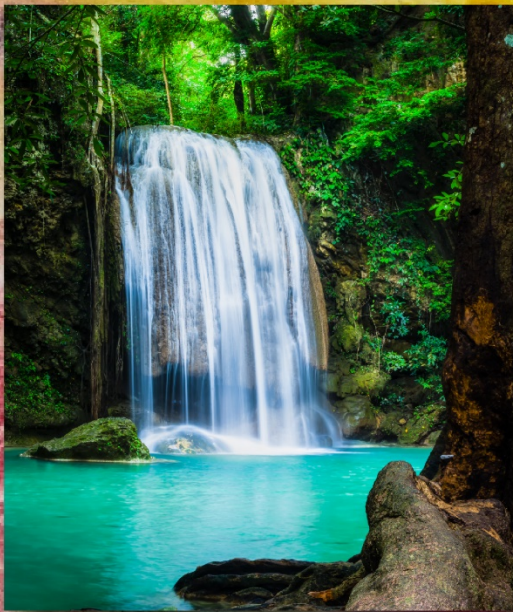


Natural Reflections

Healing the Past, Envisioning the Future

Inspired by the Wisdom of Nature



Activity led by Christine Elder

Welcome!

Thanks for joining me for this *Natural Reflections* activity. We'll be creating vision boards inspired by imagery from nature that are designed to uplift your spirits in challenging times and to focus your intentions on positive affirmations as guidance for each new chapter of your life.

We'll be using simple materials and you won't need any prior experience as an artist. In fact, it's a fun and gratifying activity that your whole family can enjoy, including kids!

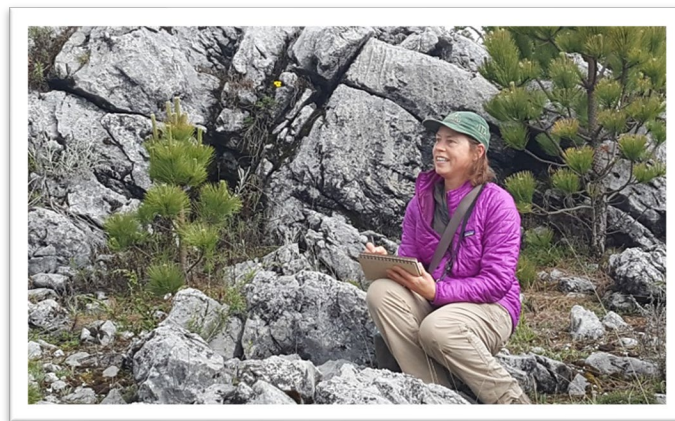
In case we haven't met yet, "Hello", my name's Christine Elder.

I'm a biological illustrator, naturalist, and teaching artist from Oregon where I make my home at the base of the volcanic Cascade mountain range, where the ponderosa pine forests meet the sage-scented desert.

Have fun!

Sincerely,

Christine Elder



Natural Reflections Vision Board Activity

Follow the steps below to create your own nature-inspired vision board!

Watch the video tutorial for this project here: <https://christineelder.com/creative-u-resource-page/>

GATHER YOUR ART SUPPLIES

- A journal and your favorite writing implements in different colors.
- Scissors, decorative pens, and several glue sticks.
- Sturdy mounting board.
- Choice of art media: watercolors, pens, decorative papers, etc.

SET UP YOUR CALM SPACE

- A quiet, private area without tech or people distractions.
- Cozy place to sit with your journal, pens, and favorite beverage.
- Soft lighting, candles, incense, or flowers for inspiration.

BRAINSTORM YOUR IDEAS

- List the core desired feelings that you'd like to envision for this project.
- Pair each with a plant, animal, or landscape that most closely matches that feeling and has a strong personal connection for you.

GATHER YOUR IMAGES

- Images of you: from photo albums, computer, your social media.
- Images of nature: plants, animals, landscapes. Find in your own photos, take new photos, online, stock images, your social media.

ARRANGE YOUR IMAGES

- Create a mockup arrangement of your images in a decorative way.
- You might try a background of landscapes and a foreground of your totem images as I did in my example.
- Choose an appropriately sized mounting board based on your design.

CREATE YOUR ABSTRACT BACKGROUNDS

- Create a decorative, flat-surfaced background upon which your collage of totem images will be glued.
- Try watercolor, maps, origami paper or other decorative papers.

ASSEMBLE YOUR BOARD

- Glue your previously arranged images onto your mounting board.
- Add phrases like “I am *reborn* like a *butterfly*”, based on the phrases and images you chose. Perhaps use calligraphy pens or other decorative writing implements. If you’d prefer to keep the meanings secret, skip this step and let the images speak for themselves.

FRAME AND HANG YOUR VISION BOARD!

- Congratulations, you’re done!
- Create a new vision board for each year or at the start of each new chapter of your life!

Let's Keep in Touch!

I'd love to hear how you liked this project and see samples of your work.

Feel free to contact me via my website.

[Link to Christine's website](#)

I invite you to check out my online courses in nature sketching, painting and journaling.

[Link to Online Courses](#)



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