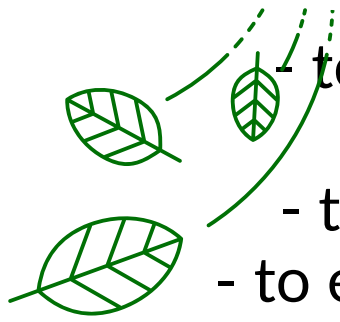


Amazing Outdoor Art

Aims:

- to get outside for some fresh air
- to appreciate nature
- to take a moment to be mindful
- to experiment with natural materials
- to develop photography skills



Resources can be collected from your back garden or you could go for a walk to collect them.

Activity 1



Find lots of interesting natural materials. Berries are great for colour but make sure you leave some for the birds! Choose a container - not too deep. Put some water in and **arrange the materials**. Place some string in the water but make sure you leave one end out so you can hang it up. Leave it outside to freeze!

If it's not cold enough outside, put it in the freezer. When it's frozen remove it from the container and hang in your garden. Take photos over a period of time to see how it's changed.

Mindful moment: take some ice or an ice cube from the freezer. Put it in the palm of your hand and let it melt. Use all your senses to explore the ice.