

# Make a nature mandala

## You will need

- Bags or baskets to collect natural materials

- Natural materials:



Sticks



Leaves



Pebbles



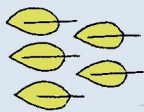
Flowers

Only pick from your own garden and leave plenty for pollinators!



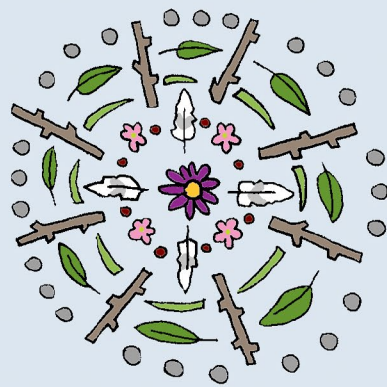
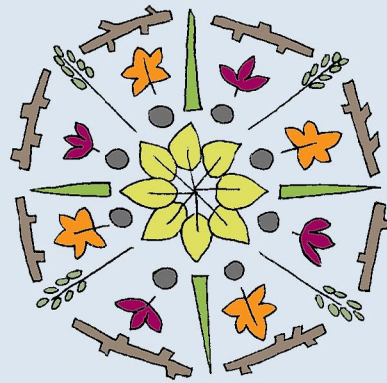
The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

- 1 Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).



- 2 Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.

- 3 Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



- 4 Remember to take a photo of your finished mandala!



# Activity: Natural looms

Natural looms are a great activity to focus your attention on what's around you. All you'll need is some string and a pair of scissors, everything else you will be able to find in nature.

You can create the look by either finding a 'Y' shaped stick or by tying 4 sticks together to create a square or rectangle.

You can try updating your loom each season to see how nature changes throughout the year.



# Activity: Walking challenges

Can you answer these questions as you explore the site? Or print them out and hand them out to your family or group as you go?



***How many different shades of green can you see?***



***Can you walk without making any sound?***



***Can you see anything natural which starts with the same letter as your name?***



***Imagine you were here 100 years ago. What would be different?***



***How many different colours can you see?***



***Imagine you are an owl: what tree would you perch on and why?***



***Brush your hand through some leaves or grass. What does it feel like?***



***How many different shaped leaves can you collect?***



***Imagine you have to sleep here for the night? Where would you make your den?***



***What could we do to make this place better for wildlife?***



***Can you invent a rhyme or poem about Walborough ?***

# Activity: reflect on the visit

Draw or write in the boxes below about what you experience during your visit to the nature reserve.



***We saw...***



***We felt...***



***We heard...***



***We touched...***

