

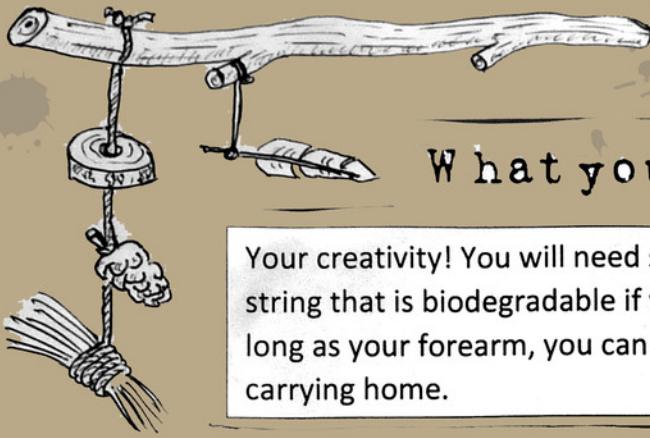


MAGICAL MOBILES

3 Things to remember to keep us safe and healthy:

Look after yourself,
Look after each other,
Look after the place
you are in!

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What you need

Your creativity! You will need some treasures found in nature, some string that is biodegradable if you want to hang it outside and a stick as long as your forearm, you can go bigger but this size is good for carrying home.

What can you make ?

When you're outside look for some small things that catch your eye, like a stripy snail shell, a feather, a shiny stick or seed pod from last year! It is important to check with you're adult before you pick things. Don't pick things that are alive, leave things to grow!

Find a good stick and use any kind of knots to tie your treasures to your stick so they dangle down, you could use different coloured strings or wool. Make a final triangle for hanging by tying a piece of string on both ends of your stick and hanging it from the middle. A good knot to learn here is a clove hitch if you want to try out your knot skills, have a look on the internet for a tutorial.

Where this might lead

This is just a starting point, you could; collect nature treasure all year long and display it at home or school, make journey sticks, make stick towers!

Nature Connection

- Spending time in nature and being around trees helps reduce stress hormones in the body. Just 20 minutes outdoors a day gives benefit to children and adults.
- Encouraging care for animals and plants, like feeding the birds, develops the critical social skills of empathy and awareness.

For more downloads go to
www.penrithtowncouncil.co.uk
www.stompingground.org.uk

Share what you've been up to outdoors today:

On facebook: Penrith In Bloom and Stomping Ground

#natureconnection #penrithinbloom

Stay connected!



PENRITH IN BLOOM



Penrith Town Council