



..... **VICTORIA (HEAD) OFFICE** .....

250.385.2363 | 107-1208 Wharf Street, Victoria, B.C. V8W 3B9

..... **VANCOUVER OFFICE** .....

604.971.5052 | 182 Pemberton Avenue, North Vancouver, B.C. V7P 2R5

info@powertobe.ca | Charity #: 861269959RR0001







### Picture frame:

Have participants collect four sticks of similar length (between 15-20 centimetres). These sticks will be used as frames. After establishing boundaries for the activity, instruct participants that they will have five to 10 minutes to explore within the area established to find a piece of nature (without moving things). Encourage them to find something that they relate to or that speaks to them. It could be the way some rocks are piled, it could be a plant, etc. Have the participants use their sticks to frame the section of nature they chose. Once everyone has finished, have the group come back together and go on a gallery nature walk to share the “pictures” they have framed.

### TIPS:

- > Participants could also share a story to go along with their picture or explain to the group why they picked this certain area.

### SAFETY CONSIDERATIONS:

- > Establish clear boundaries and programming area with participants.
- > Do a sweep of the area to make sure there aren't any poisonous plants.
- > Establish a time frame for exploring and searching for nature to frame.









