



Gwanwyn Nature Prompt #1

Drawing with Nature: Outdoors

Welcome to this small selection of activity sheets inviting you to allow time to draw. Perhaps you haven't drawn since you were a kid. If the idea of drawing after such a long time is daunting, just think of it as making marks instead. No pressure, no judgement, it's just you and the paper having some fun.

Treat yourself to a walk in nature, a browse in the garden or some quiet time sat under a tree or on a park bench.

While you're there, keep your eyes open for some natural objects such as leaves, a flower or seed pods, to bring home with you. Other ways to bring nature into your home could be buying some flowers or finding an image you like of maybe a landscape, a tree or bird.

As you're collecting your natural objects, or later back home, take time to look and feel the objects, maybe smell them – be curious about their weight and texture, their strength or fragility. When was the last time you held a common object and tried to see it with fresh eyes? Staying curious keeps us young and drawing helps us really look.



Awgrym Natur y Gwanwyn #1

Arlunio gyda Natur: Awyr Agored

Croeso i'r detholiad bach hwn o daflenni gweithgaredd sy'n eich gwahodd i dreulio amser yn tynnu llun. Efallai nad ydych chi wedi tynnu llun ers pan oeddech chi'n blentyn. Os yw'r syniad o dynnu lluniau ar ôl amser mor hir yn frawychus, meddyliwch amdano fel gwneud marciau. Dim pwysau, dim barnu, dim ond chi a'r papur yn cael ychydig o hwyl.

Ewch am dro ynghanol byd natur, o gwmpas yr ardd neu treuliwch amser tawel o dan goeden neu ar fainc yn y parc.

Tra byddwch yno, edrychwch o'ch cwmpas am wrthrychau naturiol y gallwch eu cymryd yn ôl i'ch cartref fel dail, blodau neu hadau. Gallwch hefyd ddod â natur i'ch cartref drwy brynu blodau neu ddod o hyd i ddelwedd rydych chi'n ei hoffi o dirwedd, coeden neu aderyn.

Wrth i chi gasglu eich gwrthrychau naturiol, neu ar ôl cyrraedd gartref, cymerwch amser i edrych a theimlo'r gwrthrychau, efallai gallwch chi eu harogli - byddwch yn chwilfrydig am eu pwysau a'u gwriad, eu cryfder neu eu breuder. Pryd oedd y tro diwethaf i chi ddal gwrthrych cyffredin a cheisio edrych arno gyda llygaid ffres? Mae aros yn chwilfrydig yn ein cadw'n ifanc ac mae tynnu lluniau yn ein helpu i edrych go iawn.



Are you ready to draw?

First take a moment to relax your body, soften your eyes, feel any tension leave your body and empty your brain of thoughts. Let your mind follow your breath as it fills your lungs... then take longer to exhale, gently but firmly pushing all the breath out. Do this a few times before slowly bringing your awareness back to the room.

Now you're ready to pick up your pencil

Look at your object - let your eye follow the outline, the shapes, the texture - and as your eye follows, let your pencil draw a line on the paper. Drawing is nothing more than a collection of marks. Sometimes we press softly with our pencil and sometimes firmly. If we vary how hard we press with our pencil, the mark-making becomes even more interesting to look at. As you build confidence, you may find your pencil lines get stronger. These activities are about the drawing experience more than the drawing outcome - so try to resist using a rubber, just lose yourself in the flow of mark-making.



Ydych chi'n barod i dynnu llun?

Yn gyntaf cymerwch eiliad i ymlacio eich corff, meddalu eich llygaid, teimlwch unrhyw densiwn yn gadael eich corff a chewch wared ar unrhyw feddyliau. Gadewch i'ch meddwl i ddilyn eich anadl wrth iddo lenwi eich ysgyfaint... yna anadlwch allan gan gymryd eich amser. Gwthiwch ar holl anadl allan o'ch corff yn ysgafn ac yn gadarn. Gwnewch hyn ychydig o weithiau cyn dod â'ch ymwybyddiaeth yn ôl i'r ystafell yn araf.

Nawr rydych chi'n barod i godi eich pensil

Edrychwch ar eich gwrthrych - gadewch i'ch llygaid ddilyn yr amlinelliad, y siapiau, y gwead - ac wrth i'ch llygaid symud, gadewch i'ch pensil dynnu llinell ar y papur. Dim ond casgliad o farciau yw arlunio. Weithiau rydyn ni'n pwysu'n feddal gyda'n pensil ac weithiau'n fwy cadarn. Os ydyn ni'n amrywio pa mor galed rydyn ni'n pwysu gyda'n pensil, mae'n fwy diddorol i edrych ar y marciau gwahanol. Wrth i chi fagu hyder, efallai bydd llinellau eich pensil yn cryfhau. Mae'r gweithgareddau hyn yn pwysleisio'r profiad o greu llun yn hytrach na'r canlyniad - felly ceisiwch beidio defnyddio dilêwr, a mwynhewch y llif o greu marciau gwahanol.





Often, the biggest thing we have to learn is not to judge ourselves!

Let this be about enjoying the experience, not judging the outcome. Always try to be kind to yourself.

Sharing your artwork

You can do these drawing activities again and again. Maybe you'd like to share your enjoyment of drawing with family, friends or online.

You can email a copy of your drawing to gwanwyn@agecymru.org.uk.

If sharing online, please use #UnearthingCreativity

Credits

This worksheet was created by Caroline Richards for the Unearthing Creativity project. Unearthing Creativity is a collaboration between Marion Cheung, Naz Syed, Creative Lives and Age Cymru, and is funded by the Arts Council of Wales.



Yn aml, y peth mwyaf y mae'n rhaid i ni ei ddysgu yw peidio â barnu ein hunain!

Mwynhewch y profiad, heb farnu'r canlyniad. Ceisiwch fod yn garedig i chi'ch hun bob amser.

Rhannu eich gwaith celf

Gallwch wneud y gweithgareddau arlunio hyn dro ar ôl tro. Efallai yr hoffech rannu eich mwynhad o dynnu lluniau gyda theulu, ffrindiau neu ar-lein.

Gallwch e-bostio copi o'ch llun i gwanwyn@agecymru.org.uk.

Os ydych yn eu rhannu ar-lein, defnyddiwch #UnearthingCreativity

Credydau

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