

Go on a journey to an outdoor place which is special to you, this might be a walk you do often, a location you visit from time to time, or a special place you go to unwind.

Visit this place repeatedly over the course of a set period of time; this might mean visiting a few times over the course of a day, journeying every day for a week or travelling there weekly over the course of a month, whatever suits you.

Spend time observing the location, think carefully about:

- What makes this place distinctive and special?
- What traces of human or animal life can you see?
- How does this place change each time you visit?
- What stays the same?
- How does this place make you feel?
- What do you bring to this location?

Undertake a series of field recordings during your journeys to or at your location. This could be through: sketches, documentary photographs, sound recordings on a phone, or note taking. Spend time letting the environment unfold in front of you. If it is suitable, try to collect natural objects or fragments from your journey, materials which draw your eye.

Back home, spend some time thinking about your experience and looking at your recordings, how does it feel to go back over these away from the site?

Spend some time developing these field recordings further; you might want to collage or collate your materials, embark on research on the species you encountered, or start to think about ways your natural objects could be curated or composed into an artwork.

You could develop this thinking further - If you were to design a sculpture for the Sainsbury Centre Sculpture Park, which represented your experience with nature, what would it look like? You could think about:

- What form would the work take?
- What scale would the work have?
- What materials would it be made from?
- How would the natural world interact with it?
- What themes would the work represent?

You could sketch some ideas for your sculpture, perhaps on acetate or a clear material, and take it outdoors to photograph in a natural setting. Alternatively, you could create a sculpture, using your found natural objects. Or you could write a piece describing what the experience of your sculpture would be. The medium or materials you choose to use to develop your idea are entirely up to you – whatever feels most suitable to represent your creative voice.