



AN  
ANCIENT EXPLORER  
PROJECT FOR 2021



OUR  
EARTH,  
OUR  
HOME

*The land is the real teacher.  
All we need as students is mindfulness.'*  
~Dr Robin Wall Kimmerer.

Welcome and thank you for downloading this resource.

This resource is part of my *Our Earth, Our Home Project*.

The project's vision is to inspire children and adults all around the world to cultivate mindfulness and develop respectful and meaning relationships with the Earth. As I learned while working as an archaeologist in the Peruvian Andes, when we build meaningful and reciprocal relationships with the land, we grow strong as people and communities.

This project also aims to promote creativity. As a mixed-media artist and scientist, I aim to share fun and educational activities that help people unlock their imagination and creativity.

Throughout 2021, I will be making content freely available through the following platforms.

1. Ancient Explorer's website. Here I will publish posts on my blog and resources in my shop.

If you would like to receive notification of their release, please subscribe to my email list.

2. YouTube. On Ancient Explorer's channel, I will publish art and craft videos and vlogs about my beautiful part of the world, Australia.

I invite you to subscribe to the channel.

3. The Ancient Explorer's Club.

This a private Facebook group I have created so that you can ask questions, start relevant conversations and share your experiences, stories and art.

If you have any questions regarding the resources or the project, please reach out to me directly at [drlisasolas@ancientexplorer.com.au](mailto:drlisasolas@ancientexplorer.com.au).

Thank you again, for joining me.

With gratitude,

*Dr Lisa Dunbar Solas*

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