



NATURE PAINTS AND PRINTS

3 Things to remember to keep us safe and healthy:

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

What you need

Get experimental! You need some cotton fabric, some masking tape, containers, a small amount of water and a couple of paint brushes.

How to collect natural objects; be thoughtful, make sure you check with your adult before you pick, if you are not sure don't risk it. Consider can this tree or plant grow if I pick from it? Or if there is only one leave it alone, remember look after the place you are in so we can keep coming back to enjoy it.

What can you make ?

We are looking for some natural colours, think about juicy green leaves, brown mud, black charcoal or even foods from your kitchen like turmeric powder. Remember ask an adult before you ever pick a living thing.

A pestle and mortar is ideal but you could use a plastic tub and a good stick or the back of a spoon, add a teaspoon of water into your container and start mashing up the colours separately to see what shades and textures you can make.

Then using masking tape, mark out a design on your fabric, letters can work well, paint over this tape and leave to dry before peeling the tape to reveal your artwork!

Where this might lead

This is just a starting point, you could; turn your fabric into flags, try painting different surfaces, or create a rainbow of nature paints!

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



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PENRITH IN BLOOM



Penrith Town Council