

Focus

- Beauty of Nature
- Sensory Awareness

Where

Any green space

Who

All ages & abilities

Time

10–30 minutes

What you need

Cardboard, double-sided tape, optional paint swatches

Nature Palettes

What to do

Create a personal or group nature palette by collecting natural items that catch your eye or spark your senses.

This activity helps you *slow down* and notice the colors, textures, shapes, and scents in your surroundings.

How to make your Nature Palette

Cut a piece of cardboard to postcard size (A5 size works well).

Stick on double-sided tape, leave the top layer on until you're ready to explore.

Head outside!

- Peel off the tape covering.
- Press natural items (leaves, flowers, twigs, moss, etc.) directly onto the tape.

Ways to use it

- Focus on textures, colors, scents, or shapes.
- For a visual twist: Match natural items to paint swatches from a DIY store.
- No two palettes will be the same!

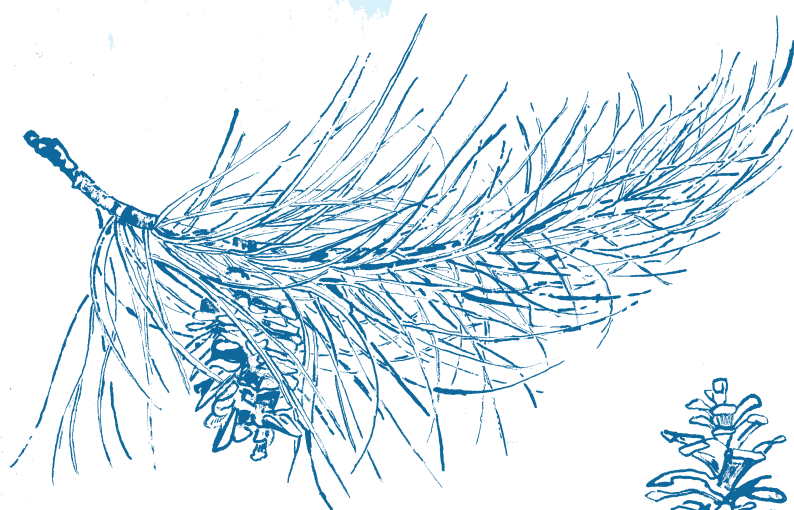
Why it's great

Make nature connections, seeing and appreciating nature's details



Snap and share

Take photos of your palettes and post them online using **#natureneedsheroes** or email them to us with permission so we can celebrate your creativity!



#NatureNeedsHeroes

www.lochlomond-trossachs.org/naturehub

