

LOVING EARTH PROJECT : Caring for the world we love

Exploring the questions on paper.

This is a simple exercise which can be developed in many different ways. The basic exercise takes about half an hour, but can easily be developed to take longer and go deeper. You can do it alone or in a group.

Materials required:

- A3 paper - thick white cartridge paper is ideal.
- Drawing materials: coloured crayons, pastels are ideal. (Paints or collage materials could also be used to develop the artwork further)
- Something to write notes on and with.

Settle down and think quietly about these questions. You may like to use one of the short guided meditations at <https://lovingearth-project.uk/resources/> to help you get started.

- **Think about someone, something or somewhere that you know and love. How will climate change and environmental breakdown affect them?**
It may already be doing so, but you may need to do some research to find out more.
- **What action is needed to reduce the risk of harm?**
This could be actions by you and/or by a range of others.
- **What could you do to help bring this about?** *What steps have you already taken? What is the most radical thing you could do? What's the tiniest thing you could do?*

Take your A3 paper, and mark a square equal to the short side. This will leave you with a rectangle next to it. Now decide on an image that would illustrate your response. For example, it could be an image of what you love, or about something you will do. Create your picture in the square part of your paper, using whatever materials you have to hand. Don't worry about making "art"; this is for you to explore. Don't spend more than 15 to 20 minutes on this altogether.

Please finish by writing in the rectangle by the side, a few words, including it, explaining the threat to what you love and from environmental changes, and mentioning something that you personally are going to do to help reduce the risk of harm.

Finally, give it a title.

It's a good idea to tell someone about what you have discovered as you explored, and perhaps show them what you made.

Depending on the context people may want to develop this further. The exercise can also be done in mindful or prayerful silence. Further research and conversations may help you work out what to do next, perhaps joining with others. Some suggestions are at <http://lovingearth-project.uk/getting-started/>. Community or school groups might want to make this into a project or discussion, with research and learning at each stage.

You may also like to develop your image and make a textile panel to join the Loving Earth Project travelling exhibition. Instructions are at <https://lovingearth-project.uk/resources/>.

If you would like to share what you have made with others, please email photos, and your details to lovingearthproject@gmail.com or post them on social media, tagging us in. If you'd like to send the originals in for potential display please email us and we will then tell you where to send them. Contributions will not normally be returned but they may appear on our website as well as at a display. In sending us your contributions you are agreeing to this, and that the Loving Earth Project will have copyright (jointly with the makers)

For more information about the project

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