Nature activities

Wildside's collection of fun activities for all ages and abilities

Wildside Activity Pack

With recent lockdowns and restrictions on what we can do, we at Wildside feel it is still vitally important for you and your loved ones to get outdoors and access the natural world. This pack has been designed for those wanting to connect to nature in their own time.

You can use these resources on your daily walks or pre-planned activities to find out more about the natural world around you, or as a guide to help you create your own unique adventures.

We would love to see how you have used the resources in our pack, so please let us know how you get on - photos would be brilliant! You can email us at **info@wildsideac.co.uk** with your updates.

Art therapy

Nature provides us with many materials we can use for art and decoration. While a vase of fresh flowers brightens any room, there are more permanent ways to utilise what Mother Nature provides.

Petal pounding

What you'll need

Petals, leaves, cotton or muslin, mallet or hammer, wooden base.

How to do it

1. Lay material on the wooden base
2. Arrange petals/leaves on one half of the material
3. Fold the material over (so it covers the petals)
4. Using the mallet, pound the material until all of the petals or leaf colours have seeped into the material
5. Frame it, make it into a card, whatever you choose.

Nature printing

What you'll need

Plain paper or card, paint, objects from nature.

1. Lay out the items on the paper to decide on shape/pattern you require
2. Put paint in shallow bowls
3. Dip the items into the desired paint and press into place on the paper
4. Repeat with all items and paint colours until desired effect is reached
5. Decide how you will display your art work (or use it as a gift for someone else).

Simple, easy ideas for children

- Use natural materials as paint brushes (twigs, leaves, seed heads, etc.) and compare the different patterns they make
- Mix some fine soil with water and use a paint brush to paint the mud onto trees – all the fun of paint, but it washes away when it rains.
- Go to the woods with some white paper and wax crayons (paper removed), lay the paper on the bark of the tree and rub with the flat of the crayon.

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