



GET SOME GREEN



It's time to get outside and enjoy some nature! In this activity, have a go at connecting with nature by focusing on the different aspects you can see, hear, smell and touch.

WHAT IS NATURE?



Nature is products of the Earth and not human creations.



It is the plants in the garden and all the animals.



Nature also includes the landscape and the weather.



There are many interesting facts about nature, such as did you know there was once four different species of human living on Earth at once?



There are also over 250,000 different species of plant and we use about 25% of them in medicine.

FOR THIS ACTIVITY YOU WILL NEED:

- To be outside in a green space, like a garden or park, looking through an open window at a green space, or in front of a house plant.
- Paper and pens/pencils/crayons



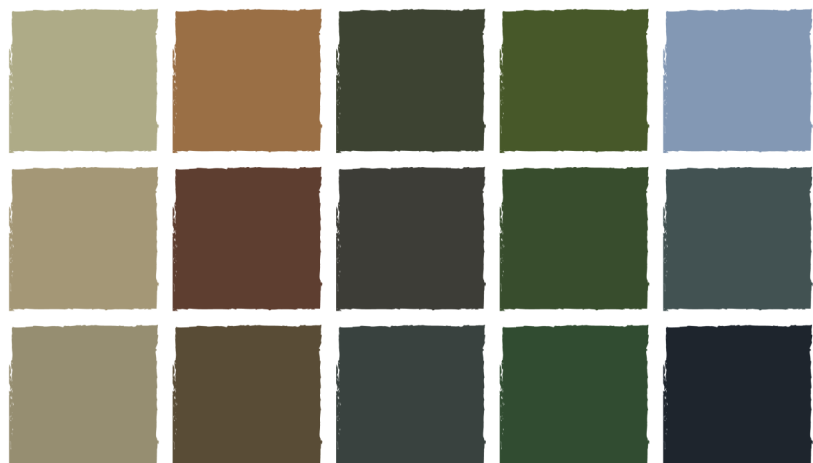
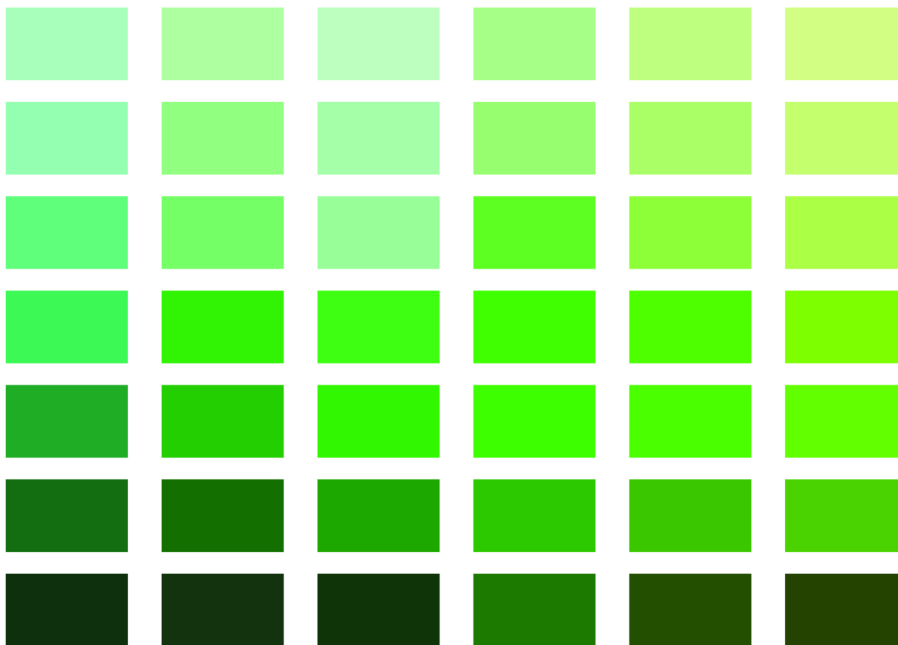


GET SOME GREEN



1

- Pick something that you can see in nature to focus on, this could be a leaf, stick, stone, tree or some grass.
- Think about its colour, is it a vibrant green or maybe it's more yellow? Is it the same colour on all sides? Use the colour charts below to try and match the colour your see.





GET SOME GREEN



2

- Notice the texture of your piece of nature. Is it rough, smooth, spiky? If you are outside can you take a crayon rubbing of it?
- To take a rubbing of a stick, tree trunk or hard object, place the paper over the surface and use a pencil or crayon to shade onto the paper.
- To take a rubbing of a leaf, grass or softer object, first try to rub the leaf on the paper. Notice what areas touch the paper first.
- Then put the leaf under the paper with the stem facing upwards to get the best imprint. Using a crayon or pencil, shade over the surface to create your leaf artwork.



Image Credit: <https://www.flickr.com/photos/98925031@N08/9768223775/>

3

- Now look really closely, what other details do you notice about the nature you're focusing on? Does it have a certain smell? Are there any unusual lines or shapes?
- With the help of an adult, you could use a plant identifier app or a book to see what plant you've drawn. Perhaps try a different species for your next piece of artwork. How is that tree, leaf or stick different?

EFFECT OF NATURE ON WELLBEING

Research into nature and plants is centuries old. The study of the healing properties of plants is called herbology and a person who studies this is called a herbalist.

Some of the smells that come from plants have calming benefits like lavender, which has been proven to help sleep, or jasmine which helps keep us calm and focused.

The colours that appear in nature also have a positive effect on our mood. Greens can make us feel peaceful and oranges/yellows help us feel happy. Allowing our mind to fill with thoughts of nature has proven to be beneficial for our wellbeing.

So make sure you Get Some Green and notice the beauty of nature around you!





ROCK OF AGES



BACKGROUND

Rocks and stones that you can find in the garden are made up of minerals. Humans have used rocks for millions of years for tools, weapons and building. Rocks can not only be found in the garden but also under our feet as the Earth's crust is made of rock. There are three different types of rocks based on the way they form: **igneous**, **sedimentary** and **metamorphic**.



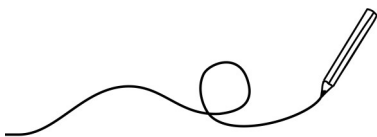
YOU WILL NEED:

- A rock or pebble from the garden
- Paints (acrylics work best but poster paints can be used too)
- A paint brush
- Water



1

- Pick a rock or pebble and give it a rinse under the tap to remove any dirt. Make sure you don't put your hands in your mouth or on your face while working with your rock.



2

- Dry off the rock with some kitchen towel. If it is light coloured then you might be able to sketch a design in pencil. If not, then pick a paint colour that will be visible on the rock.

3

- Pick a design and start painting! If you're struggling, look at our design ideas on the next page. Remember to wash your hands once you're done!





ROCK OF AGES



DESIGN IDEAS



Try painting a face and come up with a name for your rock character. You could get lots of different rocks and they can each be a part of the face. Perhaps paint a base colour first.



Try using the rocks to tell a story. There can be different characters on each rock. Paint scenery and the weather on different rocks to add to the story.



Try making an animal using one or multiple rocks. Or paint a whole group of animals such as this shoal of fish. Use different techniques such as lines or dots.

CHALLENGE: IDENTIFY YOUR ROCK

Look closely at the rock you have drawn; it is probably a **sedimentary** rock which are made up of lots of different layers that are squeezed together over time. See if your rock is one of the pictures below.



Shale



Limestone



Chalk



Flint

Your rock might be an **igneous** or **metamorphic** rock meaning it was once molten lava that has cooled down or has been changed due to high pressure. Have a look at the pictures to see if they match your rock.



Granite



Slate



Jet



Marble