

# Make your own berry paints

## You will need:

- Handfuls of different coloured berries

- Fork

- Cornflour

- Saucepan

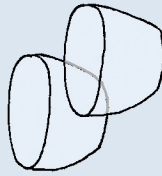
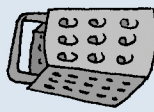
- Sieve

- Bar of plain soap

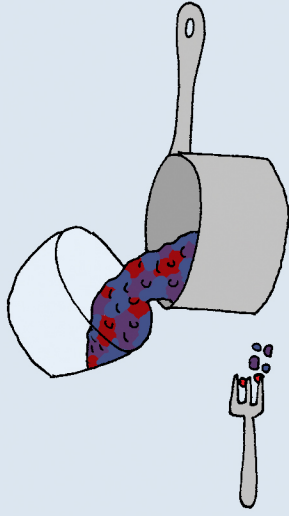
- Grater

- Bowls

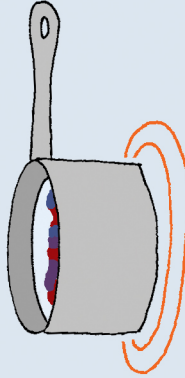
- Wooden spoon



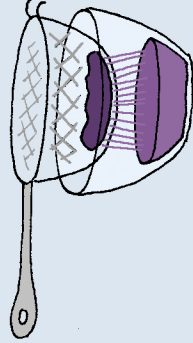
- 1 Squish a handful of berries up with a fork and add to the pan.



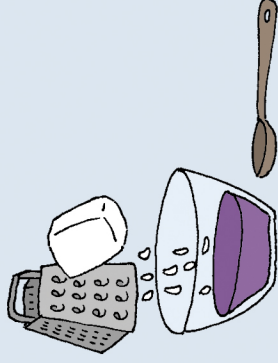
- 2 Add one cup of water to the squashed berries and simmer for 30 minutes.



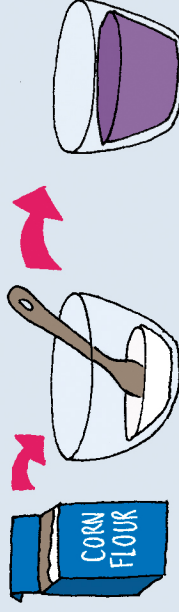
- 3 Strain them through a sieve and keep the liquid to one side.



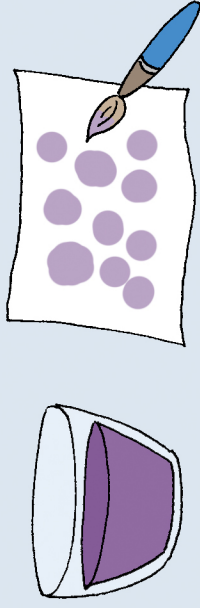
- 4 Grate soap flakes into a bowl and pour in half a cup of boiling water. Stir until the flakes dissolve.



- 5 Mix one cup of cornflour with half a cup of water to make a paste. Stir the paste into the soap mixture.













- 6 Add the berry juice into the soap mixture to create your paint.



# How to make natural dyes

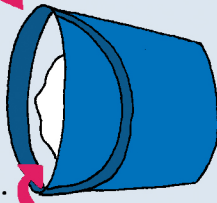
## You will need:

- Protective gloves 
- Large bucket 
- Natural fibres or fabric eg. cotton, silk, linen, wool 
- Salt and vinegar 
- 5 litres of water 
- Sieve 
- Old pans 
- Wooden spoons 
- Tongs 
- Selection of colourful leaves, berries, flowers and plant roots. 

**1** Place the fabric into a bucket of cold water.

For berry-based dyes, add 1 cup of salt to 4 cups of water

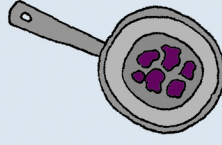
For non-berry dyes, add 1 cup of vinegar to 4 cups of water



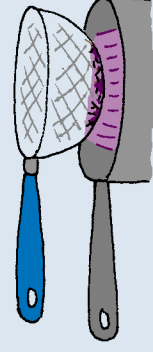
**2** Leave the fabric to soak for at least 2 hours, then remove and rinse thoroughly with cold water. To create patterns, try tying knots into the fabric.



**3** Separate the berries, leaves, flowers and roots into different colours. Use one pile at a time. Squash in an old pan and cover with cold water.

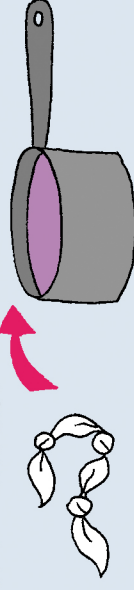


**4** Simmer for an hour, stirring often. Remove from the heat, and when it's cooled, use tongs and a sieve to strain out bits of sticks and leaves.

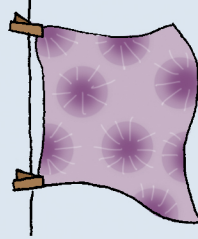


Be careful not to breathe in the fumes

**5** Wearing gloves, plunge the fabric into your pan of dye, making sure it's submerged. Soak overnight or put it back on to simmer for 10 minutes.



**6** When you're happy with the new colour of your fabric, remove it from the dye. Rinse well, and leave to dry outside.



### Greens and yellows

- red onion skins
- nettles
- grass
- spinach

### Reds, pinks and purples

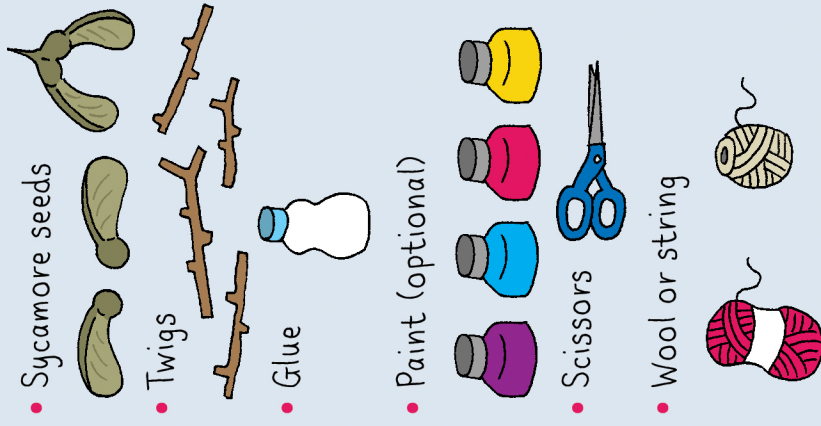
- elderberries
- rose hips
- blackberries
- sloes

### Browns and oranges

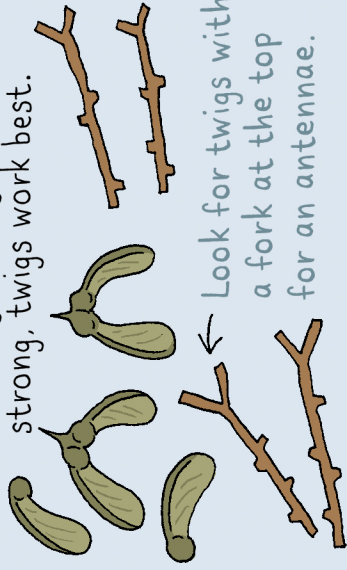
- onion skins
- old tea bags
- turmeric
- soil

# Make a dragonfly

## You will need

- Sycamore seeds
  - Twigs
  - Glue
  - Paint (optional)
  - Scissors
  - Wool or string
- 

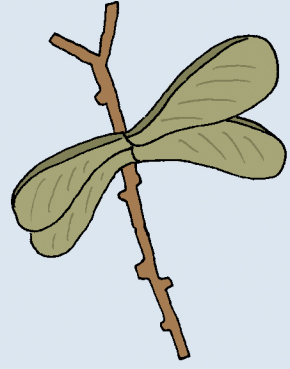
- 1 Collect your sycamore seeds and twigs - long thin, but strong, twigs work best.



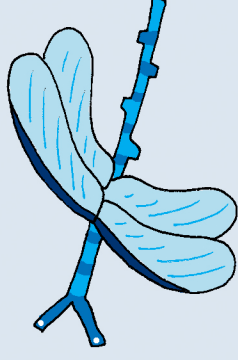
- 2 Cut the middle sections off the sycamore seeds, so you're left with just the wings.



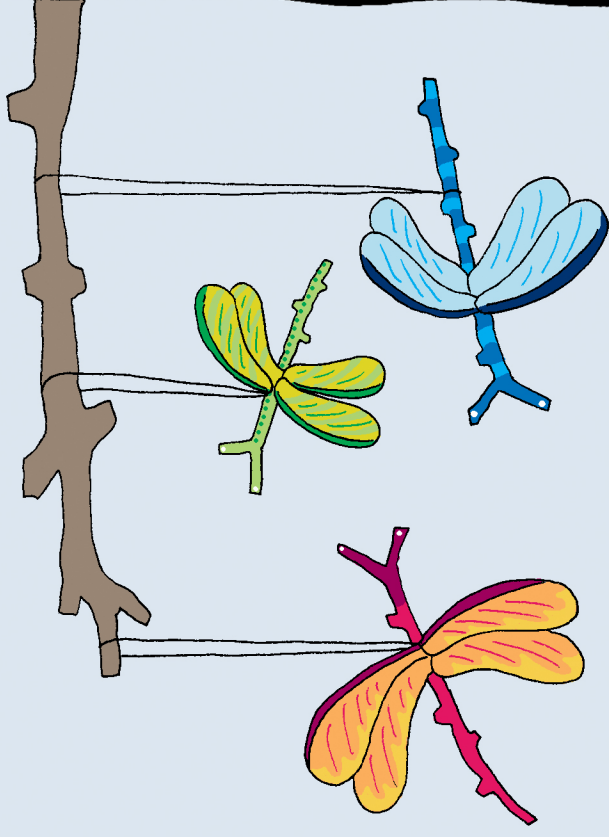
- 3 Glue the wings to the twig and leave to set.



- 4 Either leave them natural or paint them in lots of wonderful colours!






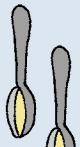
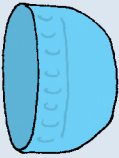




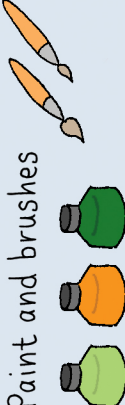
- 5 Tie lengths of wool or string around the twig bodies and suspend them from a branch.



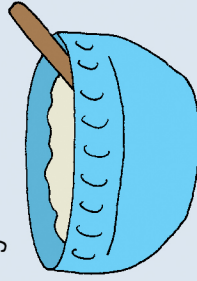
# Make a leaf tile

Ask an adult to help trimming and baking your tile.

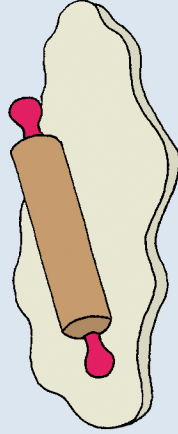
## You will need

- two cups of plain flour 
- one cup of salt 
- one cup of water 
- two tablespoons of cooking oil 
- Mixing bowl 
- Wooden spoon 
- Rolling pin 
- Different types of leaves 
- Knife 
- Paint and brushes 

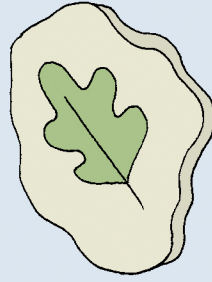
- 1** Mix all your ingredients together in the bowl.



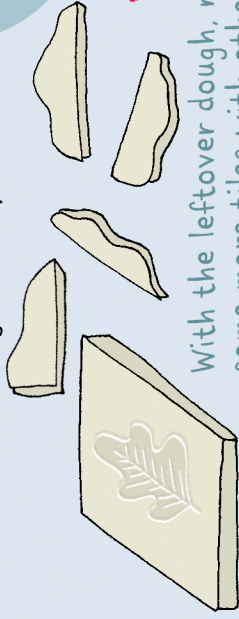
- 2** Roll out the dough until it's about 1cm thick.



- 3** Carefully press a leaf into the dough (vein-side down). When you pull the leaf away, it should leave an imprint.



- 4** Cut your leaf imprint out of the dough in a square tile.

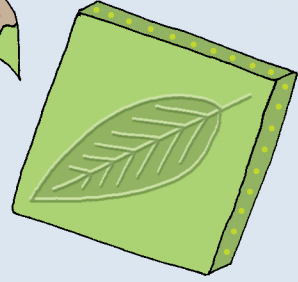
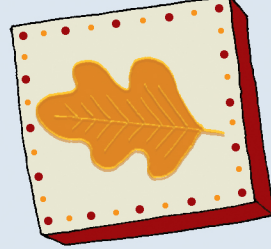


With the leftover dough, make some more tiles with other leaves.

- 5** Bake at 100°C (gas mark 2) for two hours.

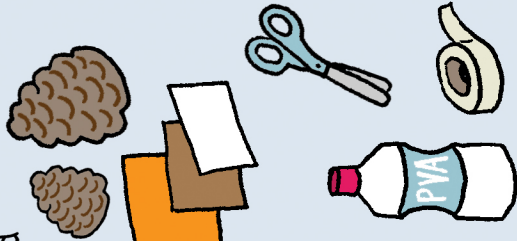


- 6** Paint your tiles. You could paint your leaves a summery green, or an autumnal orange!



# Pine cone creatures

## You will need

- Pinecones
  - Craft foam, felt or card
  - Scissors
  - PVA glue and double-sided sticky tape
- 

• Various things (as many natural as possible) to make your animal, such as:

- Leaves
  - Acorn cups
  - Berries or googly eyes
- 

Always check what berries are before you pick them because some can be harmful to people!

**1** Decide what animal you want to make. If you want it to stand, pick a pine cone that will stay upright and make and glue on the feet first.



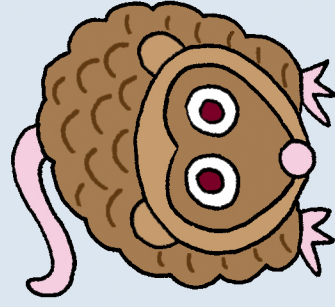
**2** Add legs or wings and eyes and ears using the materials you've collected.



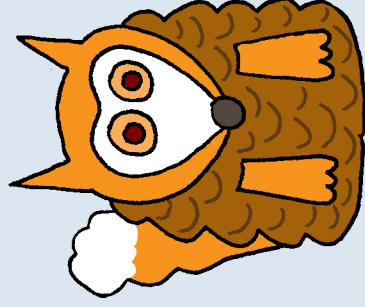
PVA should stick most things, but ask an adult to help if you need to use a hot glue gun.



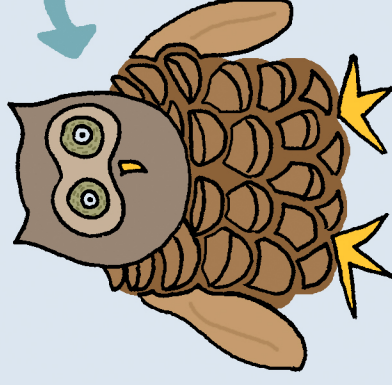
Here are a few examples to get you inspired...



mouse



fox



Acorn cups with berries or googly eyes in the centre make great eyes!

owl

# How to make leaf skeletons

## You will need

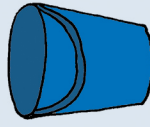
- Leaves (choose ones with strong veins)



- Saucepan



- Bucket



- Soft brush



- Glue



- Newspaper



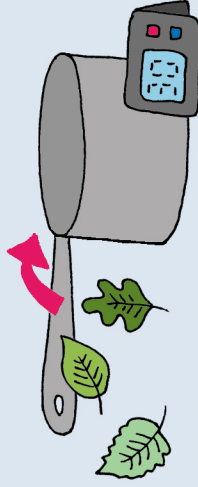
- Gold or silver spray paint (optional)



A leaf skeleton is made when the soft tissue of a leaf has crumbled or been eaten away, leaving behind the skeleton of veins.

1

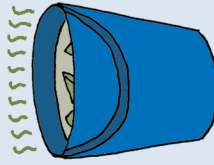
Place your collected leaves in a saucepan with a litre of water. Bring to the boil and simmer for about 30 minutes.



Make sure you have adult supervision, especially when boiling water.

2

Empty the pan into a bucket and let the leaves lie in the water for a couple of weeks.



Be warned! This can be smelly, so leave in a shed or garage. Cover the top if you leave it outside.

3

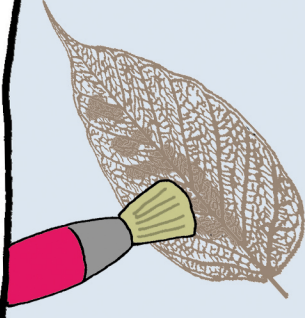
Turn the leaves every couple of days. When the leaf tissue has softened, carefully remove the leaves from the bucket and gently rinse in cold water.



This takes a couple of weeks, so please be patient!

4

Use a soft brush to remove any remaining leaf material, leaving behind the skeleton (it will be brownish in colour).



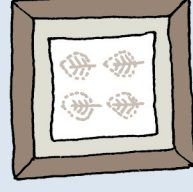
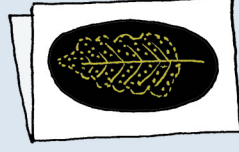
5

Place on newspaper in a warm place to dry.



6

Flatten the leaf skeletons onto some paper, glue them into place. You can also spray them gold or silver and stick onto dark paper.



Top tip...  
They look great mounted on greetings cards or framed as a picture.

# Make a nature mandala



## You will need

- Bags or baskets to collect natural materials

- Natural materials:



Sticks



Leaves



Feathers



Pine cones



Pebbles



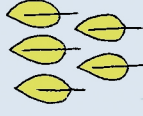
Flowers



Only pick from your own garden and leave plenty for pollinators!

1

Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).

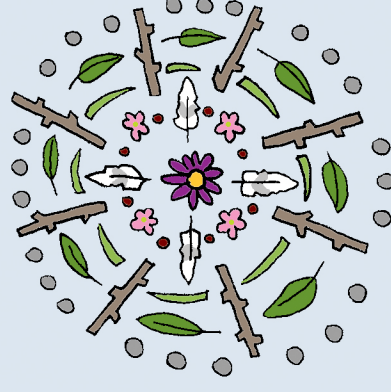
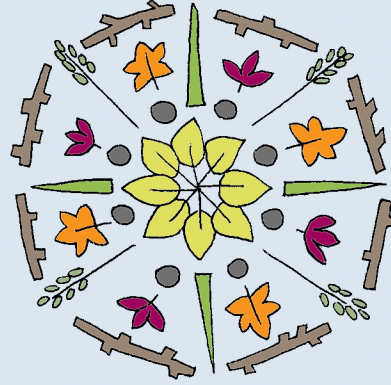


2

Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.

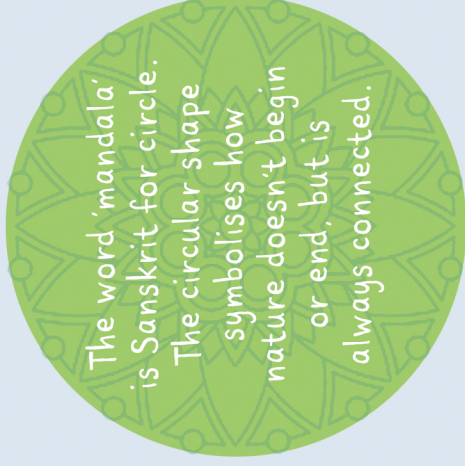
3

Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



4

Remember to take a photo of your finished mandala!



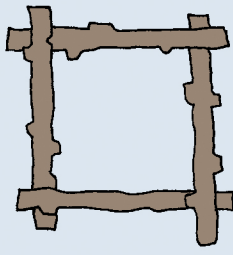
The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

# Nature weaving

## You will need

- 4 equally sized, strong sticks
- Lots of string or wool
- Natural objects (twigs, leaves, grass, bark, feathers, lavender)
- Scissors

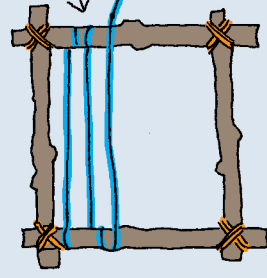
1 Arrange your sticks into a square.



2 Tie the sticks together at the corners, criss-crossing the string or wool. Pull tight and cut off any excess.

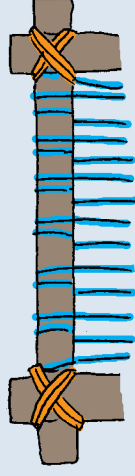


3 Tie a piece of wool around one of the corners and begin wrapping it around the loom.

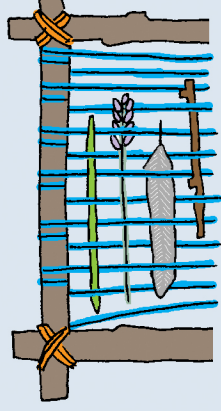


Wrapping it around twice will help keep the string taut and stop it from sliding off the sticks.

4 Once the loom is full, tie the wool to the corner to secure in place.



5 Time to decorate! Thread your natural objects through the wool on the loom. Weaving over and under, over and under...



6 Try making your loom out of different shapes – how about a triangle or hexagon?

