

Make Some Art with Nature!

Art tip!

Start the Route to Health, collect petals, leaves, stones, bits of bark, twigs etc as you go. Remember never pick anything as living, be safe when picking things up and always wash your hands after!

Why not press your petals and leaves by putting them between two sheets of kitchen paper inside a heavy book. Put another heavy book on top and soon you'll have lovely flat shapes to make someone a lovely picture with.

Land Art

Find a space on the trail, using found leaves, twigs, stones and bark make a pattern, picture or animal on the ground, so other visitors can enjoy.



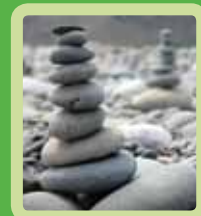
Funny Faces

Using fallen leaves, pine needles and two stones for eyes etc make an ugly bug face, or a woodland monster, or even do your own face perhaps?



Stone Tower

Using stones you've found make a tower, by balancing them on top on each other. See how high you can go.



Explorers Hat

Take home different fallen leaves. Using paper, make a band to fit your head, decorate with leaves. Wear this when you want to explore or play.



Next Time - Bring some bits of string and make a mobile. Use twigs to create a cross and then tie things onto it, then hang up in your garden.



South Staffordshire
Primary Care Trust



Key for Map

- Route to Health Start
- Route to Health Finish
- Rest Areas



SHOP
TOILETS

CAR PARK

PENKRIDGE ROAD

PENKRIDGE ROAD

FOREST

ROUTE TO HEALTH

ROUTE TO HEALTH

FOREST

PLAY AREA