

## Nature bracelets –patterns and colours from fresh flowers and leaves

### Today you can:

- Make a bracelet by attaching your choice of flowers and leaves to a loop of sticky tape.

### About nature bracelets

- A popular way to connect with nature and enjoy its colours and patterns.
- Low-tack masking tape works very well.
- You can use double-sided tape on coloured card or paper or just loops of regular sticky tape.

### In the garden:

1. Let someone know you'd like to make a bracelet.
2. Choose your colour of masking tape: yellow, blue or green.
3. Choose which wrist.
4. Cut a length of tape with scissors. Make a loop with it – sticky side out. Not too tight.
5. Roam the garden (and park) and choose the flowers and leaves and maybe seed heads you like the most. Pick just enough and not the large flowers. Remember we share the garden with bees and other insects that like to feed on flowers - and people like to see flowers too.
6. Stick them on the bracelet. Wear with pride!



### When you get home you can try:

1. You can cut through the tape and keep your bracelet as a souvenir of your garden visit. The fresh material will wilt and dry but can still look quite interesting.
2. Make bracelets from other visits – best to ask the garden owner first.
3. Try making a hairband.
4. Try out different ways of capturing materials – like parcel tape or duct tape.
5. You could decorate the card or tape before adding double-sided tape to it.