



Sculpting Nature: Exploring 3D Art and Clay Creations in the Forest

Sculpting Strength: Empowerment Through Nature

Objective:

To encourage students to explore the concept of personal empowerment by creating sculptures from natural materials found in the forest, fostering creativity, self-expression, and confidence.

Lesson Title: *"Sculpting Strength: Symbols of Empowerment"*

Age Group: KS3

Duration: 2 hours

Materials Needed:

- Natural materials: clay, twigs, leaves, bark, stones, moss, pinecones
 - Water and small containers for moistening clay
 - Wooden or plastic sculpting tools (optional)
 - Large flat surfaces (e.g. tree stumps, flat rocks, or tarpaulins) for workspaces
 - Journals or paper and pencils for sketching initial ideas
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Lesson Plan:

1. Introduction: Empowerment and Nature (15 minutes)

- Begin with a brief discussion on empowerment:
 - What does empowerment mean?
 - How can art be a tool for self-expression and personal strength?
 - Relate the discussion to nature, highlighting how it can inspire resilience and growth.
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2. Sketching and Planning (20 minutes)

- Ask students to think of a personal strength or quality they feel proud of or would like to develop (e.g. courage, kindness, resilience).
 - Using their journals, students sketch a simple design that symbolises this strength. It could be abstract or representational (e.g. a sturdy tree for resilience, a soaring bird for freedom).
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3. Sculpting Activity (1 hour)

- Provide clay and encourage students to incorporate natural materials they gather from the forest.
 - Guide students to construct their sculptures, focusing on their chosen theme of empowerment.
 - Emphasise creativity and individuality, encouraging them to take risks and explore textures, shapes, and symbolism.
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4. Sharing and Reflection (25 minutes)

- Arrange the sculptures in a circle and invite each student to share their work, explaining how it represents empowerment.
 - Facilitate a supportive discussion, celebrating each student's creativity and insight.
 - Conclude by reflecting on how the process of creating their sculptures has helped them connect with their strengths.
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Outcomes:

- Students explore and express the concept of empowerment through sculpture.
 - Improved self-confidence and resilience by recognising personal strengths.
 - Enhanced creativity and problem-solving skills through the use of natural materials.
 - A deeper connection to nature and its metaphorical power in reflecting human traits.
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Extension Ideas:

- Photograph the sculptures and display them with accompanying student reflections.
- Encourage students to write a short poem or story inspired by their sculpture.
- Revisit the sculptures over time to discuss how their understanding of empowerment has evolved.



(Teresa Cowley)