



# Module One

## Task: Begin to study nature

Create line drawings inspired by nature in your nature sketchbook. Drawing from life can be a challenge but it is very rewarding. Be sure to add notes if that helps too.

1. Choose a leaf.
2. Really observe and follow the line of that leaf.
3. Touch and get to know that leaf. How does it feel? How does it make you feel?
4. Draw a loose sketch of the leaf in less than three seconds. Remember to keep a free, unencumbered approach here; it's spontaneous and fluid in feeling. Try not to be too precious with it.
5. Draw the leaf again. The second drawing should take you longer, as long as you need to achieve a realistic sketch.

You can do this exercise over and over using different natural objects.

Add to your nature sketchbook whenever you want to but try to keep it as real as possible. The purpose of this book is to understand “seeing”.

Later, you can add some shading but it is important to start with lines, as many as you feel.

Aim to draw every day. Think of it as your very own meditation; your me-time.

It might be an hour or it might be a couple of minutes. It is a precious time where you are in tune with yourself and nature. Your stress levels will go down, you will breathe properly and peacefully. I hope you will find drawing and sketching as fulfilling and as life-changing as I do.

Finally, be proud of your work.

