

Become A Nature Artist

You will need:

1. Coloured leaves and flowers
2. Seeds and berries
3. Sticks
4. A space to decorate
5. A bag to collect items

Andy Goldsworthy is an artist who gets inspired by the natural things he sees around him. Have a go at some of the following ideas he uses:

1. Can you make a circle out of sticks?



2. Decorate the bottom of a tree with brightly coloured leaves and notice the shape of its roots?
3. Create a spiral of leaves or stones?
4. Can you make arrange the leaves or flowers so they look like a sun?
5. Natural art doesn't last forever, so remember to take a photograph to keep the memory of what you created!



How to Make A Nature Mandala

You will need:

- Coloured leaves and flowers
 - Seeds and berries
 - Sticks
 - A space to decorate
 - A bag to collect items
1. Take a stroll around your outdoor space and collect a selection of natural objects that interest you: leaves, seeds, berries, flowers and sticks.
 2. Find an area of clear ground to use to create your mandala.
 3. Choose an item to put in the centre of your pattern and then use something different to form a circle around it.
 4. Keep adding more natural items to your artwork. Try to keep it in a circle shape and aim to keep it symmetrical.
 5. Natural art doesn't last forever, so remember to take a photograph to keep the memory of what you created.



How to Make A Perfume Pot

You will need:

- A yogurt pot
- A stick
- A variety of smelly natural items: petals, herbs, leaves

1. There are so many fragrant plants around us. Use your nose and go on a smell hunt.
2. To bring out the smell, rub the plant.
4. Once you find some plants, flowers, berries or seeds that you like the smell of, put them in your yogurt pot.
5. Use your stick to crush and mix the natural items in your perfume pot.
6. Give the perfume pot a sniff and describe how it smells.
6. Can you come up with a name for the fragrance that you have created?



Become A Tree Hugger

You will need:

Some different trees

1. Take a stroll around your outdoor space and find a tree that you would like to get to know better.
2. Start by spreading your arms out wide and giving the tree a hug for a count of 20. Notice how wide the tree is and how far round you can reach.
3. Move your hands up and down the tree, noticing any holes, bumps, branches or plants at the base of the tree.
4. Put your ear to the tree and listen. You may be able to hear the sap moving inside the tree, making a gurgling sound.

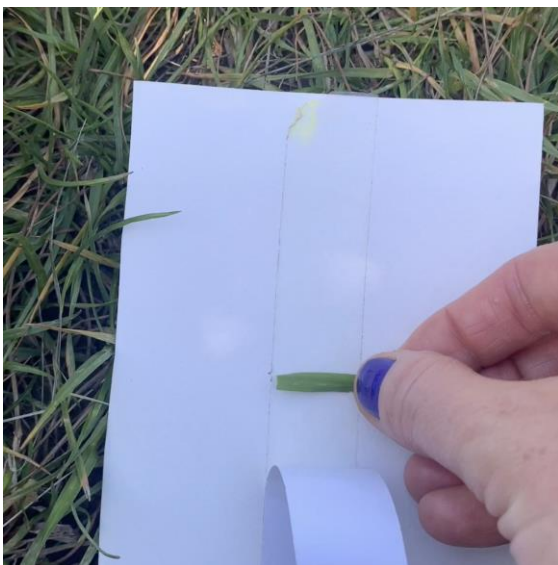
You could do this with a blindfolded partner. Take them to your chosen tree and ask them to get them to know it, before leading them away. Can they take off their blindfold and find the tree?



Collect a Nature Rainbow

You will need:

- A small strip of card
 - Double sided sticky tape or Sellotape
1. Prepare a strip of card ready for your adventure by placing a strip of double sided sticky tape or sellotape (sticky side up) across the length of the card.
 2. Whilst exploring your park or outdoor space, look for the colours of the rainbow in the natural items around you. These may be leaves, stems, flowers, berries or seeds.
 3. Collect a little piece of the colours that you find and stick them on to your sticky card.
 4. If you want to make it look like a rainbow, remember to stick things in the order of colours as follows: red, orange, yellow, green, blue, indigo and violet.
 5. A good way to remember the order of the colours is to use the mnemonic :
Richard Of York Gave Battle In Vain.



Nature Weaving Frame

You will need:

- Y shaped stick
- String or wool
- Natural items

1. Find a Y shaped stick.
2. Tie your string onto one side of the Y stick and then back and forth between the two branches of the Y shape stick until you have created a 'web'.
3. As you are exploring, look out for interesting leaves, feathers, grass, flowers and weave them into your frame.
4. Remember to only use natural items that are in abundance so as not to take too much from the environment.
5. Have fun!



How to Make A Tree Spirit

You will need:

- Coloured leaves and flowers
- Seeds and berries
- Sticks
- A tree to decorate
- Some mud or clay

1. Look around at the trees around you and find one that connects with you. Give it a hug and take time to get to know it. You are going to bring it to life.
2. Take a ball of clay or mud from the ground and squash it on to the side of the tree. This will be the main part of the face.
3. Shape a nose and eye sockets.
4. Using a range of natural material to add hair, eyes, teeth, a nose or other facial features.
5. Give your tree spirit a name and think about how it might protect the surrounding woodland.



Smelly Senses – Hunt the Herb

You will need:

A collection of herbs

Can your nose recognise the difference smells of herbs?

1. Whilst exploring the herb garden, get familiar with the different smells of the herbs by giving them a good sniff. It helps to rub your hand over them to release the scent.
2. Close your eyes and ask your friend to rub their fingers over a herb or hold a piece of the herb under your nose.
3. Have a guess which herb you can smell. Are you correct?
4. Take it in turns to close your eyes and guess the smell.
5. A long time ago, people used to collect posies (small bouquets) of strong smelling herbs which they held close to their nose to mask horrible odours (which they thought might make them ill!) Have a go at making your own by collecting small pieces of herbs and tying them together with some string or ribbon.



Headstone Manor's herb gardens are located to the left of the Manor House front door, in four raised beds.

Resources compiled
by Forever Green
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