

Capacity building

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Drawing Connections: The Art of Truly Seeing

Murrumbidgee Landcare Inc



Creating a mindfulness, nature journaling workshop within a new event space, and the importance of broadening our Landcare reach within the community.

The issue

In an increasingly busy and technology-focused lifestyles, we know the benefits for children to participate in nature play and mindfulness activities are increasingly important. Creating the opportunities to slow down, deeply observe the natural environment and build meaningful connections to place are vital for children's sense of belonging within the natural world. Events build lasting impressions, foster curiosity and core memories around nature. Without these opportunities, our future landcare leaders may not develop connection, belonging, passion and a sense of pride to place. Within Landcare, we are succeeding at providing these event spaces and opportunities, although our regular activities can unintentionally attract the same audiences repeatedly, leaving gaps in engagement with the community.

The solution

The planning was then directed into developing a workshop space, in a new way and place. The difference being this time, we hosted the workshop within the Harvest Riverina Festival atmosphere, amongst the energy and movement of a festival environment. In collaboration with Harvest Riverina Festival, and the Erin Earth Kids Workshop Space, we planned a Landcare led workshop event 'Nature Journaling' intentionally designed as a drop-in workshop amongst the broader community celebration. The workshop themes would explore the idea that 'To draw something is to truly know it'. Guided through a series of creative drawing exercises, grounded in the underlying themes of mindfulness, the workshop was designed to look beyond simple observation, explore the senses, reflect and discuss how nature makes you feel.

The impact

The outcome was a very successful workshop, held on Saturday 21st March 2026, which catered to 16 participants. Curiosity and creativity were prioritised over artistic skill and ability. As the session progressed, you could observe a noticeable change in the children's quietened mood, contentment and absences of initial hesitation. This is demonstrated by how calm they became in concentration, and that in the second half of the activity, now equipped with the drawing exercise skills, began self-led observational drawing. Unprompted, the children were now confident in exploring the feathers, seed pods and native flowers independently. The event highlighted how creating inclusive, informal, sensory based nature experiences have created lasting emotional connections to nature for the participating children.



Key facts

- 16 children attended
- Workshop held within Harvest Riverina Festival 2026
- Mindfulness and observational skills enhanced

Project Partners



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