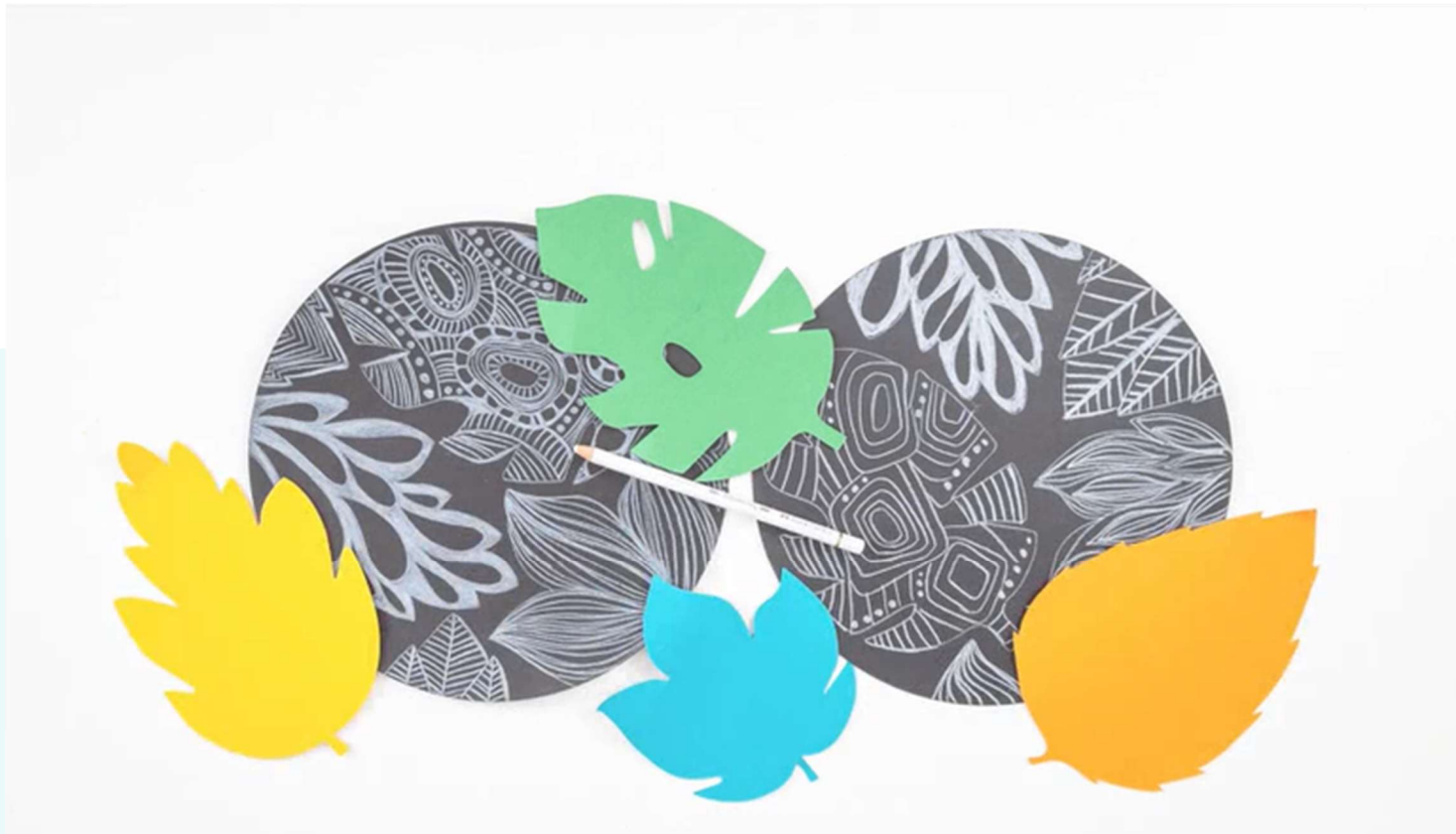


WELLBEING ACTIVITY



Black and White Leaf Drawing

Lesson name	Black and White Leaf Drawing
Duration	1 x 1 hour lessons
Suggested year levels	Foundation – Level 6
Overview	In this lesson, students will engage in a creative exploration of patterns and shapes through the creation of a unique leaf drawing. They will begin by observing and identifying organic forms in plants and leaves. Students will use a paper leaf template to trace onto their chosen paper. After outlining their leaves, students will fill the positive space within the leaves with various lines and patterns. This activity encourages personal expression, as students can incorporate symbols of significance to them.
Curriculum links to wellbeing	<p>This lesson aligns with the Australian Curriculum's Personal and Social Capability. It encourages students to make decisions independently regarding their artwork, from design choices to materials. During the creative process and the mindfulness practice, students work independently, focusing on self-expression and self-awareness.</p> <p>Personal and Social Capability (Version 8.4) The Australian Curriculum (Version 8.4)</p>
Materials	<ul style="list-style-type: none"> • Black paper • White pencil • Leaf template

Activity

Step 1:

Begin the lesson with an exploration of breath, introducing students to mindfulness through various breathing exercises. Guide them to lengthen their breath and pay attention to inhalations and exhalations.

Step 2:

Students will use the paper leaf template to trace onto their chosen paper or drawing medium. The lesson recommends using white pencils on black paper for contrast, but students can use their preferred materials to create their artwork.

Step 3:

With the leaf shapes outlined, students will use their creativity to fill in the positive space within the leaves with diverse lines and patterns. Encourage students to incorporate symbols or designs that hold personal meaning to them.

Step 4:

As students engage in the artistic process, emphasize the importance of mindfulness and being fully present in the moment while they create their work.

Step 5:

Students continue filling the positive space of the leaves with patterns and designs until each student feels their work is complete.

Reflection

- What do you notice about your breathing during this creative activity?
- How do you feel after engaging in both art and mindfulness exercises?
- What inspired the patterns and designs you incorporated into your leaf drawing?
- What materials did you choose to create with and why?
- Reflect on the act of drawing as a form of relaxation and escape from daily worries.

Extension and differentiation

- Students can experiment with different paper types or drawing media when creating their work.
- Students can explore variations of patterns and symbols that hold personal significance and develop their symbol before using them in their work.
- Students can include a variety of colours in their work and discuss the potential impact of varying colours in the artwork and their emotional significance.

