Be Curious

“Push it. Examine all things relentlessly.” - Annie Dillard

Practice being inquisitive and aware because when you do, everything becomes interesting.

Scientists and artists approach their fields in many of the same ways.

They are both curious, observant, and respond to what they encounter in ways that enhance the community.

Create hypotheses about questions you have and develop ways to test them.

Use this guide to develop your skills of observation and ability to be aware of your surroundings.

If you look at the world as if seeing it for the first time, you will increase your capacity for joy and excitement.
**Challenge Assumptions**

"The creative individual has the capacity to free himself from the web of social pressures in which the rest of us are caught. He is capable of questioning the assumptions the rest of us accept." - John W. Gardner

**Notice Intersections**

"Art and Science have their meeting point in method." - Earl Edward George Bulwer-Lytton

**Pay attention to the commonplace**

"Everything has beauty but not everyone sees it." - Confucius

**Develop Your Sense Wonder of**

"Wonder is the beginning of wisdom." - Socrates

**Investigate the World**

**Ask Questions**

"Why-why-why! Ask it of everything your mind touches and let your mind touch everything." - Ayn Rand

**Resist Becoming Jaded**

"Every child is an artist: The problem is how to remain an artist once we grow up." - Pablo Picasso

**Sketch Unashamedly**

"Art doesn't have to be pretty. It has to be meaningful." - Duane Hanson

**See for the First Time**

"One way to open your eyes is to ask yourself, 'What if I had never seen this before? What if I knew I'd never see it again?" - Rachel Carson"
Here are some things you need to know and gather before you begin your exploration!

**Need**

- Pencils
- Backpack
- 12 colors of drawing pencils
- Paint set
- Paintbrushes

**Optional**

- Sketchbook
- Watercolor paper
- Drawing pad
- Eraser

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**Drawing Tips**

1. To draw you must look at something as if you have never seen it before. People often draw what they think they see but not what is actually in front of them. Squint your eyes if necessary and break what you are drawing into shapes first. Then slowly add more definition.

2. This Tufted Titmouse has a grey head and wings, a white face and chest, and a little orange-rust color beneath the wings on the sides of the body. The song they make is described as sounding like peter-peter-peter.

3. "The world is full of magic things, patiently waiting for our senses to grow sharper." - W.B. Yeats
Fill these jars with sketches of things you see on the ground. More than one may fit in each jar! Note color, decay, smell, texture, etc. Feel free to include words to describe observations you can't represent by drawing.

Use this space to choose one object you sketched and describe it with words as if to someone who could not see. Use as much detail as possible.
Practice sharpening your awareness skills by taking three minutes to record all the observations you can about what is in your line of vision. Keep in mind the many ways you can observe. When you're done, note questions you have or things you are reminded of by your observations.

I notice...

It reminds me of...

I'm curious about...

This tree can be identified by its "witches brooms" or clusters of small branches and foliage. It bears dark green, purple, brown circular berries in the fall and has very warty, light grey bark year round.
Cabinet of Curiosities

Collect sketches of any unexpected oddities you come across—a leaf with a strange pattern, a brightly colored piece of trash, a single flower, or anything else that jumps out at you.

Preys
These squirrel nests up high in the trees are easier to see in winter. Keep tally of how many you see.

Nests
Keep tally of the bird nests you see here.

There are 1,700 species of this insect that can walk on water! Color it dark reddish brown.

Water Strider
Choose something to focus your attention on. It could be a specific area, an object, or a creature you encounter. Think about all the ways you can look at it and record as much information as you can.

Ways to Look

Sound, color, size, weight, shape, pattern, texture, function (real or imaginary), parts vs. whole, smell, connection to memories, movement, rarity, preference, and on and on...

I'm observing: ___________________

Pearl Crescent

Color the wings of this butterfly orange. Its wingspan is 21.34 mm. Keep your eyes open for them as you walk!
Go on a hunt for three rocks you’re really drawn to. Do a sketch; rocks are tough to draw so just do your best! Then use the grey space to describe in detail what drew you to the rock. It’s interesting to figure out the reasons we like one thing more than another. Do these rocks hold any qualities in common?

Fill in these outlines in with details from the bark and leaf of a tree of your choosing. Try coloring and shading them.

Notice what new things you find when you focus and look closely at something common.

This invasive species spreads rapidly, is difficult to remove, and grows red sugary berries not suited to the dietary needs animals in Indiana. It flowers from spring to summer. The flowers are white to light yellow.

Amur Honey Suckle
Patterns are everywhere. Look up close and then step back and look from far away. Sketch patterns you find. Ask yourself questions about why the pattern is there. Does it serve a need? Disguise something? If you don't know—hypothesize!

**Awareness Exercises**

Find a spot to sit by the water. Set a timer for 5 minutes. Close your eyes and notice what you hear.

Wrap something around one hand (the edge of your shirt, a scarf). Touch things you see with both the covered and uncovered hand, noticing the difference.

Collect at least 5 objects. While sitting in a relaxed state, close your eyes and hold the objects one at a time paying attention to what you feel.

**Ohio Buckeye**

The fruit of this tree has a spiny outer layer. Inside are one or more nut-like seeds, commonly called "buckeyes" because they resemble a deer's eye. They are a dark reddish brown color with a light tan circular spot.
A metaphor describes something by directly equating it with something else. Sketch something you see and write a few metaphors to describe it.
-The snow is a white blanket
-Your voice is music to my ears.

A simile describes something by comparing it to something else using like or as. Sketch something you see and write a few similes to describe it!
-She was as tall as an oak tree.
-He wiggled on the ground like a snake.
Use this space to write a poem either using the metaphors and similes you just wrote or something entirely new about something you've seen or experienced on your walk! You could use rhyme if you like, or write in a more freeform style.

**Common Wood Sedge**

This plant is a leafy clump that can be spread out over a large area. Some leaves at the base stay green during winter but most turn brown. Color them bright green unless you find one then trying coloring and shading it as it looks.
IMAGINARY HISTORIES

Pick an object or creature and sketch it in the circle. Consider its lifecycle, how it came to be where it is now, what its personality might be like, what its function is, or anything else you think of. Then, write a brief imagined history of what you chose from the object or creature’s perspective!

**Garter Snake**
Color the Eastern Garter Snake greenish, brown, or black with a yellow or white strip down the middle.

**Beaver**
Color this beaver golden brown with darker brown mixed in. His nose is almost black. Watch the PBS documentary "Leave it to Beavers" if you want to learn more about these amazing animals.
Haiku is a traditional form of Japanese poetry consisting of three lines. The first line has 5 syllables, the second 7, and the third 5. Try writing three haikus that respond to what you are experiencing outside.

Cicadas appear at the end of May into June. Color this cicada black with reddish legs.

"To pay attention, this is our endless and proper work." - Mary Oliver

Stag Beetle
Color this stag beetle a deep reddish orange that fades to almost black as it moves to the edges of this insect.
Central Canal

Broad Ripple
From vintage clothes to records to locally owned restaurants - there's something for everyone here!

Christian Theological Seminary
Take a detour to the main building - it's an inspiring mid-century modern piece of architecture overlooking the Central Canal and White River.

Holcomb Gardens
These public gardens are located on the Butler University Campus. There is a 20 acre lawn, fountain, and benches to relax!

Wood Duck
The male has a green head with white stripes, chestnut breast, tan sides, and black and navy back. The eye has a ring of red around it. Females are grey brown with white speckles.

100 Acres
This park is accessible from the Central Canal Towpath. It has wetlands, meadows, a 35-acre lake. As a museum art park you can see many site specific sculptures on the park grounds. There is also a visitor pavilion with public restrooms.
The Central Canal was originally planned to connect the Wabash and Erie Canal to the Ohio River. Though it was supposed to be 296 miles long, only 8 miles were completed and another 80 only partially completed.

The Canal is carefully protected because it provides the majority of Indianapolis' drinking water. It was designated an American Water Landmark in 1971.

The Central Canal Towpath runs approximentially from the Broad Ripple district to 30th Street near Riverside Park.

The Central Canal is home to thousands of turtles including the common map turtle and the red-eared slider. When they aren't hibernating, you're likely to see some basking in the sun along the water.

Where the Central Canal passes Christian Theological Seminary, you can stand on the path and see both the White River and the Canal at the same time! Take a moment to notice how the waterways are similar and different.

People do enjoy fishing for fun along the Canal. Check out the Indiana State Department of Health guidelines (http://in.gov/isdh/26778.htm) about which fish can be consumed at each waterway and in what amount. Generally, Bluegill and Black and White Crappie are some of the safest, but make sure to check the list first! Also, be sure to learn how to identify the type of fish you are looking for!
Fall Creek

The original Capitol Ave. bridge was destroyed in 1913 and the city rebuilt it in 1915. It is a concrete arch bridge.

Fall Creek is known for the bridges that cross it. Perhaps you've crossed them many times but never really noticed their beauty!

This bridge's railing is a Classical balustrade. The details of this bridge can best be seen by foot! What do you notice with a closer look?

This is a concrete arch bridge with simple geometric details. If you could add a new element to this bridge, what would it be?

This bridge is currently being rebuilt. It will be a concrete arch bridge with stone facing but will look identical to the original bridge.

Barton Park flanks Fall Creek. The east side of the park has a small playground and benches to enjoy. The west side has a labyrinth, urban orchard, outdoor classroom tables, and a native prairie planting. A labyrinth is different from a maze as it only has one way out, which allows you to let your mind wander. Enjoy a walking meditation at the labyrinth if you're feeling tense!

Combined Sewer Overflow

You may have noticed a CSO outlet west of Capital Ave. Indianapolis has a combined sewer method for stormwater and wastewater. This type of system was often built before sewers were commonplace. During rainfall, as little as 1/4", sewage is dumped into Fall Creek. A massive tunnel project is underway to reduce the problem by 97%.
Fall Creek Canvas & Silver Fall

Look for Fall Creek Canvas, a paneled mural on a building that used to be a chocolate factory in the 1940's. The newly rehabbed building is at 38th and Fall Creek Pkwy. It has many images of flora and fauna from the area. Silver Fall is a metal sculpture, reconizable by its wavy shape. It is beautiful to see when it is lit at night! It is at Delaware St. and Fall Creek Pkwy.

Belted Kingfisher

This male is gray blue with a white breast that has a blue band across it. The female has the same colors but with a chestnut band across the breast as well. It feeds on aquatic prey and has been seen along Fall Creek!

Fall Creek runs for 57.5 miles starting in Honey Creek, Indiana. It goes through Geist Reservoir and Fort Harrison State Park, where there are natural trails to walk along the waterway. Fall Creek eventually reaches downtown where it crosses under the Central Canal and empties into the White River. Fall Creek is one of the reasons for Indianapolis' location as it provided much of the water for industrial development in the city.

This trail along Fall Creek goes from Meridian St. to Ft. Harrison Park though there are small pieces north of that. The trail is 11.3 miles currently but will be extended to the White River.

The former St. Vincent Hospital on Fall Creek Parkway has been transformed into a state-of-the-art classroom building and community space for Ivy Tech Community College. While some of the structure had to be altered for the specific needs of the school, the beautiful original brick façade was preserved. The project was considered a great success as it balanced the needs of students with the historical significance of the building.
Little Eagle Creek

This lesser known waterway flows from Eagle Creek Reservoir, near 38th St. and I-74, southeast towards downtown Indianapolis, converging into the White River near Troy Avenue and S. Harding Street.

Local residents painted the bridge at 30th St. and Patricia St. in the spirit of the Indianapolis 500. Take a detour if you’re in the area to check it out.

The neighborhood around Little Eagle Creek is the International Marketplace. The name refers to the many cultures that exist in the area and the diversity of ethnic restaurants and shops in the area. Signs like this are present at the boundaries of the district.

This international grocery store’s slogan is “food from all around the world”. Started by two brothers from a small town in Indiana, Saraga provides food from all around the world to the diverse population of Indianapolis. Take a pit stop at Saraga and put something in your cart you’ve never tried! You just may find your new favorite food.

Known as “the greatest spectacle in racing”, the Indy 500 takes place each year over Memorial Day weekend at the Indianapolis Motor Speedway. Near the track is the Indianapolis Motor Speedway Museum. Stop by and learn about the history of this popular sport and event!
Take a walk along Little Eagle Creek and then grab a bite at one of the many restaurants from around the world nearby! Some favorites include:

- India Sizzling
- Szechwan Garden (Chinese)
- Jiallo’s (African-Caribbean)
- Abyssinia Ethiopian Restaurant
- Carniceria Guanajato (Mexican)
- Chapati (Pakistani)
- Saigon (Vietnamese)

Under the West 38th Street overpass on Guion Road is a mural painted by artist Sunny Miller. Spend some time looking at the depictions of the wide variety of people and activities included in the mural. Perhaps you could spend time writing or telling stories about the imaginary lives of the people Miller has painted.

**Egret & Crayfish**

Keep an eye out for these species seen along the creek. The crayfish is a rusty brown color with grayish green on some parts of the body. The Egret is a tall, long legged white bird with a yellowish orange beak and black legs. They like to wade in shallow water and watch for aquatic prey to swim by.

Check out this sign at 34th and Lafayette Rd. to know what is going on in the Eagledale neighborhood. Appropriately, there are two eagles above and below the information!

This building at 2930 Lafayette Rd. is the last remaining school from the former town of Flackville. Last used as a bingo hall and antique mall, this beloved place has been converted into senior housing.
Garfield Park
This 128-acre park is the oldest in Indianapolis! Take a walk through the Sunken Gardens or visit the Garfield Park Conservatory, which is home to hundreds of varieties of tropical plants.

Ellenberger Park
5301 E. St. Clair Street
Orange Park
1900 E. Pleasant Run Pkwy.
Christian Park
4200 English Ave.

Groundhogs
Also called woodchucks, these burrowing mammals have a grey undercoat of fur and an outercoat that is multiple shades of brown. Try layering your colors when you color this groundhog and her chucklings.

Barred Owl
Color this nocturnal animal mottled brown and white with dark brown, almost black eyes. Color the beak yellowish.

The Indianapolis Coke Plant once produced all the gas used in Marion County. Coke is a solid carbon material that is used as a fuel primarily by steel mills and foundries. The plant has been demolished and the site is the future home of the Marion County Justice Center.
Prospect Falls
(Pleasant Run Pkwy N. DrivE and Prospect St.)

Take a look at these beautiful falls! Nearby there is a butterfly garden and a shady shelter to take a break. Water fountains for humans and for dogs have been installed at the falls! This is a great place to rest and rehydrate.

Delaware Indians

A plaque along Pleasant Run reads, "UNTIL 1820 HERE WAS THE CAMP OF THE DELAWARE INDIANS". The Delaware, or Lenape, moved to what is now Indianapolis from New York after the Revolutionary War. Between the War of 1812 and the Civil War they moved on from Indiana to Missouri, Kansas, and finally Oklahoma where the majority of the tribe live today.

Consider taking time to learn more about the people who were here before us!

Villa Games Pavilion

Try to invent a new game that uses one of the existing game spaces!

Bring chalk to keep score of the games or to change an existing game into something new!

Smooth Blue Aster

Swamp Milkweed (pink)

Purple Cornflower

Barth Ave.

(Barth St. and Pleasant Run Pkwy N. Dr.)

Volunteers have planted over a dozen native species at the Barth Street Bridge. Take some time to identify the plants above so you can keep your eye out for them on other walks around town!

Snapping Turtle

These turtles are brown and tan and may have greenish brown algae on their shell.
This beloved yearly event dates back to 1908! Check out details and dates at http://www.indyfeastoflanterns.com/

Feast of Lanterns

Spades Park
1800 Nowland Ave.

Use this sculpture, Grid Currents, as a viewfinder. Look through the circle and draw what you see in the frame.

Spades Park is a 31-acre neighborhood park. Enjoy a picnic in the gazebo or take a few minutes to swing!

Pogue's Run Art and Nature Park

A sanatorium called Norway's opened just north of Spades Park in 1898, the same year as the park, with hopes it would be a place of rejuvenation for the patients.

At the northern end of Pogue's Run is this 1.5 mile path through man made wetlands and 22.5 acres of water. This section of trail is known as the Basin Trail. Keep your eyes peeled for native plantings, water fowl, and art pieces made by Herron School of Art and Design students.

To find the parking lot, go north on Dequincy Street from 21st Street.

Use this sculpture, Watermark, as a magnifying glass. Find interesting objects in the park and hold them up behind the sculpture to see them magnified. What new details can you see?

osage orange
Look for these on the trail! Color this one bright yellow green.
This popular park along Pogue's Run boasts a public swimming pool, community center, reservable shelters, soccer fields, baseball fields, basketball courts, multiple nature trails, and a disc golf course.

Pogue's Run is named after an early settler of Indianapolis, George Pogue, who was never seen again after going out for a walk in the woods. Just as its namesake did, the waterway dissapears at the 1000 block of East New York Street.

Detour to 17th and Rural to see an old white storefront that may be leftover from a 19th century black settlement on the edge of Indianapolis. The settlement had 200 people and was called Oklahoma. The group wished to create an independent town but this was never able to happen.

<Garlic Mustard>
This invasive species was used to season dishes by early European settlers. If you find it in your yard, remove it! It's flowers are white.
Keep your eyes to the sky on the Urban Wilderness Trail and you may see a Bald Eagle or Osprey soaring above you! Give this Bald Eagle a dark brown body.

White River State Park
This 250 acre urban social events gathering space boasts not only natural beauties, but also these cultural gems, and more, as well! You could spend days seeing everything the park has to offer.

Eiteljorg Museum of American Indians and Western Art

Indiana State Museum (it has an IMAX theater)

NCAA Hall of Champions

Indianapolis Zoo (which is right next to White River Gardens!)

Victory Field (home of the Indianapolis Indians baseball team)

Every day hundreds use the Indianapolis Greenways System pathways featured along both east and west banks of the White River. There is also a 16 mile White River Canoe route if you prefer being on the water!

If you want to dig in on some exciting waterway research, use the Urban Wilderness Trail to take the self-guided tour of the IUPUI Lilly ARBOR Project (ARBOR = an acronym for Answers for Restoring the Bank Of the River)
Monarch Butterfly
The Urban Wilderness Trail is home to hundreds of these orange, black, and white creatures as it hosts three species of milkweed: Common, Butterfly Weed, and Swamp Milkweed. Keep a lookout for these important pollinators, they now not rare to see here!

Urban Wilderness Trail
Along the south bank of Fall Creek from its crossing under the Indiana Central Canal, through to its juncture with the White River and along the east bank of the White River to the Downtown Canal’s waterfall return in the White River State Park is the UWIT! One circuit of the UWIT allows for a 6 and a half mile journey and you will never touch pavement.

This wildlife oasis is home to the Least Weasel, North American Mink, muskrat, coyote, deer, fox, and Chimney Swift, just to name a few! The incredible diversity of wildlife and plant life is due to at least 8 distinctly unique habitat zones found along the UWIT.

McCormick’s Rock
John McCormick was one of the first white settlers of what would eventually become Indianapolis. The site of McCormick’s cabin is marked with a large rock and plaque. His home was built where White River and Fall Creek met historically. The popular McCormick’s Creek State Park, near Bloomington, Indiana, is named after him.

Great Horned Owl
Look for this majestic bird on the UWIT! It has two tufts that look like ears on its head, a mottled grey-brown body, a reddish brown face, a white patch on the neck, and yellow eyes!

Check out the friendly fishing beehive that is the Westside Bait and Tackle store. It’s been a White River icon for family fishing since the 1950s.

You can find it at 1507 W. Vermont Street. Fishing is allowed on the White River but be sure you check the DNR list of safe fish to consume if plan to eat what you catch!
Megan Hart

is an Indianapolis-based artist, educator and creator of the visual and written content for ROW Nature Guide and Journal. Megan hopes to provide new ways for people to connect with the natural world to benefit their own mental and physical health, the local community, and the planet we all live on and must take care of.

Megan believes we must notice things before we can love them and love them before we will be compelled to take care of them. This guide and journal is meant to help you hone your awareness of the beauty around you and to see the connections between the visual arts and science.