

Nature Bangles

Method:

Wrap the card or paper around your wrist.

Cut it to size so that it fits but can be removed easily.

Using a stapler form a bangle.

Wrap sticky tape around the bangle - sticky side facing up. Alternatively cover the bangle in glue (be warned it could be messy!)

Select your items and stick onto the surface of the bangle. Press them down firmly.

Ingredients



- Piece of Card or Paper (to wrap around your wrist)
- Sticky Tape
- Stapler
- Glue
- Paintbrush
- Found items from outdoors; feathers, flowers, leaves, shells, stones, wood, seeds, nuts etc.





Natural Paint Brushes

Method:

Gather the twigs, herbs and foliage to form a bunch.

Secure with string into a tight posy.

Dip into paint and use as a paintbrush.

Ingredients



- Twigs
- Herbs
- Leaves
- Flowers
- Feathers
- String
- Paints
- Palette
- Paper Plate or Tray
- Water
- Apron



Mandalas

Method:

Cut across the old t shirt - forming strips of fabric.

Stretch these across the hoop - you can secure by knotting the fabric or tying on ribbon or string.

Attach your chosen items of interest with ribbon, string or scooby doos!

Try to arrange the items in a repeated design until you have attached all your treasures.

Your Mandala can be hung up on a wall or in a window for everyone to enjoy.



Ingredients

- A Hoop
- Old T-shirts
- Scissors
- Ribbons
- Coloured Feathers
- Shiny things
- Textures
- Cotton Reels
- Gloves





Fill your Socks!

Method:

Take a sock and simply explore different objects you can put into it.

Feel different textures and scented items to encourage choices.

Once your sock has been filled secure the open end using string; a parcel tie or ribbon.

Ingredients



- Odd Socks
- Dried Pulses
- Dried Rice
- Crunchy Materials
- Bubble Wrap
- Marbles
- Bells
- String or Parcel Tie to close up the sock
- Ribbons
- Sponges
- Feathers
- Dried Scented Herbs



Paint your Bread!

Method:

You will use your slice of bread like a piece of paper.

With your paint brush, paint on your design using food colours.

Ensure the bread is not too soggy with the food colours.

Place into the toaster or under the grill.

Watch the colours get brighter.

You can then eat your toast!

Ingredients



- Slice of Bread (white works best)
- Food Colours
- Clean Paint Brushes
- Water to rinse your brushes
- Toaster
- Chopping Board

