



AWE WALK GUIDE

Curiosity and the quest for the quiet details in our spaces create 'awe' in all of us – something we need in our busy lives. It stimulates wonder, an emotion which drives happiness and creativity, lowers stress, quiets negative feelings and releases oxytocin, the “love” hormone. Connecting with awe can essentially make us kinder humans.

Awe walking is about being present and noticing what’s around you. Our nature and wildlife are made up of so many different shapes, colours and patterns, and focusing in on them has the power to help us feel calm and inspire joy.

So, grab a pen or pencil, start your Awe Walk and let’s begin exploring together...

SHAPE

Take a moment to look around. What catches your eye? A spiky leaf, a cluster of berries, or the arch of a branch? Draw their outlines, focusing on the simplicity of their forms.

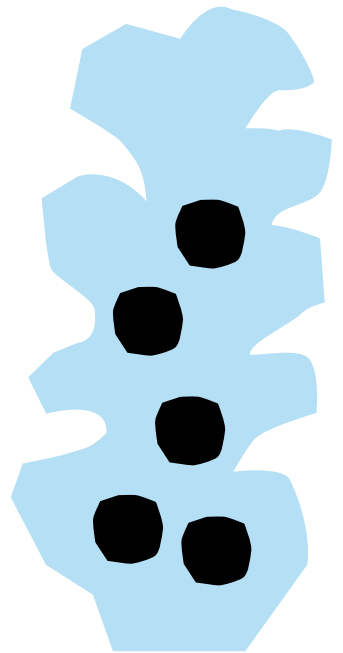
PATTERN

Nature is full of repetition and rhythm - from the zigzags of branches up high, to the stripes in long grass underfoot. Look high and low for patterns and their repeated shapes and draw them below.

BIG AND SMALL

Awe can come from the tiniest details or the grandest forms. In the left box, zoom into something small, like the delicate veins of a leaf, and draw what you find. In the right box, go big! Capture something mighty, like a towering tree trunk silhouette.

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TEXTURE

Touch your surroundings - are they smooth, ridged, rough, or fuzzy? Translate those textures into drawings. Use marks to express their character.

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CREATE SOMETHING NEW!

Using your nature-inspired marks and shapes on this worksheet, create a new joyful pattern. Perhaps you repeat your favourite shape, or maybe you layer a combination of different forms on top of each other? Add some colour if you can and let your creativity flow!

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I hope your Awe Walk inspires you to discover the joy and wonder in nature's details and find a new appreciation for the wildlife around us. I'd love to see what you create! Share your artwork with me on Instagram @_cocolom_