



# 4-H Adventures in Nature

## Nature Art Challenges

I have nature and art and poetry, and if  
that is not enough, what is enough?

~Vincent Van Gogh

Nature has inspired artists since the dawn of history. Explore your inner nature-artist by observing the beauty of nature, then creating something beautiful in turn.

### Eco Art

You don't need any special materials or training to be an artist – just go to your favorite green space and create something beautiful with materials that nature has provided. Creating Eco Art (sometimes called "nature art" or "foraged art") is easy! Look around for natural objects that inspire you and a safe space to create in. Next, collect the objects that you'd like to use and sort them by size, color, or other qualities that make sense to you. (Be sure you have permission, that you're causing as little impact to the environment as possible, and that the materials are safe.) Then, enjoy the process of arranging your materials in a way that is beautiful to you. Look at your creation from different angles and pay attention to how it connects to the surroundings.

(Learn more from the [4-H project resources](#) for [Visual Arts – Nature](#) or [Get Started in Art 4-H project book](#).)

### Paint Brushes

Do you love to paint? Explore a new method by creating your own brushes from items in nature. Safely collect materials like grasses, flowers, or leaves (these will be your bristles) and small sticks (these will be the brush handles). Use a rubber band to attach the items to the sticks, and use your new natural brushes to paint with whatever paints and surfaces you choose.

(Learn more from the [4-H project resources](#) for [Visual Arts – Nature](#) or [Get Started in Art 4-H project book](#).)

### Poet-Tree

Get ahold of a pen – or a pencil will do, Let the beauty of nature inspire you.

Take a rest in the woods – back up against a tree, Creativity flows and a poet you will be.

Take writing supplies with you on a visit to your favorite natural space. Take a few moments to just sit and observe all the beauty around you – sights, sounds, & smells. Use your observations, and the emotions they evoke, as inspiration to create your own nature poems. The [Poet-Tree Worksheet](#) can serve as a guide to learn more about nature poems.

(Learn more from the [4-H project resources](#) for [Creative Writing](#) or [The Writer in You 4-H project book](#).)

For more information about 4-H project manuals or other Adventure in Nature activities, contact Judy Schmidt, [schmid7@illinois.edu](mailto:schmid7@illinois.edu) or Emily Schoenfelder, [eshoe@illinois.edu](mailto:eshoe@illinois.edu).



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