



Gwanwyn Nature Prompt #3

Drawing with Nature: Music

Doodling to music is so relaxing! Try it with pencils, crayons or a brush and paints. If you don't have paint, you can make a wash using coffee or tea (strong, just a little water and no milk!)

To link with nature, think about a tree, flower, animal or landscape - just choose one for now.

Play some music. Stand or sit with space around you. Choose one part of your body to move to the music – maybe your shoulders or your hands, your ankles or your hips – just gently moving. Let the movement slowly grow to the next part of your body, and again, until little by little, your body feels looser and your mind feels lighter. Recall the animal, plant or landscape you've chosen.



Awgrym Natur y Gwanwyn #3

Arlunio gyda Natur: Cerddoriaeth

Mae dwdlan wrth wrando ar gerddoriaeth yn ffordd dda o ymlacio! Rhowch gynnig arni gyda phensiliau, creonau neu frwsh a phaent. Os nad oes gennych baent, gallwch greu lliwiau gan ddefnyddio coffi neu de (cryf, dim ond ychydig o ddŵr a dim llaeth!)

I gysylltu â byd natur, meddyliwch am goeden, blodyn, anifail neu dirwedd – dewiswch un am y tro.

Chwaraewch darn o gerddoriaeth. Safwch neu eisteddwch gyda lle o'ch cwmpas. Dewiswch un rhan o'ch corff i symud i'r gerddoriaeth – efallai eich ysgwyddau neu'ch dwylo, eich fferau neu'ch cluniau – dim ond symud yn araf. Gadewch i'r symudiad dyfu'n araf a symud i ran arall o'ch corff, eto ac eto, nes bod eich corff yn teimlo'n llaach a'ch meddwl yn teimlo'n ysgafnach. Cofiwch am yr anifail, y planhigyn neu'r dirwedd rydych chi wedi'i ddewis.



Imagine it moving...

Imagine a breeze travelling across it...

Sunlight warming it...

When you feel ready, sit down ...pick up your pencil, crayons or brush and continue responding to the music. Don't plan anything, just allow it to happen, a flowing doodle – no judgement, just enjoy the music and let your mark-making flow.



Maybe an image will come - maybe it'll be more of an experience. Each time you do this, it'll be different – different music, different mood, different mark-making.

Here's a [music link](https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?si=a9e16cf56c0a4ae7) to inspire your drawing:

[https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?
si=a9e16cf56c0a4ae7](https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?si=a9e16cf56c0a4ae7)



Dychmygwch ei fod yn symud...

Dychmygwch awel yn teithio ar ei draws...

Mae golau'r haul yn ei gynhesu...

Pan fyddwch chi'n teimlo'n barod, eisteddwch i lawr ... Codwch eich pensil, creonau neu frwsh a pharhau i ymateb i'r gerddoriaeth. Peidiwch â chynllunio unrhyw beth, dim ond caniatáu iddo ddigwydd, dwdl yn llyso allan ohonoch – heb farnu, mwynhewch y gerddoriaeth a gadewch i'ch creadigedd lifo.



Efallai y daw delwedd - efallai y cewch chi fath o brofiad. Bob tro rydych chi'n gwneud hyn, bydd yn brofiad gwahanol - cerddoriaeth wahanol, hwyliau gwahanol, marciau gwahanol ar eich papur.

Dyma [ddolen](https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?si=a9e16cf56c0a4ae7) i gerddoriaeth fydd yn eich ysbrydoli i greu eich llun:
[https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?
si=a9e16cf56c0a4ae7](https://open.spotify.com/playlist/6qzm9pgasG90bSu6ZlrVyW?si=a9e16cf56c0a4ae7)





Picking up an occasional natural object that catches the eye is a good way to appreciate and connect with nature.

It can be a nice idea to dedicate a small space in our home – maybe a window sill, a small shelf or the top of a microwave – to have a mini-gallery, a celebration of Nature. Keep it fresh by letting it update as seasons move on... budding twigs, wild flowers, shells, a feather, dried grasses, acorns and conkers, an autumn leaf. As St David said, ‘Do the little things in life’.

Seeing beauty in the small things can help our sense of wellbeing and creativity.

Perhaps you’d like to try these drawing activities again with different words, different music, different walks and at different times of the year. Let it become a habit to appreciate nature through your creativity. And remember, it’s not about being good; it’s about giving things a go, enjoying and sharing.

Sharing your artwork

You can do these drawing activities again and again. Maybe you’d like to share your enjoyment of drawing with family, friends or online.

You can email a copy of your drawing to gwanwyn@agecymru.org.uk.

If sharing online, please use #UnearthingCreativity

Credits

This worksheet was created by Caroline Richards for the Unearthing Creativity project. Unearthing Creativity is a collaboration between Marion Cheung, Naz Syed, Creative Lives and Age Cymru, and is funded by the Arts Council of Wales.



Mae codi gwrthrych naturiol achlysurol sy'n dal y llygad yn ffordd dda o werthfawrogi a chysylltu â natur.

Gall fod yn syniad braf i gadw gofod bach yn ein cartref – sil ffenest efallai, silff fach neu ar ben microdon – fel oriel fach, i ddatlu Natur. Cadwch y gofod bach yn ffres drwy ei ddiweddarw wrth i'r tymhorau newid ... brigau mewn blagur, blodau gwyllt, cregyn, plu, glaswellt sych, mes a choncyrs, deilen hydrefol. Fel y dywedodd Dewi Sant, 'Gwnewch y pethau bychain mewn bywyd'.

Gall gweld harddwch yn y pethau bychain helpu ein synnwyr o les a chreadigrwydd.

Efallai yr hoffech chi roi cynnig ar y gweithgareddau arlunio hyn eto gyda geiriau gwahanol, cerddoriaeth wahanol, teithiau cerdded gwahanol ac ar adegau gwahanol o'r flwyddyn. Gadewch iddo ddod yn arfer i werthfawrogi natur drwy eich creadigrwydd. A chofiwch, nid yw creu gwaith da yn bwysig; yr hyn sy'n bwysig yw rhoi cynnig ar bethau, mwynhau a rhannu.

Rhannu eich gwaith celf

Gallwch wneud y gweithgareddau arlunio hyn dro ar ôl tro. Efallai yr hoffech rannu eich mwynhad o dynnu lluniau gyda theulu, ffrindiau neu ar-lein.

Gallwch e-bostio copi o'ch llun i gwanwyn@agecymru.org.uk.

Os ydych yn eu rhannu ar-lein, defnyddiwch #UnearthingCreativity

Credydau

Crëwyd y daflen waith hon gan Caroline Richards ar gyfer y prosiect Dadorchuddio Creadigrwydd. Mae Dadorchuddio Creadigrwydd yn gydweithrediad rhwng Marion Cheung, Naz Syed, Bywydau Creadigol ac Age Cymru, a chaiff ei ariannu gan Gyngor Celfyddydau Cymru.

