

'Gardening for Health and Wellbeing'

Activity Guide Ephemeral Nature Art

Def: Ephemeral Art means any kind of art production that is either made not to last for a long time, or made with materials or techniques that ensure it will be destroyed in some way or another in a brief time.

Items required:









Lightweight tray or large plastic saucer

Hessian/natural fabric for liner

Plastic containers or snap seal bags

A collection of natural items – suggested items are pebbles, rocks, shells, sand, flowers, sticks, bark, leaves (brown and green), seed pods, nuts, dried legumes.

Steps:

1. Divide into small groups to head outdoors to gather natural items in containers of

small bags.





2. Place items on table and as a group discuss all the natural items gathered





3. Place liner on tray/saucer used as a base.





4. Working around the table, each participant places a few items onto the art work.







5. Continue around table until as a group everyone decides art work is complete.







- 6. Discuss the items used, how did everyone feel about creating the piece, and any other points of discussion.
- 7. Place art piece on display or pull apart and create a new piece of art.

 TIP take photos during the process to print and include in Garden Journal





