

ArtStream

Written Instructional Guide



“Nature Collage with Organic Materials”

For K- 2nd Grade Students

With Teaching Artist Alex Ever

Lesson 1: “Nature Treasure Hunt”

Introduction

- Hello! Today we're going to learn about foraging natural material from nature so we can use these pieces to create a variety of non-permanent art pieces.
- We're going to practice foraging by going on a nature treasure 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.



Going on a Nature Treasure Hunt!

- Aim to collect smaller pieces of material that will be roughly the size of your hand.
- Gather multiple pieces of the same materials. Aim for roughly 8 to 15 pieces.
- Pick up pieces of nature that are exciting or interesting!



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



Nature Treasure Hunt List

- Something brown
 - Something green
 - Something red
 - Something many colors
 - A type of seed
 - Something fuzzy
 - More than one type of leaf
 - Something hard
 - Something soft
 - Something that smells nice
 - Something round
 - Something that looks like a line
 - Something bumpy
- ★ We all live in different places and it might be hard to get all these different types of natural treasures. Do the best you can!



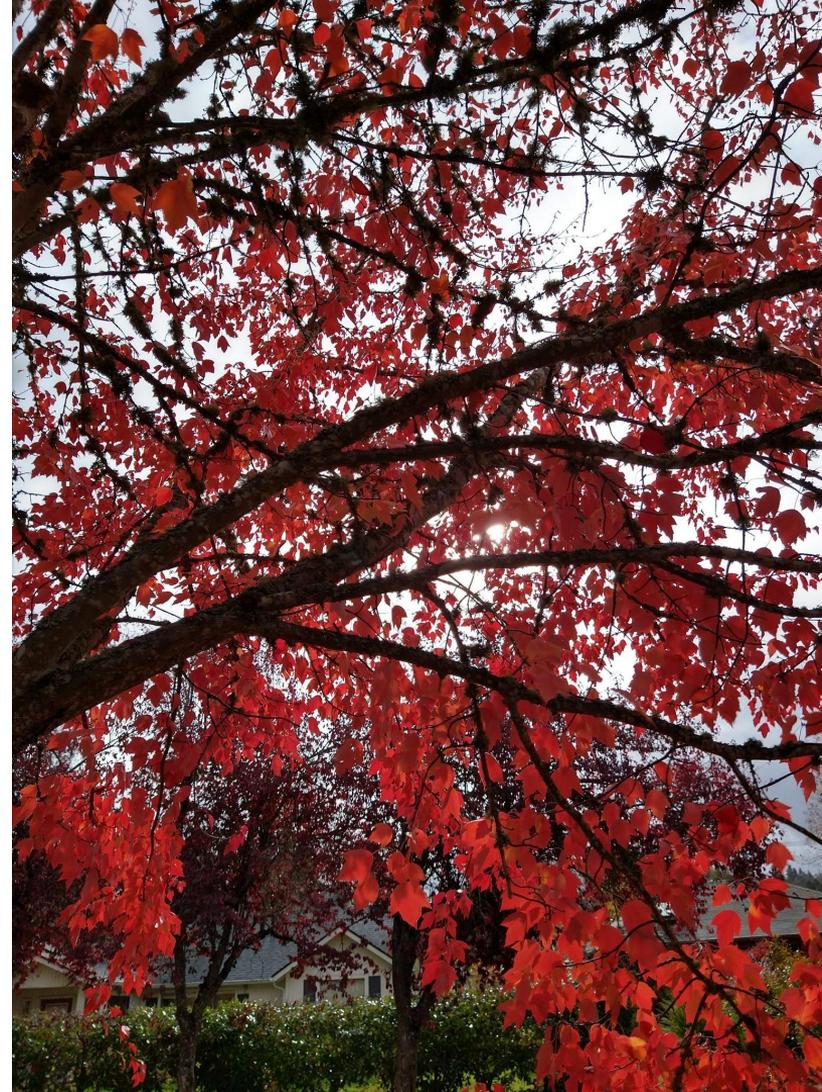
Ideas of what to collect?

- Here are some ideas of what you can look for...
- Twigs, rocks, flowers petals, leaves, pine needles, clover, moss, grass, pinecones, bark, seedpods
- Are there any other natural materials you can think of?



Where can you go?

- 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?



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 if that feels good for you.
- Your materials will change as they dry. You can take a picture of your pieces of nature and look back and see how they might have changed.



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!
- *I encourage you to keep going out into nature when possible. What are signs of the changing seasons that you can notice? Talk with a guardian about what you see.*