

Natural Paints

Creating natural paint is a great autumn activity suitable for young children. Whilst on a woodland walk, encourage the children to gather some natural materials - look for blackberries, rosehips, elderberries, grass, soil and moss.

Back at home

You will need: a few bowls, items to mash and stir with, water, strainer

1. Place each material in a bowl with a little bit of water.
2. Mash, grind and pound the material to release its colour.
3. Strain using a sieve or tea strainer to remove the seeds, husks etc.



These paints are now ready to use for any autumn craft projects!

Ideal for painting on paper or on natural materials such as stones, bark, sticks and leaves, especially the stronger coloured paints. Why not try finger painting or hand-printing.

Please note: Berry dyes can stain your clothing

When collecting berries, be aware that some are poisonous - just collect those that you can identify as safe. Make sure that you wash your hands after you've finished.



Autumn rub pictures

Even easier than creating natural paints is making a natural rub picture - its also a lot more messy and hands-on!

Take the materials you've collected and rub straight onto paper. The juice will ooze out of the berries and you should be able to draw directly with them.



Rub harder for grass, soil and dandelions - they will work too!



Have fun colouring in the autumn picture on the next page or making your own autumn rub picture.



