

ArtStream

Written Instructional Guide



“Nature Collage with Organic Materials”

For 3rd - 5th Grade Students

With Teaching Artist Alex Ever

Lesson 1: “Foraging for Materials”

Introduction

- Hello! Today we're going to learn about collecting natural material from nature so we can use these pieces to create a variety of non-permanent art pieces.
- Foraging = to wander or go in search of provisions. to search about; seek; rummage; hunt



Materials

- Paper or a clean surface
- A container, bag, or bowl to hold (potentially wet) natural materials
- Natural materials (harvested from a yard, neighborhood, or nearby park)

Recommended

- Paper towel
- Towel



Start with a moment of mindfulness

- Slowly take deep breaths in through your nose. Count 1-2-3-4-5 and clench hands tightly then- release your breath out your mouth while slowly counting 1-2-3-4-5. At the same time slowly relax your hands.
- Repeat this 4-6 times
- This is a way to help our minds and bodies connect to each other. It helps us focus and calm down when we are anxious.



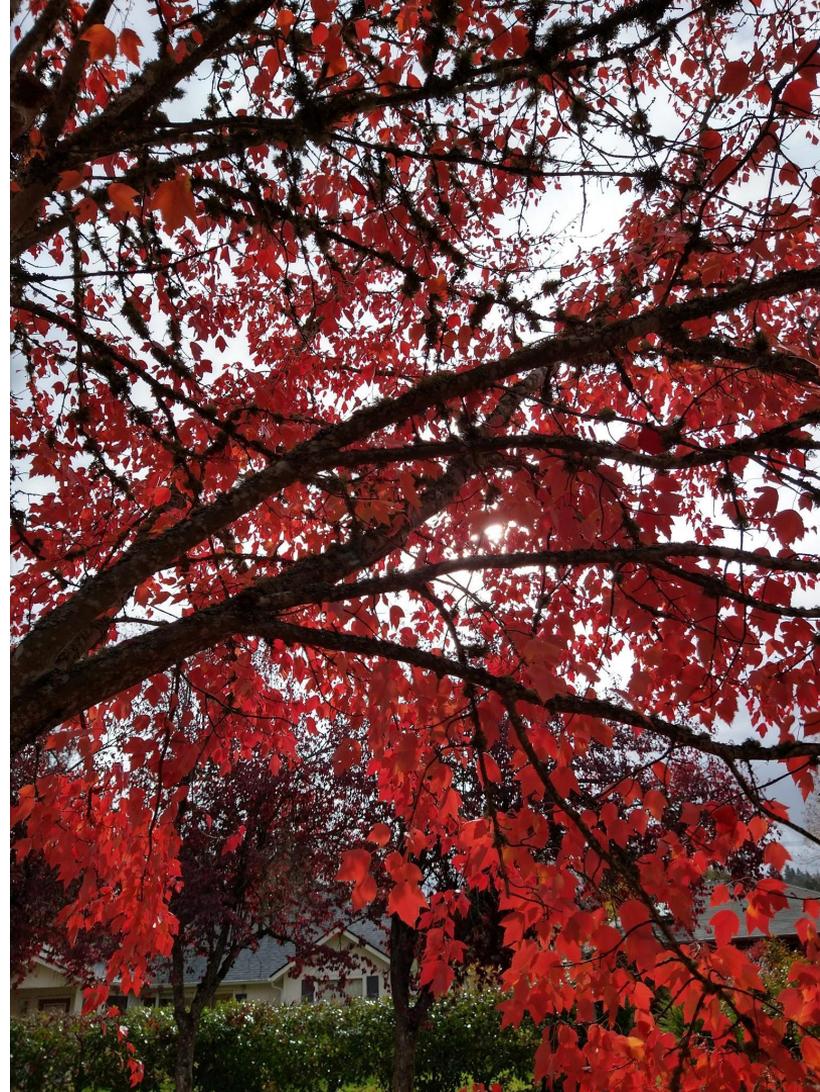
Basic Safety Rules of Foraging

1. Have an adult or mentor with you
2. Have permission to forage in the area if it is not yours. (You don't want to take materials from someone's yard without asking!)
3. Know what a plant is before you touch it. This includes knowing if it is rare or endangered!
4. Only harvest what you need and leave the rest.
5. Only pick the part of the plant that you will use



Going outside to gather materials

- You can gather natural materials in a number of places such as a yard, a sidewalk, a park, a hiking trail.
- Talk with your adult mentor or guardian about where you can go foraging.
- Do you have any ideas?



Foraging in nature: What to collect?

- Aim to collect smaller pieces of organic materials like sticks, rocks, various leaves, grass, nuts, seedpods petals, etc
- Try to gather multiple pieces of the same/similar materials. Aim for 5+ pieces of the same material.
- Pick up pieces of nature that are exciting or interesting!
- Remember to be respectful in the way you pull or pick something off of a plant.



Foraging in nature: Looking closer

- We want to take time to notice the patterns, lines, and shapes we are seeing.
- What are the small details you see? The subtle patterns and colors you don't notice unless you take a closer look?
- Can you find examples of symmetry, asymmetry, and fractals?
- Talk with your adult mentor or guardian about the details you are noticing.



Organize your materials and let them dry

- Find a safe place for your materials to air dry. Placing them on a paper towel or towel for a few hours can help!
- Begin by organizing your materials. Match similar shapes, sizes, and colors
- Your materials will change as they dry. Take a picture of them before they dry fully to compare the changes that occur.



Closing Reflection

- Take a moment to place your hands in your lap, straighten your back, and close your eyes. Picture all the interesting pieces of nature you found. Think about what was your favorite piece of nature you saw while collecting your materials. Take a moment to appreciate the good work you just did. Take a deep breath and open your eyes when you are done.



Thank you!

- Way to go! We always want to take the opportunity to look closely at nature when we can.
- *I encourage you to keep going out into nature when possible. Continue noticing patterns and shapes that maybe you didn't notice before. Reflect on pieces of nature that interest and excite you.*