

Simplicity



Åland Sheep, *Ovis aries*



Cloud watching

Sheep, a herd animal is appreciated for its fine wool. Wool gives associations to clouds. Did you know that clouds consist mainly of water droplets and ice crystals or a mixture of both? Clouds are usually divided into ten main groups on the basis of height and appearance.

Look up at the sky, do you see any clouds? Stop for a moment and observe the clouds. How do they move? What shape do they have? Where are they going, alone or together? What thoughts and feelings does this arouse in you right now?



Crafting with natural materials

During a pilgrimage, a hiker lives a simple life, just like the archipelago sheep as they roam the barren islands during the summer. All craft materials do not have to be newly purchased, discover your creative side! To live a simple and ordinary life,

you do not necessarily need to acquire something new. Look around the forest.

What material do you find that could inspire you to create a work of art?

Remember the right of public access if you take materials from nature. You are not allowed to take branches from standing trees or cause damage.

