



Sharing the beauty of nature

In this rainy day session, young people will...

- Create objects from natural materials, focusing on the touch sense.
- Make walk sticks and nests and decorate their scrapbooks.
- Be challenged not to use tape or glue.

The aim of the session is to...

1. Provide opportunities for young people to handle natural objects and create things with them.
2. Develop personal and tangible connections with nature, even when inside.
3. Practice working together (to build the nest) and work independently to make objects that feel personally satisfying.
4. Explore the idea that young people can look out for natural objects “in the wild”.

Activity 1: Building a nest

Can you make a nest fit for a bird? Birds start building their nests in February (or earlier due to climate change). In this activity, young people are challenged to use the materials birds use to make a person-sized nest, working as a team and not using glue or tape.

Accessibility

Option for young people who need more movement to find additional sticks around the site. Provide some gardening gloves to protect hands / anyone with sensory needs around touch.

Provide some large, printed images for inspiration for anyone who needs more guidance.

Different roles could include: decorating nest, preparing materials, weaving sticks, looking for inspiration, providing a size guide. If a few are dominating the building, introduce taking turns to place a material in the nest.

Talking points

- Have you ever seen a bird's nest?
- How long do you think it takes to build a nest?
- What materials would you use to build your nest?
- Are birds nests nature? Are human houses nature? What's the difference?
- Where's a good place to build a nest in a city?

Resources

- Sticks.
- Moss.
- Wool.
- String.
- Feathers.
- Other natural materials.
- Printed photos for inspiration or a pre-made nest.
- Torches.

Extensions

- Challenge to identify types of birds nest.
- Trying to copy different nest building techniques from different birds.
- Making a soft inner lining.
- Finding more materials outside to use.

Activity 2: Making materials for a nature walk

In this activity, young people make a walk stick and personalised collection bag ready for the next nature walk. A walk stick is a decorated stick to which they can tie natural objects that they find.

Accessibility

Buddy up for help with fiddly tasks.

Talking points

- How much is okay to take from a green space?

Resources

- Big sticks.
- Colourful string and wool.
- Printed examples of journey sticks.

Extensions

- Sharing stories around who uses journey sticks and why.
- Telling a story with the journey sticks.



Activity 3: Sharing the beauty

In this activity, young people take pictures of the objects they like and explore with a phone microscope. They take pictures in the nest and store them in scrapbooks. They have one-to-one chats about what nature is.

Accessibility

Use youthwork phone for anyone who can't access a camera.

Printable photos means everyone gets to take one home – don't rely on the young people's own phones.

Talking points

- What counts as nature?
- Are nests always nature?
- Are humans nature?
- What about our houses?

Resources

- Camera.
- Scrapbooks.
- Pens.
- Glue.
- Scissors.