

Connect with your surroundings.

Take notice of nature, in your garden or even out of your window.

Be Active take a stroll around your garden to explore the views from your windows.

Keep Learning— Research some drawing techniques

Give— Give yourself some time take deep breaths outside, or even at an open window. Create something to give to someone else.

Eco- Art Benefits to your well-being:

- lower blood pressure
- lower stress response in cortisol and adrenaline
- balances the endocrine (hormone) system
- reduce inflammation
- slow heart rate

Eco-Therapy

Combining art and nature. art.

Aim— To engage with nature and art and explore the benefits of working with nature and texture.

Highlight the connections nature, art and wellbeing.



Crafts such as knitting, crochet, weaving, ceramics, needlework and woodwork focus on repetitive actions and a skill level that can always be improved upon.

According to the famous psychologist Mihaly Csikszentmihalyi this allows us to enter a “flow” state, a perfect immersive state of balance between skill and challenge.

Further Learning-

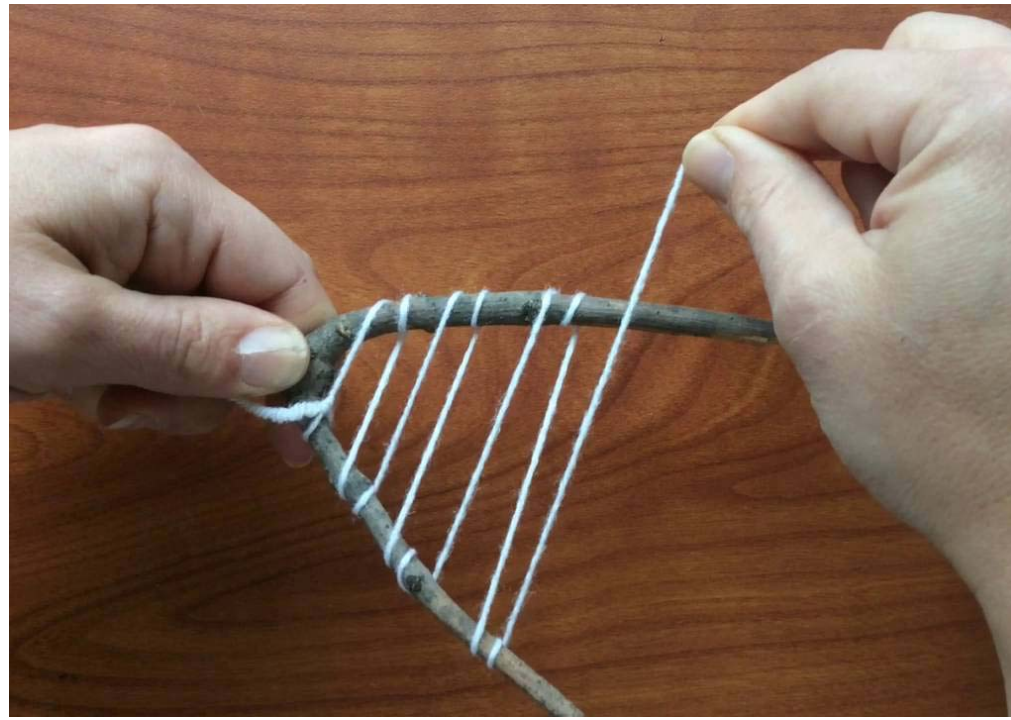
More information on eco art therapy-

<http://www.earthcreateheal.com/ecotherapy>

Techniques in more detail

Weaving techniques-

<https://www.theweavingloom.com/weave-experiments-stick-weaving/>



Activity—

- Go for a stroll, in your garden or on a walk. Find some twigs. Either a 'Y' shape or separate twigs to tie into a triangle or square.
- Loop or tie on strings or scraps of wool as the base of your loom (pictured above)
- The simply weave in and out what you find in nature or scraps of fabric, paper, strings, ribbon, anything!

