



TAKING YOUR SENSES FOR A WALK CHALLENGE

Introduction:

How can we relate to nature's beauty and wonders? What can we learn from nature? How does spending time with nature promote mental, physical and spiritual health? Why connecting with nature builds resilience to stress and helps understand emotions?

Challenge:

Go on a sensory walk outside or take your eye for a walk from the window of your home. Grab your drawing tools to capture nature's beauty.

Be Mindful: Take long breaths, inhale and exhale slowly. Feel your feet on the ground. Look around and let your senses explore. Admire, appreciate, smell, feel and then connect.

Be Observant: Scan the object with your eyes noticing all the details and draw it without looking at the paper.

Be Creative: Create a 3D model inspired from your objects.

Objective:

Feel and capture the beauty of a natural object through senses and create a 3D model of it.

Tools:

Paper and a pencil, exploration journal, craft or natural materials

Prep:

Pause and be aware of what you see, feel, hear, and smell.

Focus : Put your pencil through a sheet of paper, this will block your eyes on seeing the drawing so that you can focus on appreciating the object in front of you.



SHARE!

When you finish your project. Take a screenshot or video and share it with us [#MakerFun](#)

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DAILY CHALLENGE

Join us every week day at 10am AST for a new **Make-At-Home** activity & 1pm AST for an **Outdoor activity** or a **Digital Learning** skill while schools are closed.



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