TOTO BOOKS

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Welcome to this space

A space for your creativity, connecting with nature, and self exploration.

In this book we will be learning about the permaculture principles. In each chapter you will have an intro page, a coloring page & 4 activities:

- Eyes
- Hands
- Heart
- Head

This book is not about how your drawings or paintings look, but about you enjoying what you are doing.

I hope you enjoy your journey connecting with nature in this creative space.
OBSERVE & INTERACT

Take your time to look at all the amazing nature around you.

What can you see? .................................................................

What can you hear? .............................................................

What can you smell? ...........................................................

Is there something that you can taste?
How does it taste? ............................................................... 

What different textures can you feel?

Breathing exercise

Looking around and choose your favourite flower.
Smell the flower by breathing IN through your nose for a count of 4,
hold your breath for a count of 4,
breathe OUT through your mouth.

And remember before you decide what to do...

JUST OBSERVE!
Go outside and find an interesting leaf shape.

Set it in-front of your page.

Put your pen/pencil on the page and look at the leaf. Start drawing WITHOUT looking at your page, using your eyes to follow the leaf's lines, making your hand follow...

The invitation it to flow and be free - how the drawing looks by the end is not the goal.
Take this book with you outside and find a comfy spot in front of a tree.

Spend time looking at the trunk, the branches and the leaves. What shape is the tree? What colours can you see? What environment is it in? How far do you think the roots stretch out? What energy do you think comes in and out of the tree?

Use your imagination and draw what you see. Have some FUN.
Close your eyes and imagine that you are a plant.

What colour would you be? What kind of plant?
Imagine how the sun and rain feel. How do your roots feel?
How do your leaves feel? Does it bring feelings up in your heart?
Does it bring colours of shapes to your mind?

Keep these images in your mind and have fun expressing them in the space below.
Go outside and find 2 different seeds.

Draw each seed in each of the boxes. Notice their shape, colour and size.

Then write down the similarities and differences you see between the 2 seeds in the space provided.

**Similarities**

**Differences**
ACKNOWLEDGEMENTS

This book has been inspired by the work that Children in Permaculture do. Using the Permaculture principles and ethics to connect children back to their environments, enabling them to have some tools in their pockets for the future. Learning from nature instead of going against it. This book is made up of 12 chapters. A chapter for each of the Permaculture principles. Each Chapter has 4 main activities.

As permaculture is a holistic approach to design, it is important to carry that approach through to the learning aspect, allowing children to have a multidimensional learning experience. Designing each chapter to engage the whole body by having a balance of the eyes, hands, heart and head activities.

A big thank you to Abundant Earth Foundation and the Permaculture magazine for believing in this project and giving it the boost that it needed.

This book is also made in partnership with Brackenology. If you would like to find out any more please visit our website at

www.brackenology.com