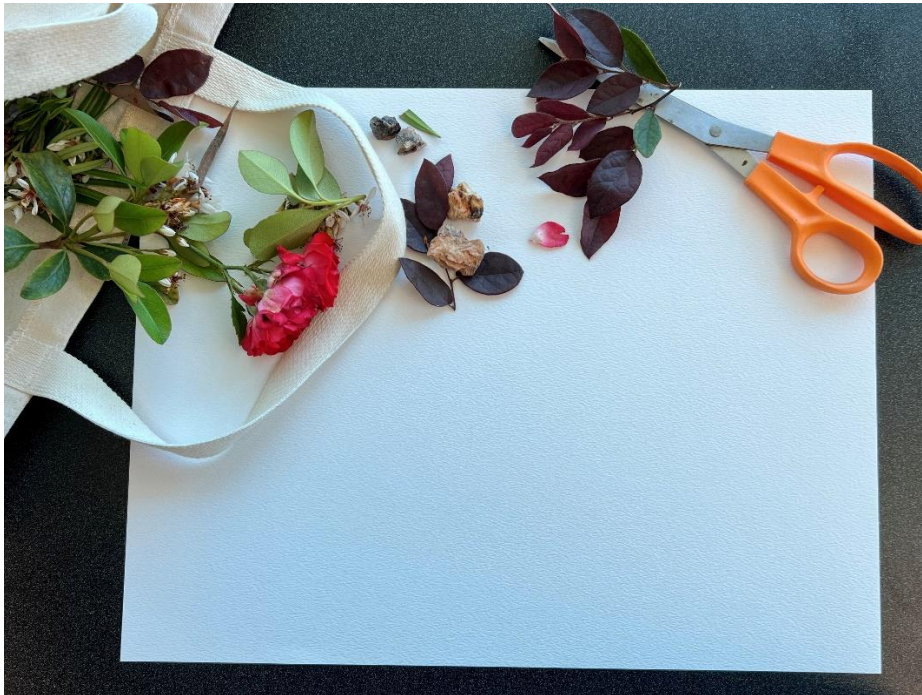


## Bloom and Grow

### Materials Needed:

- A basket or bag
- A pair of scissors or gardening shears
- One piece of watercolor paper or cardstock
- Materials from nature such as wildflowers, pinecones, acorns, rocks, leaves, moss, etc.
- Optional:
  - Glue
  - Silk or paper flowers and other natural materials

1. Stepping outside, notice the natural environment around you. You might see grasses, trees, some landscaping using different plants and rocks, and so on. From what is available to you, gather some of those materials in your basket/bag. You can gather from what has fallen on the ground or cut from existing plants around you using your scissors. Fake flowers or other materials are also fine to use for this project.



## 2. Mindfulness reflection with Tammy

The bud

stands for all things,

even for those things that don't flower,

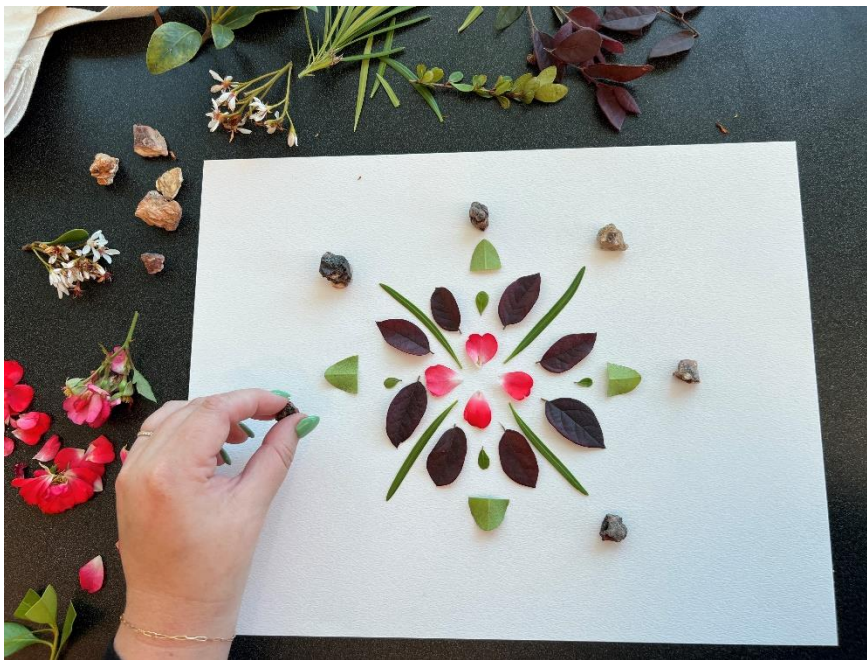
for everything flowers, from within, of self-blessing;

though sometimes it is necessary  
to re-teach a thing its loveliness,  
to put a hand on its brow  
of the flower  
and retell it in words and in touch  
it is lovely  
until it flowers again from within, of self-blessing;

~Galaway Kinnell

As you engage in artmaking with the elements of nature you've collected, let yourself be guided by the spirit of **self-blessing** referred to in this poem. Imagine that you are creating a mandala to honor and bless yourself. When we take the time to be present with ourselves in this way, it supports us in awakening more fully to our true nature of basic goodness and wholeness. Let this artmaking process be an active expression of self-compassion and care for your precious life.

3. With your materials, begin arranging them on your piece of paper. Using tweezers can help with placing smaller pieces of material. You can create designs such as a mandala, a circle/wreath shape, or a border for a future painting or project. Pictured here is a mandala made with rose petals, leaves, and small pebbles.



4. Once you're satisfied with your arrangement, you can begin gluing the materials to the paper piece by piece to finish your artwork or return the materials to nature by placing them back outside.

