WHEN:  April 1st-30th, 2020

WHAT:  Turning your focus to nature and wildlife can help allay stress and anxiety during this time of uncertainty. Join us on a quest to find peace of mind through backyard birding, photography & nature journaling as we practice social distancing. To join in on this challenge all you need to do is spend 15-30 minutes a day looking and listening for birds outside your home, and documenting what you see & hear through photography or nature journaling.

HOW:  Enter the contest by emailing info@goldeneagleaudubon.org so that we know you are participating! You can update your daily progress by either: 1) Submitting your photos to our shared google drive (link provided in email); or by 2) posting on social media with the hashtag #ArtMindfulnessChallenge (make sure to make your profile public so that we can see!)

WHO:  Anyone can join in! This challenge is great for any and all.

DETAILS:  Follow along on Facebook or Instagram @GoldenEagleAudubon. We will do weekly drawings for great prizes like bird guides, Cornell Academy online courses, GEAS swag, and more. Participants will be included in the weekly drawings based on entries submitted throughout the week.

The sky is the limit with creativity on this challenge. If you need a guide check out our resources below. If you are familiar with wildlife photography and journalling, you are welcome to do it your way!

While we encourage participation in the Art and Mindfulness Challenge, please make sure you are complying with local and state guidelines in response to COVID-19.
### Art and Mindfulness Challenge

**with Golden Eagle Audubon Society**

#### Observe Birds

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Spend 15 minutes observing birds in your backyard or out your window.

#### Journal

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Journal what you see. Write about and/or sketch a species you spotted.
ART AND MINDFULNESS CHALLENGE
with Golden Eagle Audubon Society

OBSERVE BIRDS

S M T W TH F S

Spend 15 minutes observing birds in your backyard or out your window

PHOTOGRAPH

S M T W TH F S

Photograph the birds you observe
Nature Journal

Species: ____________________________

Draw a picture:

Details: __________________________________________________________

Date: ___________ Time: _______ am/pm Weather:

[Weather icons: ☀️, 🌬️, 🌧️, 🌂, ❄️]
RESOURCES

JOURNALING TIPS

How to Journal from Bird Watchers Digest:

How to Go from Watching Birds to Drawing Them:

How to Draw Birds:
https://www.audubon.org/magazine/november-december-2012/how-draw-bird

What to Pack for Your Field Sketching Kit:

PHOTOGRAPHY TIPS

Tips for Photographing Birds:
https://www.audubon.org/news/10-tips-photographing-birds

Caught In The Act: How To Photograph Birds In Action

Backyard Bird Photography: A Guide
http://www.thedigitalprocess.com/backyard-bird-photography-a-guide/

Audubon's Guide to Ethical Bird Photography:
https://www.audubon.org/get-outside/audubons-guide-ethical-bird-photography