

Ways to Wander : a mindful drawing approach to experiencing and celebrating Durlston.

To celebrate and really engage with the beautiful Durlston environment we'll create drawings, real or imagined.

Using an approach to focus on the present moment by using all our senses to bring our awareness to the immediate environment, we'll create a drawing with simple drawing and site-specific materials or just by looking.

You may want to have some paper or surface to make marks on and a mark making tool, like a pencil or similar, although this is not necessary.



- Find a place where you naturally stop, where you feel comfortable in your surroundings to pause for a while.
- Take a big breath or two.
- Just stand or sit where you are in silence for a moment.
- Close your eyes.
- Listen to all the sounds around you, natural and man-made, whatever is going on.
- Smell your surroundings! Each area will have its own seasonal smell.
- Gradually bring your attention to what you are feeling on and in your body: do you feel any sunshine touching you; is there a breeze; are you comfortable - hot or cold?
- Can you feel your heartbeat?
- Can you hear your breathing?
- Take a moment to listen and feel where you are.
- Take another deep breath or two
- Open your eyes
- What now takes your attention? Let your eyes alight on something.

Taking your paper and mark making tool - pencil, or picking something up from the location, (a stick, a pebble, a piece of grass, a leaf) - rest your hand on the paper, looking at whatever it is that has your attention.



- Whilst you are looking and, without looking at your paper, bring your chosen tool to the paper.
- Trace the object of your attention with your eyes. Simultaneously, make a mark on the paper with what you are holding.
- Follow the line of what you are looking at whilst marking the paper - don't worry if you come off the paper, just feel for the paper again and carry on looking and drawing, wherever your hand touches the paper. Try not to look at what your hand is doing.
- If you have no paper, just look and follow the contours of what you are looking at as if you were tracing it. Just tune in to where we are and draw with your eyes!
- When you feel that you have followed your looking sufficiently, close your eyes and take a breath.
- When you open them again, look at the paper if you are using it.

What you have drawn is the experience of the 'thing' in your view, whether you have used paper and tool, or your eyes. No outcome at all is necessary ... just feel the joy of taking time to be in this special place and keep your memory of being here at this moment.

