



taking care
of nature and
yourself

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Presentation of the activity

This activity is used to explore what we would like to take care of in nature. We also want to explore the importance of not exhausting ourselves by acting without taking care of ourselves too. The activity includes drawing on a rock. You can go find rocks in your environment (park, short hike, etc.) with the class. The students can use a rock they found on the ground to draw/pain on it later. You can also choose to find rocks yourself and bring them to class for the activity.

Time required

The activity lasts a total of 1 hour.

- 30 minutes to present the instructions and make the creation
- 30 minutes to share your work and for the discussion on the theme of taking care.

Materials required



Rocks



Permanent paint-style markers

- Rocks (either find them in advance or walk with the class to a place where you know you have rocks that are flat enough to draw on, for example in a park)
- Permanent paint-style markers (<https://www.staples.co.uk/office-stationery-retail/pens-and-writing-corrections/marker-pens/sharpie-marker-paint-pens-assorted-pack-of-12-2201070/>) if the rocks are dark
- OR classic permanent markers if the rocks are lighter in color (<https://www.staples.co.uk/office-stationery-retail/pens-and-writing-corrections/marker-pens/sharpie-twin-tip-permanent-marker-assorted-pk-8-2065409/>)
- OR acrylic paint with fine-tipped brushes
- If you want to bring the rocks back to nature, you can varnish the rocks to preserve the drawings ([https://www.deserres.ca/en/collections/art-graphic-mediums-varnishes-resins-varnish-fixative/products/anti-uv-clear-coat-matte-311-g?variant=39426642378885#product-details;non-aerosol](https://www.deserres.ca/en/collections/art-graphic-mediums-varnishes-resins-varnish-fixative/products/anti-uv-clear-coat-matte-311-g?variant=39426642378885#product-details;non-aerosol;): <https://www.deserres.ca/en/collections/art-graphic-mediums-varnishes-resins-varnish-fixative/products/liquitex-matte-varnish?variant=39362134343813>)

Group organization



The drawing/painting activity is done individually, with each student in their place.



The group discussion is done in a large circle, with everyone sitting on the floor so that everyone can see each other and feel included.

Procedure and instructions

Today we are going to draw on a rock something from nature that we would like to take care of or that we would like humanity to take care of. Think about this element of nature. Is it a tree that you know, an animal that you like, a natural space close to here, something that you have heard about recently like [give examples from your community]? The shape of your rock may also inspire you something if you already see a shape in it.

On one side you will draw/paint this element of nature that you want to protect and on the other side you can write “let’s protect _____” by putting the name of what you want to protect.

[Optional] I will bring the stones and varnish them so that you can put them outside afterwards if you want!

Discussion

Rock sharing

Share the rocks with the group. Each student can share their work and what inspired them, how it was to create on the rock, the challenges...

Philosophical discussion on the theme of taking care

- What does it mean to take care?
- How can we take care of nature in the context of climate change?
- Are there different ways to take care?
- What do we need to be able to take care of others/nature?
- How can we take care of ourselves to have the energy to take care of nature?
- Could taking care of ourselves be recognizing when we have no more energy (having reached our limits) and knowing how to recharge our batteries?
- What do you do to take care of yourself?

Conclusion

While it is important to take care of nature, we all have different ways of doing so, and we all have different levels of energy. We can't take care of nature or others if we are ourselves too tired. We can go write on our climate emotions wheel, on the side, how we can preserve our energy and what we can do personally to take care of ourselves.

Example of artwork

