

Arty Act: Explore and Connect with Nature.
With Claudia Citton



Explore and collect objects that inspire creativity and mindfulness. These beautiful sunflowers in my neighbourhood inspired me to create a series of symbols.

Other objects I found myself drawn to were feathers, flowers, leaves, branches, pebbles, sand, seed pods and shells.

You can use anything around you to create your Arty Act.

You will need:

- A bag or container to collect found objects
- Found objects.

Optional:

To permanently secure your artwork you can use these items:

- Secateurs or Scissors
- Glue or hot glue gun
- Sewing kit – needle and thread
- String, wire
- Paper or a picture frame

Instructions:

Explore and Find:

Go for a walk, a bushwalk, a coastal walk, explore your own backyard or neighbourhood or simply look around your surroundings.

What do you discover?

What shapes, symbols, textures and colours are you drawn towards?

Collect multiples of any single object that you are inspired by to create a symbol or text that you connect with.

Explore and create:

Use what you find to connect with your creativity: sit quietly alone at a table with your objects. Be sure to be away from any noise and distractions. Feel and connect with your objects. Think about what drew you to your object.

Ask yourself:

Were you attracted to the colour, the way it feels, the shape?

Allow it to speak to you, guide you and inspire you to create a symbol, form or text.

Explore and create: photograph your wonderful creations and share with Hazelhurst. We would love to see your art creations. Use the hashtag: **#hazelhurst20artyacts** to share your creations