



Nature's paint palette

Can you find all the different colours in nature?
Go on a walk and see what you can see.



You will need:

- big pieces of paper
- sticky tape
- scissors

You will learn

To value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

To be happier

Be cheerful, have fun, and love your life.

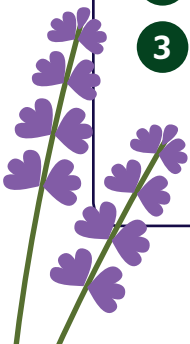
Before you begin

- This is a really good activity to do any time of the year, but it works especially well in autumn.
- Plan a trip to a local natural space. If you have a choice, you could ask the group which place they'd prefer to visit.
- You could do this activity while you're walking between activities, for example, if you're at an adventure centre or if you want activities to break up a longer hike.



Go explore

- 1 Everyone should get into small groups. Make sure each small group has an adult to go with them.
- 2 Each group should get a big piece of paper, some tape, and a pair of scissors.
- 3 The person leading the activity should explain that everyone will be going on a short walk that passes by a variety of nature. They should also explain the boundaries and ground rules that will keep everyone safe.



- 4 As everyone explores, they should collect natural items of different colours. They should aim to find around five colours. Can they find the primary colours of red, yellow, and blue? Avoid removing any living branches or flowers instead collect dead materials or ones that have already fallen to the ground.
- 5 Each group should attach the colourful items they've collected to big pieces of paper to create a paint palette.



Reflection

Time	Activity
5 minutes	Was anybody surprised at how many different colours they found? Was anyone disappointed not to find a specific colour? How might more colour be introduced into a natural environment? Why is this a good thing?

Change the level of challenge

You can challenge everyone to find certain colours (or a certain number of colours). Alternatively, you could ask everyone to choose the nature colours they'll look for before the walk.

People could take photos rather than collect items.



Take it further

Can people think of ways to make different environments as colourful as possible? You could come up with ways of making urban areas more colourful, such as planting wildflowers on verges or roundabouts.

When thinking about this, consider the needs of local wildlife. An insect that relies on yellow flowers for camouflage will be happy if people plant yellow flowers in their gardens or on their balconies, for example.