

Hello Trees Resource Sheet



What to do outdoors in Summer Nature's paintbrush and paint

I received the following email from my 11-year-old great-niece who lives in Sweden.

I have not altered any of her words but inserted my usual icons. Where I have added something, I have put my words in square brackets, []. The photographs are all her own

Jo had her friend Tova with her to join in the fun. I hope you enjoy doing what they did, then do please share something that you have been doing so that others can do the same.

'Hello Great Aunty Kate!

'I have made a paintbrush and some paints out of grass, leaves, sticks, rocks, berries, flowers, mushrooms and water.'



[Don't use mushrooms yourself.

Jo will have been taught at school which ones are safe in Sweden.]



'This is an activity that is medium hard and interesting so you don't lose interest.



'I will start with the paints. To do the paints you need a chopping board or something similar that is hard and can be washed easily.



'Collect berries and mushrooms [No! not mushrooms] and flowers and a little bit of water and some rocks.



'Crush the berries and flowers and mushrooms [No! not mushrooms] using the rocks and add some water if necessary.



'You can't lick your fingers because some of the berries might be poisonous.'



'Berries work better than flowers because they are juicier. Mushrooms [No!] usually give a good brown colour.



'Choose only the ripest berries because the riper they are the juicier they will be and the better paints they will make.



'Some berries have too many seeds and make a very seedy paint and other berries can have tough skin that does not dissolve when you crush it.



'Some flowers are too dry and don't work at all no matter how much water you add to them.

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i 'To make the paintbrush you need the leaves and a nice straight stick that is not too thin. Use grass to tie the leaves onto the stick.

Action 'Put about three leaves overlapping each other for the first layer.

Action 'Use another three leaves for the second layer, wound even more tightly so that it folds in at the top.

Action 'If the grass breaks, use a thin piece of wire and cover it by folding a leaf over it.



'Have fun experimenting.

'Lots of love from Jo'

I had fun experimenting.

I hope you do too.

The best fun is in the collecting and experimenting. Have a go yourself before seeing how I got on with [my experimenting](#).



For loads of outdoor things to find out and do, explore the [Hello Trees website](#).