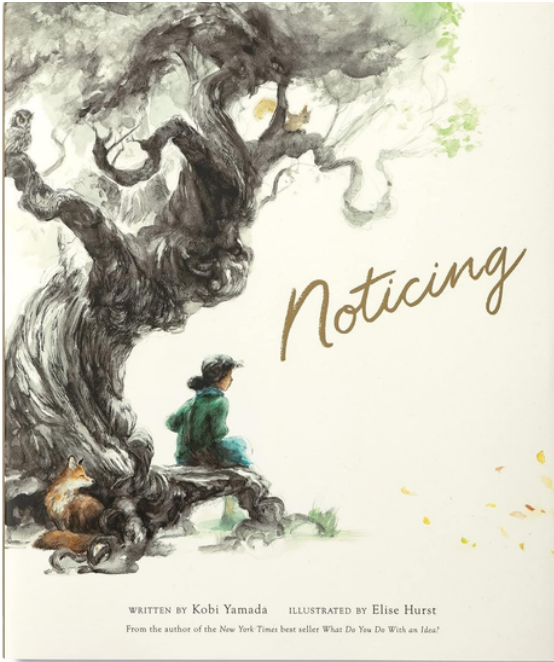


MAKE NEW DISCOVERIES

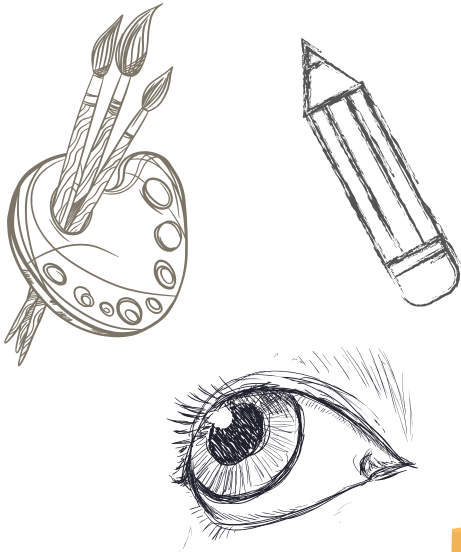


After reading our January #BookoftheMonth, take a closer look at the world around you. Even better, go for a leisurely walk along your favorite path or explore your own yard with fresh eyes. During these observations, write down or create small sketches of what you see or hear. Maybe it is the pattern that bare tree branches create against a clear sky. If you can listen to the wind, consider the sounds you hear, or notice how the wind moves the physical objects in your space.

While you're exploring new aspects of familiar spaces, consider how these spaces make you feel. Nature often impacts our mood, so consider how a walk through the woods on an overcast day feels versus a cold and sunny day on the beach. Using written notes or sketches document these differences and notice how they change based on your location, time of day and even who you are with.

Finally, combine all your ideas to create your own painting to represent what you have noticed. It may be a realistic landscape or an abstract representation of your emotions. What your final project looks like will be up to you and what you have noticed!

When you're done, share your project with us using #LymanAllynAtHome on social media.



January Book of the Month

Noticing

Just as the title suggests, readers will go on a journey to explore new and different ways to view the world. They will join a young girl as she listens and learns, from the perspective of a painter, about the many ways to notice our surroundings. With these observations we can make new discoveries both within the world and ourselves.