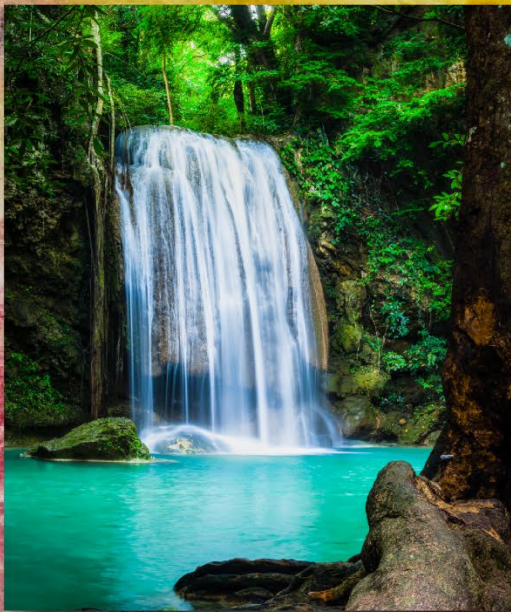


Natural Reflections

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.

Sincerely,

Christine Elder



Natural Reflections Vision Board Activity

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

[CLICK HERE TO WATCH THE WORKSHOP ON YOUTUBE](https://youtu.be/8cMmCDuNhLQ)

(<https://youtu.be/8cMmCDuNhLQ>)

GATHER YOUR ART SUPPLIES

- A journal and your favorite writing tools in different colors.
- Scissors, decorative pens, and several glue sticks.
- Sturdy mounting board; like illustration board or foam core.
- Choice of additional art media: pens, paints, brushes, etc.

GATHER YOUR COLLAGE MATERIALS

- Images of you: from photo albums, computer, your social media.
- Images of nature that inspire you: plants, animals, landscapes.
- Use old books, magazines, calendars, online stock images.
- Other meaningful collage materials such as: decorative papers, stamps, dried flowers, maps, feathers, origami papers and other flat objects.

SET UP YOUR CALM SPACE

- A quiet, private area without tech or human 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.
- Areas of life you'd like to focus on: health, relationships, career, etc.
- Pair each with a plant, animal, or landscape that most closely matches that feeling and has a strong personal connection for you.
- Create affirmation phrases like "I am *reborn* like a *butterfly*" or "*wise like an owl*" etc., based on the feelings and images you chose.

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 personal images as I did in my example (as seen on last page).
- Choose an appropriately sized mounting board based on your design.

ASSEMBLE YOUR VISION BOARD

- Glue your previously arranged images onto your mounting board.
- Use decorative pens to write your affirmations on your images, or if you'd prefer to keep the meanings private, 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 new 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 images of your board.

Feel free to contact me at: hello@christineelder.com.

[Link to Christine's website](#)

If you enjoyed this project, I invite you to check out my [online courses](#) in nature sketching, painting and journaling or my monthly membership, [The Nature Notebook Club](#).



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