

Artwork with Nature

The benefits of this activity are myriad! Firstly, getting outside and doing some exercise with your little one will make everyone feel good and help to model a healthy, active lifestyle. Looking for and collecting fallen sticks, leaves and flowers helps to promote and encourage curiosity in their environment and natural world. And finally, creating works of art with their collection can help to foster creativity and imagination, as well as allow your little one an outlet for their artistic expression. Art time can also help little ones with their fine motor skills, concentration and allow them to get a little bit messy.

What you'll need:

- An outdoor space (the garden, a park, bush land, it doesn't matter as long as it's outdoors)
- A mini wet bag or other bag to carry the collection
- Paper
- Glue
- Pencils, paint, crayons or textas (or all of these!)



How to do it:

- Take your little one out on a walk to look for things to collect. It's nice to encourage children to look for leaves, sticks and flowers that have already fallen rather than to pull things off living plants and trees.
- Pop all the things you find into your bag, ready to be used in art when you get home.
- When you are ready to do some art, set out the paper, glue, paints, pencils, crayons, textas and whatever else you are using on a table.
- Let your child's inner Picasso come forth!

Tip- Help children to think 'outside the box' by talking about the shape of the object and what else it could be. Leaves can be stuck onto drawn trees but they could also be the roof of a house, the body of a dragon or the hair of a fantastic creature!

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