

## Natural paintbrushes by Sarah-Grace

### You will need:

A collection of natural materials (perhaps these could be collected from your garden or found on a walk) e.g. clover, daisies, grass seeds, leaves, sycamore seeds and pinecones

Rubber bands (or string or yarn)

Sticks (again these could be collected from the garden or found on a walk)

### Method:

Attach the natural materials you have chosen to the sticks.



Depending on the young person, these could now be used to explore the sense of touch- perhaps being used gently over a hand or an arm.

Alternatively you might like to use these as paintbrushes to explore the effects they produce. Here are some examples of the effects from the natural paintbrushes:

