

GROUNDTING

Have you ever heard someone talk about the environment as if it were a faraway place where polar bears roam? While it's true that such a place exists, the environment is also how we describe the land, air and waters that surround us. We can call it *our* environment because it is where we live. Let's go outside and make art about us and our environment! We call this activity grounding because we are touching the ground, and it feels, well... grounding!

Bring this paper and some crayons or colored pencils outside and find a space that has grass, soil or sand. It can be right outside where you live, or a special park or trail.

Find a cozy spot, take off your shoes and socks, and let your feet feel the earth.

LOOK First, what does it look like to have your feet touching the earth?

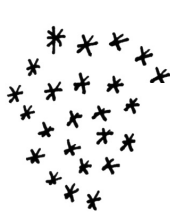


You can draw the grass, soil or sand next to your feet, to the left, to the right, and in-between. But save some room at the top.



FEEL Next, take a few breaths. What does it feel like when the earth touches your feet? Does it feel bright? Soft?

Relaxing? If you could put these feelings to color and shape, what would they look like? Go ahead and draw what it feels like to feel the earth inside your feet. For example, if it feels relaxing, you might visualize waves of blue and purple filling your feet. Or, if it feels energizing, you might draw rays of yellow and orange in your feet. There might be lots of colors and lots of shapes, or just one color. You could also include some words.



IMAGINE



Finally, what if you left a gift for the earth to thank her for this time together? Would you give her a rainbow? What about some sparkles? Squiggles? Or your favorite color? Draw what you would like to gift to the earth from the tips of your toes to the top of the page.

Hope you had fun grounding in our environment! You can do this activity many times. You might feel differently on different days and draw different shapes with different colors.

You can also create your own compositions by drawing your own feet on a blank sheet of paper and arranging them how you'd like. It's not too hard to draw feet... just look and see the shapes that your feet, toes and toenails make. When you draw those shapes, they don't have to be perfect, they just need to look like someone drew them!

