

Nature Drawing

Arts | Drawing



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Nature drawing is meaningful and impactful because it connects us to the natural world, fostering observation and appreciation of its beauty and diversity (BOLD). By drawing nature, we enhance our understanding of the environment, develop attention to detail, and express creativity. It also provides a calming, mindful activity that helps reduce stress and encourages a deeper emotional connection to the world around us (EcoHappiness). Engaging with nature through art can inspire a sense of wonder and responsibility toward preserving our environment.

TIME

15+ Minutes

MATERIALS

- Paper (\$1+)
- OR device with drawing app
- Pencils, markers, or other drawing tools (\$2+)
- A leaf, flower, or other natural objects for inspiration (this could be a digital picture, or you can go out for a walk and collect items for inspiration)



INSTRUCTIONS

1. Start by choosing something from nature that you want to draw. It could be a tree, a flower, an animal, or even a whole landscape. You can look outside, find a picture, or use your imagination!
2. Take a close look at your subject. Notice the shapes, colors, and patterns. If you're drawing a leaf, see how the veins spread out. If it's a tree, look at how the branches grow. This will help you when you start drawing.
3. Begin your drawing by sketching the basic shapes. For a tree, start with a rectangle or oval for the trunk and circles for the leafy part. For a flower, draw a circle for the center and ovals or triangles for the petals.
4. Now, add more details to your drawing. For the tree, draw the branches coming off the trunk and add more circles or ovals for the leaves. For the flower, add more petals, draw the stem, and add leaves.
5. To make your drawing look more realistic, add texture. For the tree trunk, draw lines or small ovals to show the bark. For the flower petals, add little lines to show the veins.
6. If you want to make your drawing look more 3D, try shading. Shade one side of the tree trunk darker to show where the sunlight doesn't hit. Shade the petals of the flower near the center to make them look more rounded.
7. Now, bring your nature drawing to life with color! Use green for leaves, brown for the tree trunk, and whatever colors you see or imagine for the flowers and sky.
8. If you like, you can draw a background to complete your scene. Maybe there's a bright blue sky, a flowing river, or other trees and plants around your subject.
9. Try drawing different things from nature! Draw a butterfly with its colorful wings. Sketch a mountain range with a sunset in the background. Create an underwater scene with fish and coral.
10. Once your nature drawing is finished, share it with your family and friends. Talk about what you drew and what you liked about creating it.

Nature Drawing

RESOURCES

- Giving encouragement and praise: [Praise, encouragement and rewards](#)
- Drawing and its developmental benefits: [What are the benefits of drawing? | Artist Strong](#)
- [Why Nature Drawing and Nature Painting For Kids Are Powerful Relaxation Tools - Ecohappiness Project](#)
- [Do kids benefit from making art in nature? – BOLD](#)

*All prices are quoted from listings on *Amazon.ca*

SUPPORTS NEEDED

Some individuals may need a bit of encouragement! Be sure to prioritize creativity and independence in this activity.

OTHER THINGS TO NOTE

If you can, go outside and draw what you see in nature! Feel the textures, smell the flowers, and listen to the sounds around you. Let all of your senses inspire your drawing. If you can't go outside, use a picture or your imagination to create your own natural scene.