

Sitting quietly in nature and observing the life and patterns going on around you can be a relaxing experience. Recording your feelings, thoughts and observations in a Nature Journal will help you reflect on the experience and can set the stage for future observations and reflections.

Seeing Like Georgia O'Keeffe



Let's go outside to explore a natural object with a magnifier!

Georgia O'Keeffe was a famous American artist known for her dramatic abstract paintings of flowers. She once said...

"When you take a flower in your hand and really look at it, it's your world for the moment. I want to give that world to someone else. Most people in the city rush around so, they have no time to look at a flower. I want them to see it whether they want to or not... Nobody sees a flower really; it is so small. We haven't time, and to see takes time — like to have a friend takes time."

— Georgia O'Keeffe

Credit: Dandelion, Lori Holguin

Materials:

Nature Journal
Magnifier
Pencil
Colored pencils, markers, crayons or paints

Instructions:

1. Go outside!
2. Select a natural object that you want to examine. It could be a flower, an insect, a pinecone, anything!
3. Look at your chosen object just with your eyes.
4. Look at your object more closely with your magnifier. What colors do you see? What shapes stand out to you? Do you notice any symmetry or repeating patterns?
5. Sketch or paint your object as seen through your magnifier, with a closer perspective like Georgia O'Keeffe. Don't feel like you have to include the whole object, instead, focus your sketch or painting just on the part that is most interesting to you. Take your time and continue using your magnifying lens to help you look more closely at shapes, patterns, and colors.

Having fun?

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