*Title	I am a leaf
*Duration	30 - 40 mins
*Nr of participants	5-20
*Logistics (space, materials…)	If possible, a place surrounded by nature. Also a room fits well, but in this case the instructor is bringing natural material from outside. Strings, crayons, papers. Gentle music.
Precautions	Contemplation of nature is usually relaxing for most people. Nevertheless some people could be bothered by insects, cold or hot weather and wide spaces.
Link to the topic	
*Objectives	Self confidence, connecting with nature, relaxing and slowing down.
Preparation	Find a natural place with some trees and leaves.
*Description	Everybody takes some time to explore the natural surroundings and to choose a natural element he/she wants to collect, mostly a leaf or some leaves. With the aid of some relaxing music, participants dance with their elements in the open-air place and eventually make a statue using their body and the natural element they collected. During the second part of the workshop participants are given sheets of paper. Each one produces its art work combining the natural element (the leaf) and drawing.
Variations	As a warm-up the instructor can read to the group a short children book dealing with nature. We suggest Angelo Mozzillo's "Io sono foglia", or Aimeé Sicuro's "If you find a leaf", or Laura Purdie Salas's "A leaf can be…" If the activity takes place indoor, the instructor is bringing natural materials
Evaluation and reflection	Small group chatting, guided by questions like: How was to explore the place? Was it difficult to choose only one element? Did you like to dance with your leaf? Which title would you give to your artwork?

Guidelines for the instructor	This activity can be used with other natural elements that can be inspiring for movements and drawing. To start with a storytelling moment can be useful to dive into the topic. The activity can be very open and participants can enjoy more or less the different phases according to their skills and passions.