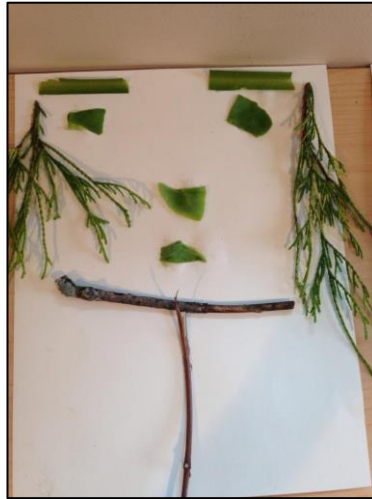


SELF PORTRAITS USING NATURE

Suits ages 36 months -60 months



What you'll need:

- A container
- As many resources as you can find in the garden (an alternative if you do not have access to the garden is; newspaper pieces, scrap paper or arts and craft supplies including pens)
- Paper
- Glue/tape
- A mirror or a photograph of the person in the self portrait

What you do:

1. If you are collecting natural resources, go into the garden and find items such as twigs and petals that have fallen from the trees and flowers.
2. This activity can be completed in the garden or inside; select where you will start to create your portrait.
3. Using the mirror or photograph of yourself, start to build your picture.
4. Keep adding resources until you have your finished portrait. If you are using items within the house such as arts and craft supplies, the same principle of the activity applies.

This is a lovely activity to connect with nature and gives the opportunity to talk about features and individuality. What makes you special and what makes us unique are great conversation starters.

This activity also gives you the opportunity to discuss shapes and size of the collected pieces.