nature, including insects, that are so small that we barely see them. Let's observe, let's look for details, let's just stop time and not rush things out. If doing this activity with a group, please share with each other your discovery!.



FILM NEGATIVE

Think of yourself like a human telescope, and just observe and discover. You can document your findings or just experience it. Have fun!!



FILM NEGATIVE

6-Befriend a tree

I invite you to find a tree in your walk that is your favorite one for that day. After looking around that the area and the tree is safe and without hazards, you can sit next to the tree and let it give to you what you are needing. You can also talk to the tree, they are great listeners. At the end of your time with the tree, you can hug him and say "see you soon" and give thanks!



FILM NEGATIVE

Hugging a tree increases levels of hormone oxytocin. This hormone is responsible for feeling calm and emotional bonding. When hugging a tree, the hormones serotonin and dopamine make you feel better. So please hug a tree, and take some time to absorb the good feelings! And in exchange for the positive health benefits gifted to you, why not look out for that tree and others, protect it from damage, plant a tree, and perhaps most importantly spread the word and let's all be #ShamelessTreeHuggers.





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Always remember to have fun while doing these activities. The exercises suggested are just ideas, you can modify or add things to them and make it yours.

Your/their senses will benefit from this. Spending time in nature has a lot of benefits for kids and adults, creating in nature is double the gift! When you finish your day, remember to leave everything clean and tend to the land. Give thanks to the Pachamama for her gifts and tell her you will see her soon!

If you create something with these ideas, please tag me on Instagram and use the hashtag #creationelixir.

Enjoy your process!

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web: www.sheilaburgos.com