

# Creating a Flat Lay

This is a beautiful way of noticing details in nature and appreciating the beauty of natural materials.

## ① Take a basket or bag with you either into your garden or a park, or on a walk.

As you are outside, keep your focus on the details around you. If anything catches your eye, then pick it up and put it in your basket. It might be a feather, or a pebble, or a twig. It might be a bloom of a flower that you can pick. Just wander and **notice and softly look for those details**.

## ② Lay out your treasures on a table

Lay them out in a way that feels pleasing to you. You might make a pattern or circle or lay them out in an ordered way. **Don't overthink it**, just lay them out and see what feels right.

## ③ Take a photo with your phone

Hold your phone above your flat lay, as level as you can, and take a picture. Use the edit function on your phone to crop the photo so your flat lay fills the frame. **This gives you a beautiful snapshot in time**, the essence of your outside space. If you do this over the year it provides a collection of moments that can document the season.

## A simple way to keep engaged with our environment

We are hard-wired to get a buzz-a dopamine hit in the brain when we find something we are foraging for.

**You could use your flat lay as a mood board for another creative project.** You could press or dry the materials and create a collage, or you might want to sketch elements, or use it as a starting point for a piece of sewing or writing.

