

# Tewkesbury Creative Walks

These activities were designed to be enjoyed on the Mill Walk, Nature Reserve walk and Station Walk of The Tewkesbury Wellbeing Walks map



## Nature Inspired Line Drawing

with artist Kate Townley

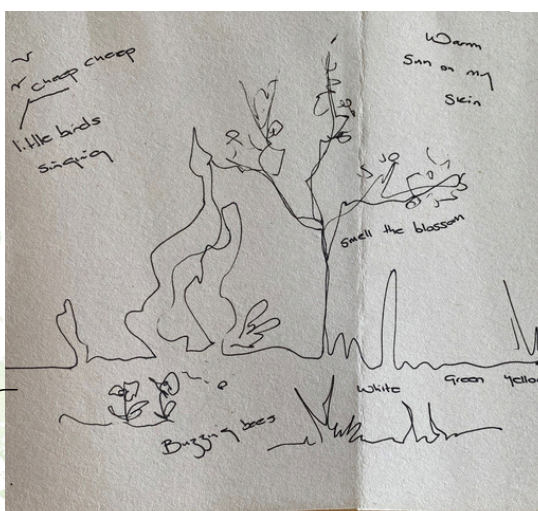
First, find something that you want to draw and pick a starting point on your page.

From here, start drawing and don't take your pen off the page until you're finished.

These drawings won't be perfect, and the joy is in the overlapping lines.

As you are walking take time to focus on your senses and make notes or drawings to describe what you can hear, what you can see, what you can feel, what you can smell...

Write directly on your drawings or make lists to the side, but focus on one sense at a time.



## Create a Mindful Nature Doodle

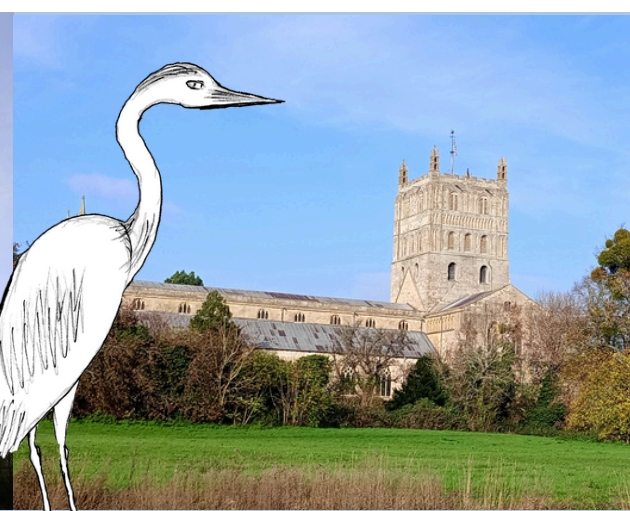
with artist Donna Marshall

First, draw a tree stump.

Start in the centre, and spiral outwards with circles.

Take a nature walk and stop for 5 minutes at 4 different points.

Choose something along the way to add to the outside of your circle, like a flower, animal, or landmark.



## Shadow Drawing with artist Kate Townley



This activity can be enjoyed indoors and outside.  
Find a plant or something that casts an interesting shadow.

Hold a page of your sketchbook so the shadows are on your paper.  
Draw around these shadows with whatever materials you have to hand.







## Nature Weaving with artist Trudi Price

When you next go out for a walk make a collection of natural items that you find interesting.

These could be twigs, bark and leaves and fallen feathers

If you have some additional items such as wool at home add these too.



Once you have completed wrapping the wool around the cardboard start adding your finds from your walk and any additional materials you may have at home.

Attach the items by putting them under and over alternate threads on the board as shown, do the same with pieces of wool or anything else you would like to add.

### Benefits of nature walks

- Reduce stress and improve mood
- Improve sleep
- Supports mindfulness

When you are at home, make yourself an easy weaving board out of thick cardboard and carefully cut some matching slots at the top and bottom of the card (about A5 size).

Next, take a long length of wool or string and wrap it around the slots as shown in the photo.



GCRP has produced a Tewkesbury Wellbeing Walks map, featuring four routes connected to Ashchurch-for-Tewkesbury train station and starting at local bus stops. The map features artwork created in community workshops, facilitated by Art Shape.

GCRP and Art Shape would like to thank those who took part in the workshops and generously allowed their artwork to be shared on this worksheet and the Tewkesbury Wellbeing Walks Map.



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Scan the QR code to  
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Tewkesbury  
Wellbeing Walks  
map



Enjoy this resource safely

Wear sturdy footwear  
Wash your hands after handling  
collected natural items

