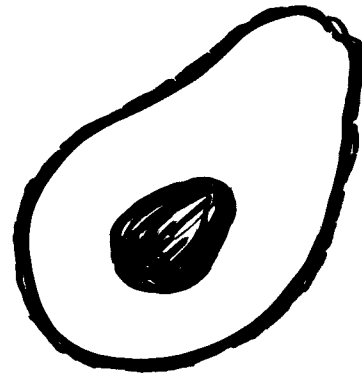


pebble painting



- * collect some smooth pebbles.
- * paint them
- * take some out on a walk and leave as gifts for people to find.



natural tie-dye

you'll need:

- 5 x avocado stone + skins (→ coral pink)
- OR
- 5 x onion skins (→ brown)
- large saucepan
- white fabric - cotton t-shirt
- elastic bands or string

method:

* Place onion skins or avocado stone and skins in a large saucepan with 2-3 litres of water.

* Bring to the boil + simmer for an hour. Leave to stand overnight.

* Wet fabric + wring out. Add elastic bands / string, experimenting with folding and bunching and pulling tight.

* Add fabric to dye + boil again 30 mins → 1 hour.

* Rinse + remove bands / string. Hang out to dry.

outside-in
inside-out



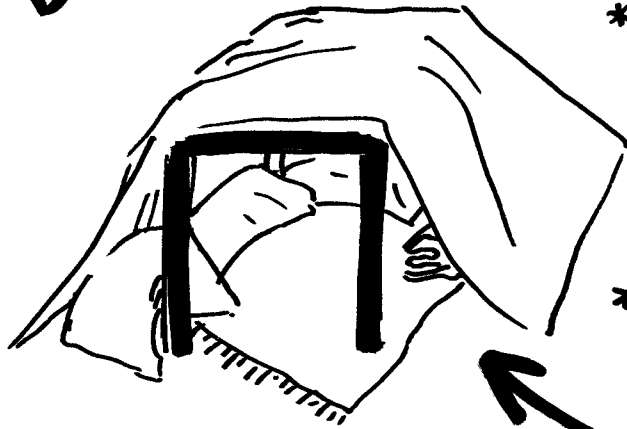
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Stick mobiles

- * find some sticks you like - choose a larger one and tie string either end + suspend.
- * use coloured card to cut out shapes - draw and paint on these + sticks too! Use string to attach + hang.
- * you can also include feathers, shells etc.

build a den

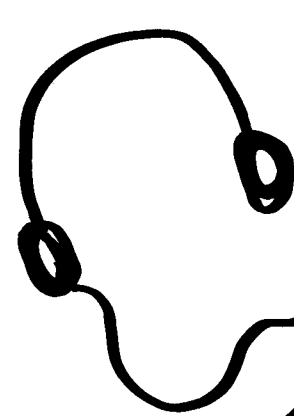


- * inside or outside?
- * sit or lie?
- * a nest or cave?
- * book or game?
- * alone or together?
- * drink or snack?

Outside-in
inside-out

flower and leaf pressing

- * collect some leaves + flowers
- * Get an old book you don't mind getting damp.
- * Place leaves/flowers inside folded paper 1 per sheet, + then inside the book.
- * Stack a few other books on top + leave to dry - approx 2 weeks
- * Make a collage with your dried leaves + flowers.



field recordings



you'll need:

- a mobile phone

- * take a walk around your area
- * what can you hear? Record as many snippets of different sounds as you can - birdsong, music, chatting...
- * at home - listen again. Pick your favourite and do a painting or drawing in response. What shapes do the sounds make? What colours do they bring to mind?



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