

Nature
Curiosity

Fantasy Pappus

Adventure
Imagination

We hope you're smiling at the sight of this strange green creature just smiling back at you. You're probably wondering who he is and what this is all about. We already explain.

In the pages of **PAPPUS FANTASY** you will see a variety of pictures and images (including strange characters) that will help you to look at nature in a different way than usual. You will be encouraged to use your imagination freely, to release your curiosity and to look at the feelings and thoughts that natural phenomena evoke in you. No scientific knowledge is needed here, you don't even need to know the names of plants and animals.

This will be our story about nature together. How it turns out in the end depends mostly on your imagination, creativity and willingness to adventure.

The most important thing on these cards is what you (or she) will discover, create, invent. All the white spaces are for you - you can write, draw, paste whatever you like here.

Usually next to these spaces you will see a suggestion on how to use them, but in the end it is up to you to decide what to put there. If there is not enough space for you, you can always take a blank sheet of paper.

← Here you can draw your smile.

And look for some hidden faces in the green thicket. →



Fantasy Pappus

If you want to really feel the magic of nature, get out of the house (or school) to touch, smell and see the natural world up close. We strongly encourage you to do this as often as possible - then our story together will come alive. We don't know where you live - not all of us have a forest, park, meadow or garden close by. But nature is almost everywhere. If you look carefully, you will find some signs of it even in a city full of concrete.

Magic in this case does not mean some circus tricks. Real magic is the ability to see something extraordinary in events and places which seem completely ordinary. The figure you see below does not really exist, but was created by looking at the leaves of various plants you met on your walk. Close contact with nature favours our imagination - it allows it to develop.



The magic of nature



In the top photo, thanks to the added eyes, we can see a huge face. But first, someone had to see that there was such a possibility hidden in this landscape.

On your next walk, try to pay attention to everything that seems strange, unusual, magical. If it's a walk in the city, look for any hidden manifestations of nature.

In the white box, note down in any way you like (in words, pictures or both) what you thought was most unusual and surprising.

Fantasy Pappus



Nature is our main character. But we cannot leave ourselves out - sometimes your shadow or your reflection in a puddle or lake water reminds us of this. Your feelings and thoughts are important because they influence what you notice, how you perceive the world, how you behave.

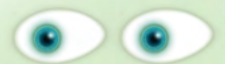
Each of us is a part of nature, one among billions of living beings. But each of us is also unique and can create our own unique story about the world - which is what we are offering you.

And the first step is to see different natural phenomena through your own eyes, without prompting from others. Imagine that you are your favourite wild animal and set off on an expedition into the world in search of nature's treasures. Animals are more alert than us, they don't think as much, they notice more - so try to see through the eyes of the animal. You don't know what you are looking for, it will turn out later...



Nature and you

Here, write down or draw all the feelings and emotions that will arise during the expedition. What will delight you, worry you, surprise you. What will make you smile and what will make you sad. Make a note of what made you feel this way.



Who is the person looking at you? This is what nature would look like if it were a person. At least that is how the author of this illustration imagines it. Of course, you may have a completely different vision; soon we will even offer to create one for you.

Nature is an immense whole, consisting of an uncountable number of living organisms. But thanks to our imagination we can see it as a single figure. This representation is called personification. This is a great way with the help of which we can tame, befriend and communicate with phenomena as complex and difficult to grasp as nature itself.

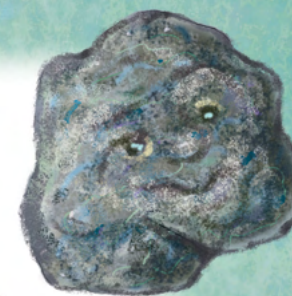
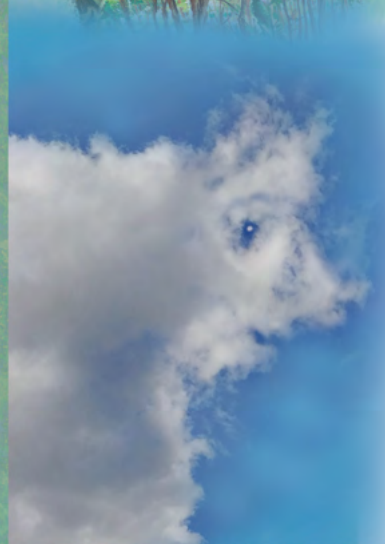
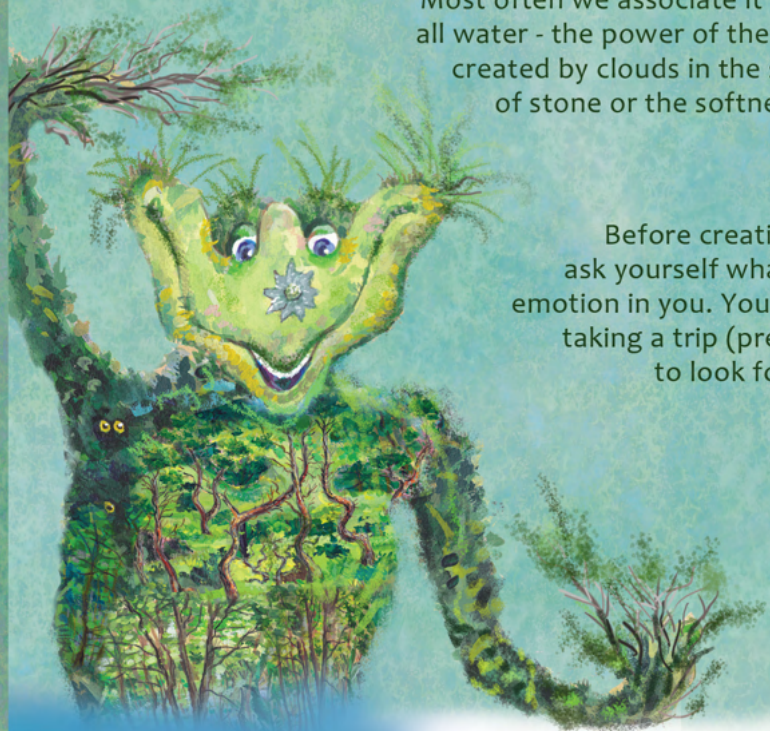
For now, try to feel what emotions this character evokes in you? Sympathy, fear, surprise? Or maybe it makes you laugh? Or is he indifferent to you? In the white space, write down or express by drawing or colour everything you feel about this person. You can also paint an imaginary creature which personifies your feelings.



Nature as a character can be imagined in many ways. For it does indeed have many faces. Most often we associate it with greenery, but there are certainly people for whom nature is above all water - the power of the ocean or the energy of a rushing stream. Or the picturesque spectacles created by clouds in the sky. Or the mighty mountains. It can be associated with the hardness of stone or the softness of moss, an endless desert or the delicacy of a fragile seashell, the arctic chill or the heat of the tropics.

Before creating a completely personal image of nature, ask yourself what it is for you, what it is that evokes the most emotion in you. You may well know what it is, but it is certainly worth taking a trip (preferably not just one), visiting different places to look for the motifs that stir your imagination.

Here, write down all the associations with nature, all its features that come to your mind. Then tick the ones that seem most important to you, the ones that you think best describe nature. And finally, choose one or two that will help you to create your own vision.



The faces of nature

Here and now you can create the face of nature that YOU imagine. Do it in the way that suits you best: paint, draw, describe or make a collage - a picture assembled from different elements can be a good idea to represent the diversity of nature.

It could be a face, but just as well a whole figure. Or even several figures, representing different sides of nature.



Nature has an infinite variety of faces. This means that any way of representing it is good. The different visions don't fight each other, but complement each other - together they form a multifaceted whole.



Don't worry if you're not completely satisfied with the result. What you think up and do yourself is of the greatest value. And comparing yourself with others will not help you in any way.

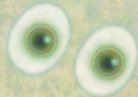


Why look at trees?



We don't usually pay much attention to them, we think they are all the same or very similar. People often have the same image of trees as in the pictures opposite - they divide them into deciduous and coniferous species and sometimes only recognise the species. But trees, even of the same species, are very different from each other. They often have fantastic shapes and colours, unexpected details - this is where your imagination comes into play. You have no idea what bizarre characters and magical worlds you can discover this way. In a moment we will see that it is worthwhile to look carefully not only at trees...

Please note that all the photos you see in this and other pages of **FANTASY PAPPUS** were taken in ordinary European conditions: in cities, parks, forests, fields. We don't have to travel to exotic countries or visit hard-to-reach nature reserves - natural wonders can be found almost everywhere.



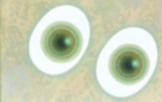
In the white space, write down what you associate the trees in the photos with, whatever your imagination tells you. Or go for a walk in search of your own intriguing trees.



This is true, but in order to perceive these wonders, we need curiosity and attentiveness - that is, focusing on what is in front of our noses, under our feet, above our heads. This skill is very useful in life in general, and if we want to make friends with nature - definitely necessary.

Unfortunately, we are not taught to keep an eye on the world. We are often so absorbed by our own thoughts and in such a hurry that we miss unusual details of the world. A cloud with a strange shape. A leaf curled in an unusual way. Pieces of wood on the beach like strange creatures. A patch of grass resembling an island in the concrete ocean. If you like surprises, nature provides them at every turn. Each of these finds can become the beginning of your story.

You can put your latest discoveries here. You can also write or draw what you associate the pictures on this board with.



We already know that our feelings and thoughts affect how we see the world - so it's good to notice what's going on inside. When you are sad for some reason, the whole world seems bleak to you. But the opposite is also true - when you see a sight that delights you, you are likely to feel joy. When it turns out that someone has cut down your favourite tree, you may feel angry and depressed. Remember that there are no bad feelings, we all need them for something. Emotions are also part of nature, they were created to help us cope better in life.



The four emotions mentioned above are basic, we all feel them. There are others: shame, jealousy, pride. Sometimes there is peace, hope, curiosity, gratitude, boredom, excitement, compassion, disgust... It is good to be able to name what you feel, but the basis is feeling itself. And we feel when we breathe - that's what the next board will be about.

Here, try to write down and/or draw your different emotions and feelings from the last time. And also what triggered them.

Breath makes us live. But it is also the breath that allows us to connect mindfully with the world and facilitates the recognition of what we feel. It connects what is inside us with what is outside us. Heaven and earth. Feelings and thoughts.

However, we very often forget about the breath, so we have a suggestion for you: Every time you go for a walk or a hike, first stop for a moment

STOP

...and then slowly take five calm, slightly deeper breaths than usual:

- 1 Along with the breath, feel the energy penetrate your eyes - now you see everything keenly and clearly.
- 2 With your breath, feel the energy permeate your ears - now you can hear everything you can hear.
- 3 With your breath, feel the energy permeate your entire body - now you can feel every touch, even the slightest.
- 4 With your breath, feel the energy permeate your nose - now you can perceive all smells.
- 5 With your breath, feel the energy reaching your navel - this is where the centre of energy is, this is where your strength comes from.

Now you can go out into the world. Don't forget about your breath. Create your own personification of the breath - to remember it. The blue creature above is our version, you can borrow it. But it is best to make it your own.

Ordinary magic breath



What do clouds give us?

Usually, we have a more or less picture of clouds in our heads, as in the picture below. However, if you look closely at clouds, you will see that they can take on many different shapes and colours.



The same is true for other natural phenomena. That's why we encourage you to practice mindfulness. If you want to have a rich imagination, you need to feed it. A great way to do this is to look at the variety of shapes and colours that nature creates. Someone will say that this doesn't make sense, because fantasy is about creating things that don't exist. But to invent something unreal, we need a „database” - of everything that our mind has previously absorbed. An imagination that has nothing to feed on is poor and limited.

In the white space, draw the strangest cloud shape you can think of.



Where does nature end?

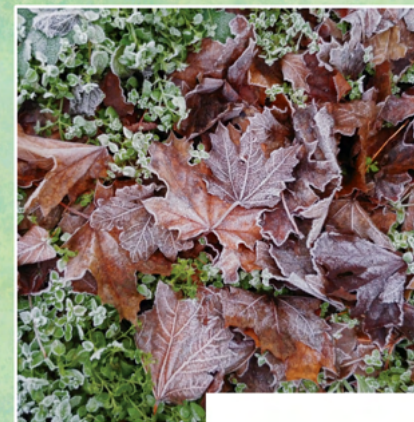
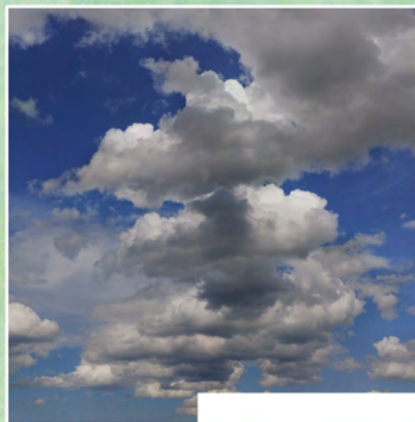
What is nature anyway?

We can probably agree that nature is forests, mountains, rivers, seas, meadows.

All the plants and animals. All the things that are alive. But then what about fallen leaves from trees? Withered branches?

Man uses various products of nature for his own purposes - do they then cease to be part of nature? For example, flowers grown in pots? Or metal objects? Are metals, precious stones, gas and oil nature's products at all? We don't mean looking it up on Google or in an encyclopaedia; try to find out for yourself (or by yourself) what you think it is. In the boxes below each image, indicate in whatever way you like whether you think the photograph shows a piece of nature or not. You can also briefly explain why you are of this opinion.

The next step we suggest to you is to take a walk, during which, looking at each phenomenon, each element, ask yourself, "Is this a part of nature or not?" Write down all your observations and conclusions in a large white space.



Fantasy Pappus

What does it mean to create your own story? Not necessarily writing a book (although that is possible too).

Your own story is everything you (or you alone) see, feel, what delights you. What you remember or capture on photo, film or paper. Then, when someone asks you, you can talk about nature entirely in your own words, without having to consult a book or a browser.

Now think about the different stories you know. Do you like what is magical in them more, or what is ordinary. Do you like stories and images where there is a lot going on, or more like the quiet ones. Do you pay attention to detail or do you see the whole picture first and foremost? Ask yourself as many of these questions as possible.

This is the first step to creating your own story.



Your story about nature



In the white space, write down what you already know about your preferences. Perhaps the illustrations and photos you see above will help, but above all, look for your own ideas somewhere in the natural world - by going for a walk. Look for what moves your feelings the most.

Treasures?
This word connotes something of great material value - gold, precious stones, works of art, expensive objects. However, we are not inviting you into a diamond mine.

Hunting? The one we have in mind will certainly not harm anyone. So what is it all about? We encourage you to discover phenomena on your own and to find such specimens that will be treasures for you first of all. The treasure may be something that only you will see and remember... In this hunt, it is important to be attentive, as we have already mentioned, and to have an imagination that allows us to see the world in an unusual way. The image on the right was created thanks to such a hunt. Its author created this world out of his treasures. A curious creature with a long nose will remind us that it is worthwhile to look into various nooks and crannies of the natural world.

Hunting for natural treasures



Write here what feelings and associations are evoked in you by those elements of the picture which most attract your attention or write down what for you is a natural treasure.

A treasure can be anything that catches your eye, that delights you, anything you can make use of.

Hunting for nature's treasures

Before you set out to find your own treasures, here you can trace where to find and how some of the elements on the previous card were created. Do you see anything new here that wasn't there?

In the white space add your own treasures. Those that you think fit with these particular places and characters. If you don't have any treasures yet, we encourage you to create your own collection. You can document it photographically, describe it or store it in your memory.



Some of your treasures can turn into characters in a story.

Hunting for nature's treasures

Here we see some examples of just such finds. In the case of the dried leaf, we can see how the author's imagination works, what he saw in it. It is often enough to add one or several elements to turn a piece of wood or stone into a character.



In the white space, attach, registered in any way you like, your own treasures resembling some characters.

Hunting for nature's treasures

The most valuable treasures are those that are the result of your delight. They are most personal.

Try to think of a few things that have particularly delighted you - preferably those from the natural world. Write them down in a white space. And on your next walk, try to pay attention mainly to those fragments of nature which you find delightful.



Various characters appear in almost every story. They make the story come alive and become more interesting.

Heroes and heroines

In the picture on the left you see a piece of tree trunk that looks like a person's face. The other characters are man-made, but each of them is connected to nature in some way. Or maybe you feel like creating your own character too? You are very welcome to do so! To do this, first think about the character you want to create: fierce or cheerful, secluded or sociable, serious or playful, or maybe something else? What does it like or dislike? With which natural environment or element should it be connected? Make a note of all your conclusions in the white box and then try to create a hero or heroine based on them.



Here we see one of the characters from the previous board.

Heroes and heroines

We also have a chance to see the subsequent stages of her creation. We see how important imagination is - it is thanks to it that a found piece of wood could transform into such an extraordinary person.

We encourage you to play like this. First, take pictures of different objects that you think could be used to create a character. Then look at them carefully and choose the most suitable one.

Now you can draw, sketch, paint, create in a graphics program, describe (for example on a white field). Just as you want and can. In this case the effect is not important - the point is to have fun.

And if you don't like creating images, you can always imagine that person, keep them in your mind and recall them when you need them.

If you still find this too difficult, move on to the next card.



You don't have to create a new character to have a hero.

Heroes and heroines

You just need to have sharp eyes and be able to spot already existing characters hiding in nature. You can see examples of such hidden heroes below. Sometimes it takes a little imagination to see people in these shapes. To those you see here, you can give names or names. But first name who or what you associate them with. In the near future, try to discover as many of these hidden individuals as you can. There are spaces for your characters next to them.

