



~ Finding Balance ~  
Eco-Art Therapy Activity

**Purpose:** Observing balance in nature to learn how to bring more balance into an area of need in your own life.

**Materials:**

Choose any quality of art materials you are drawn to or have available.

**To Do:**

Take your art materials into nature to a place that feels inviting to you. Ask permission to enter the natural area and connect there.

1. What does balance mean to you? Identify an area in your life you would like to have more balance. Form this into a question and write it at the top of your paper. Close your eyes and identify the imbalance in or around you. If you feel it in your body, notice where it is. With your eyes closed, draw/paint the area/feeling/energy of this imbalance. Give your artwork a title.

2. Look around and identify a natural entity that you see as balanced. This could be a plant, flower, tree etc. Spend a few moments sensing it. Ask this natural entity how it would define balance. Draw a picture of what you see, sense, feel as it's balanced qualities. Give your artwork a title.

**Journaling Reflection:**

Look at your first drawing/painting of your personal balance need. What feelings does it stir?

Look at your second drawing. Think of it as showing you possible insight or answers to your balance need. What aspects of balance did you focus on? What about this natural entity attracted you to it? What message does your artwork have for you?

Lay your two drawings side by side. How do they interact with each other? What thoughts and feelings come up for you? Do you observe any metaphors or solutions within your drawings? What do you sense nature is revealing about your balance need?

**Summary:**

What do you want to remember from this place? Is there some wisdom observed that could be helpful to you? How can this be applicable: Within your own life? Within your community? Within the world?

▲ Give gratitude to this place for any connection and understanding received

*Email discoveries to: [sierra@wisdomcircles.org](mailto:sierra@wisdomcircles.org)*

*This activity was created based off the Eco-Art Therapy work of Theresa Sweeney*

*Mahalo nui loa [wisdomcircles.org](http://wisdomcircles.org)*