

Nature Frames

a Sensory Trust outdoor exploration activity



Collect natural materials to make beautiful nature frames for photographs, drawings, stunning views or fabulous selfies



Aim

To collect natural materials and decorate a frame with them



Time

1 hour



Number

Can be done individually, small groups and full classes



KS

All ages



What you will need

- * Frames; these can be old picture frames with the glass removed, embroidery hoops or frames cut from cardboard.
- * Bags to collect nature in, scissors, things to attach your nature, garden twine, string, glue dots, tape, garden wire. Camera.



Prep

If using old picture frames ensure they have had the glass and backing removed and any sharp bits that hold the glass in place. Locate a good place to collect your natural materials from, if it is a public place maybe do a quick check before you go out for unsanitary items.



Learning outcomes

- * Sensory exploration of textures.
- * Fine motor skills.
- * Maths, measuring and counting.
- * Art, photography.



Why

This is a great creative activity, you can also use fine motor skills and measuring. By framing something in the outdoors it makes you look and explore in a different way. This activity is different depending on the time of year, there is always something to collect, try a frame every season and see the differences! Frames can be taken apart after the activity and composted or you can leave them to dry out and watch the changes in them. This activity allows you to explore, be creative, use fine motor skills, use different materials, develop ways of seeing and take photographs.



Expanding the activity

- * Make a collage with the photographs you have taken using your frame.
- * Develop a treasure hunt to get others to see the great views you have found.
- * Take apart your frame and think about composting.
- * Leave your frame somewhere where you can see the plants and flowers dry out and change.

Levels of engagement



Sensory

- * Explore the environment through your senses. Discover textures, smells, and colours. See what you can find outdoors, work with your young person to find interesting sensory experiences. For some, this might mean bringing materials to them and exploring in a supported way. Using different parts of the body to explore texture. If there are scents you may have to hold them close to allow the young person to engage, some outdoor smells may be new and you may need to try them several times to get a true reaction. Remember head turning and pushing away are all responses.
- * When you have found sensory interactions that are of interest you can use those to build your frame. Can you support your young person to place the items where they want them and then help to fix them in place? Make sure you spend time exploring the fixings to, feel the sticky tape or bend the garden wire.
- * When your frame is complete head back outdoors and find things you want to frame. This may be some of the textures, for example, that you found interesting before.
- * The frame can also be used to hold up to frame things you want your young person to look at. They can support eye gazing.



Semi-formal

- * Spend some time looking at your frame that you will decorate, get an understanding of the types of materials you will want to attach to it.
- * Get yourselves ready and go outside. Explore the environment through your senses. Ask your young person to carry a bag to collect natural materials in or carry it for them if more appropriate.
- * Collect a range of natural materials for decorating, think about colour, shape, texture, scent even sound!
- * When you have a good selection find a space to work on your frame. Place the natural materials around your frame and decide where you think they should go. When you are ready attach them to the frame using tape, glue dots, twine, or garden wire, whatever you have, and feel will work for you. Remember to leave a hole in the middle of the frame to look through!
- * When you are happy with your frame go and explore the outdoors, frame interesting sensory nature that you see. If you want to you can take photographs of what you frame. Consider close up frames, framing of views in the distance.
- * When you have finished with your frame you can either keep it and watch it dry and change. Or you might want to take it apart and compost the natural materials. You can keep your frame to repeat the activity at a different time of year.

1
2
3
4

Formal

- * Spend some time looking at your frame that you will decorate, get an understanding of the types of materials you will want to attach to it. You may want to measure it.
- * Get yourselves ready to go outside, make sure your young person has a collecting bag and possibly some scissors if you think you might need to cut some plants. If you like you can set more of a challenge around the items you collect, for example, as many colours as you can find or 4 different textures.
- * When you are ready head out to collect the natural materials, you can support your young person during this or if you think they are best off doing it independently allow them to do so.
- * When they have enough material find a place where you can put together your frame. For attaching the materials, we would suggest twine, garden wire, tape, or glue dots. Twine and wire are easier to take apart at the end and can be reused. Place the natural materials around the frame and when you are happy attach them, don't forget to leave a hole in the middle!
- * When you are happy with your frame you can head off to see what you can find to frame, hold the frame out to show interesting things you find. You may want to photograph your findings; this is a nice way to really make you think about what you are framing. If you want you can set specific items to find and frame, for example something pink or a whole tree. Taking photographs of what you frame helps to focus on what you are finding; this can be done independently or in pairs or groups.
- * You could then print the photographs out, you could ask your young person to write about their finds under the pictures or use emotion stickers to express how they feel about the different things they have found.
- * Once you have finished with your frame you can leave it somewhere to watch as it dries out and changes. Or you can remove the natural materials and compost them. Your frame can then be used again. It is great to make a frame each season to see the changes in the outdoors.

Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

www.sensorytrust.org.uk tel: +44 (0)1726 222900 enquiries@sensorytrust.org.uk

Produced through the Growing among Trees Project in partnership with:

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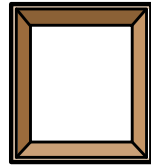
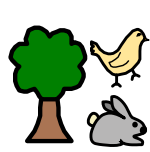


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Nature Frame Activity

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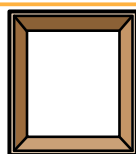
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* The number of spirals in the top left hand corner of the page, increase with the difficulty of the worksheet. This could be more difficult questions or lessened support.





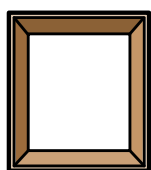
Nature Frames



What



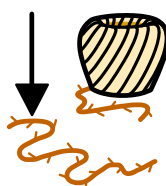
do I need?



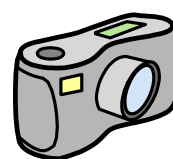
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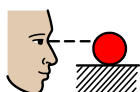
collecting bag



twine



camera



Look at



your frame,



think about



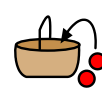
how many



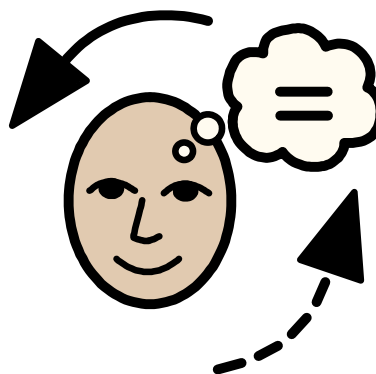
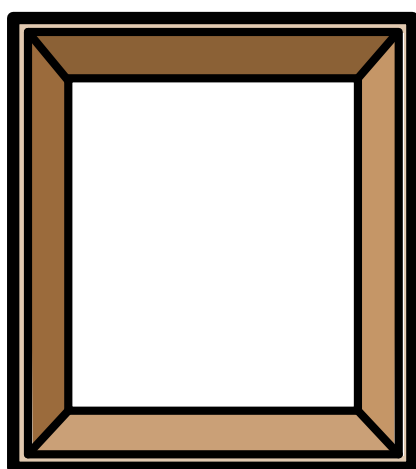
items

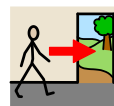
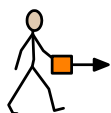


you'll need

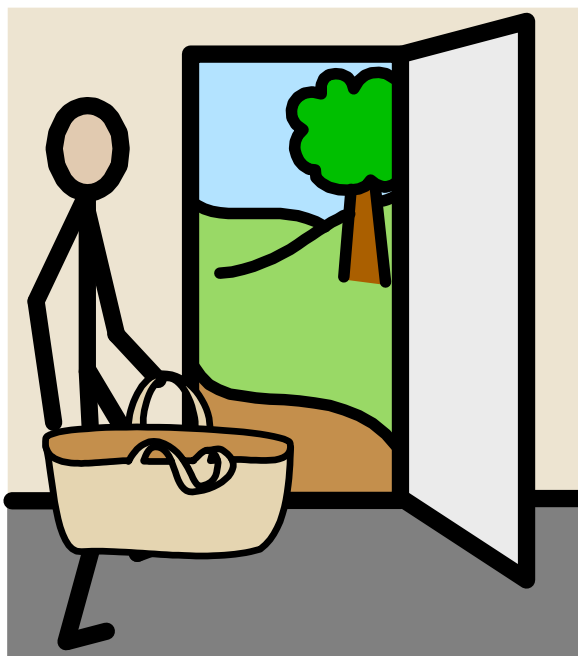


to collect.

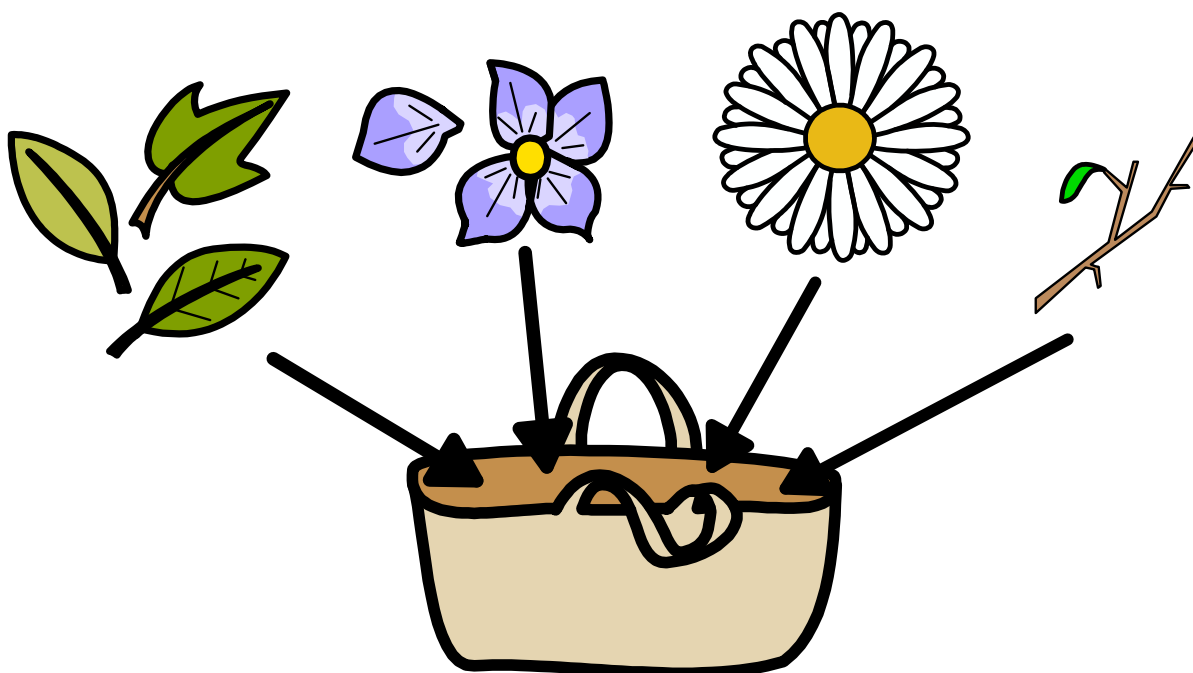






Take your collecting bag and go outside.



Collect lots of different materials.


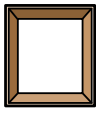



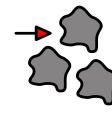




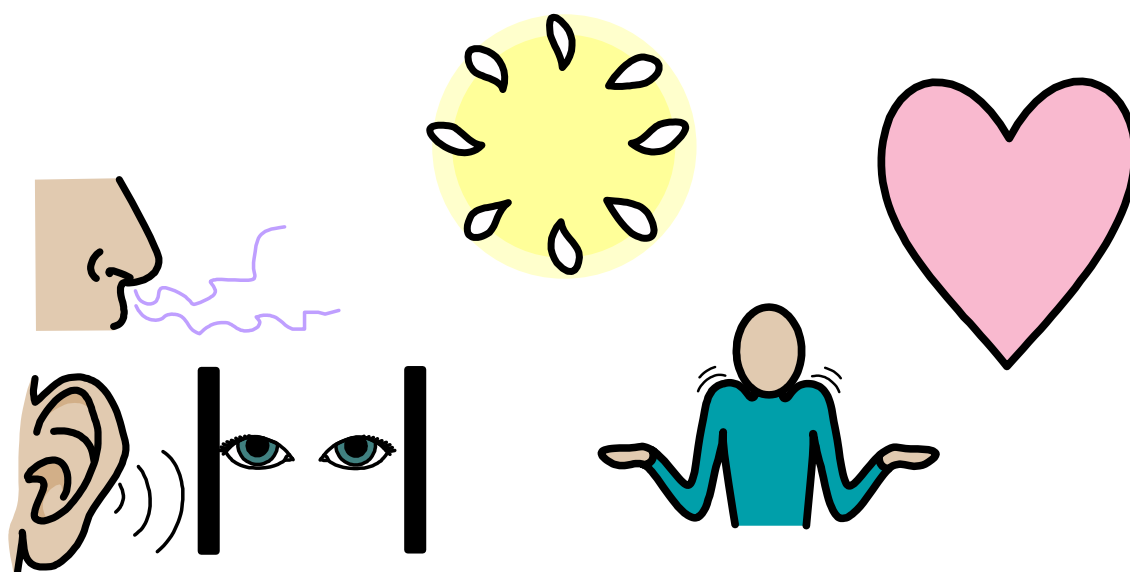




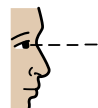
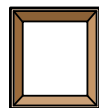

Find a comfortable place to create your frame.



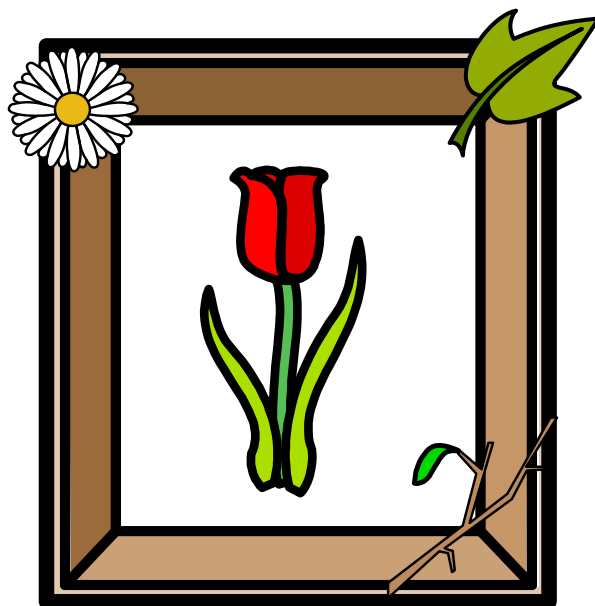
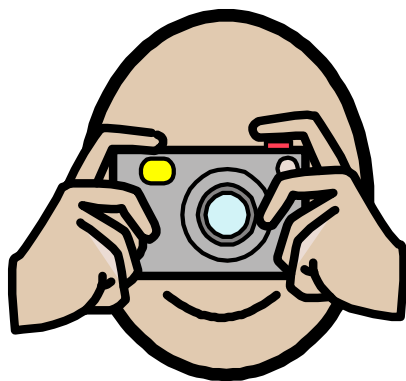







When your frame is finished, find things that interest you and frame them.

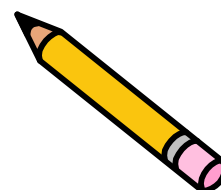
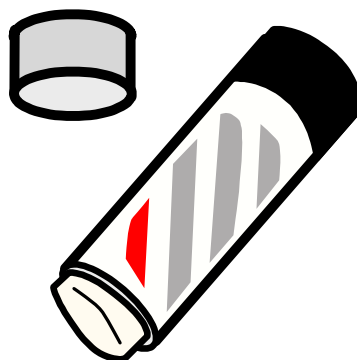
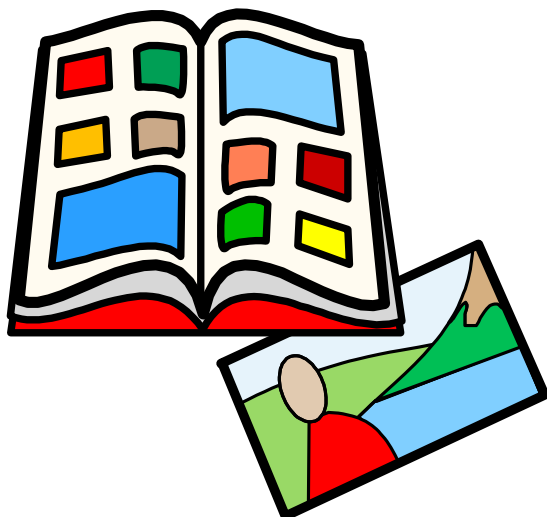


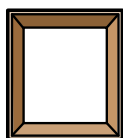


Take some photos using your frame, use the checklist for ideas.



Print out your photos, stick them in a scrapbook, write why you took the photo.

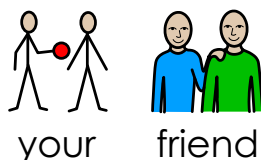
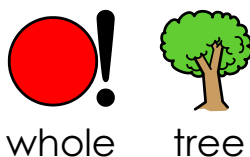


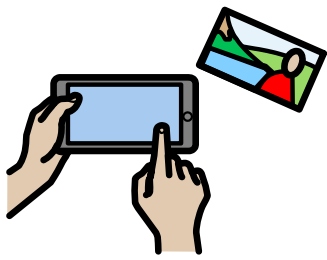


Nature Frame Photo Checklist

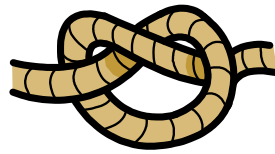


When you have made your frame, go and take some photos, below are some ideas:

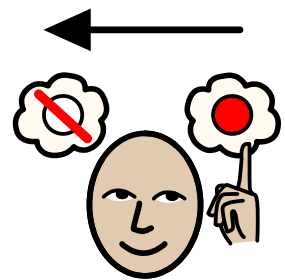




photograph



tie



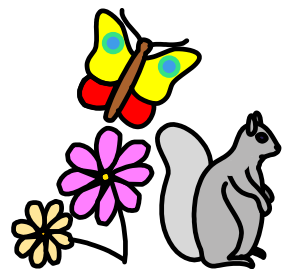
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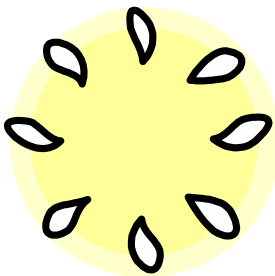
flower



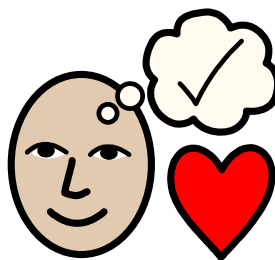
tree



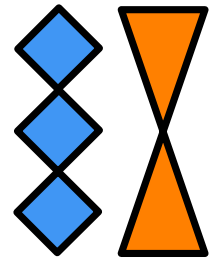
wildlife



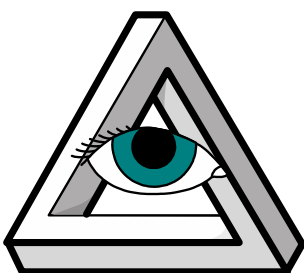
beautiful



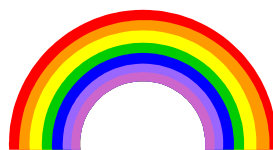
interesting



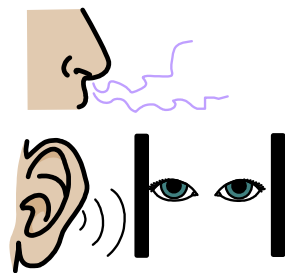
different



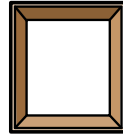
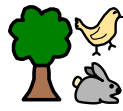
weird



colourful



sensory



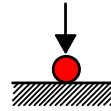
Nature Frame



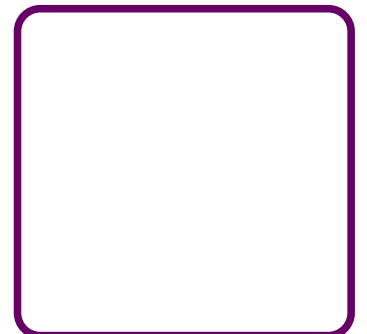
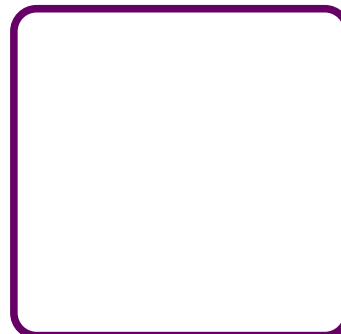
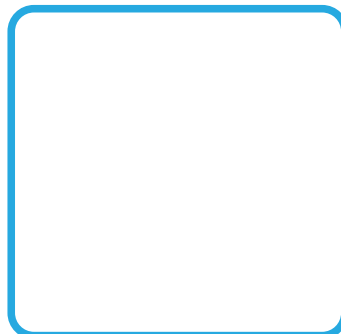
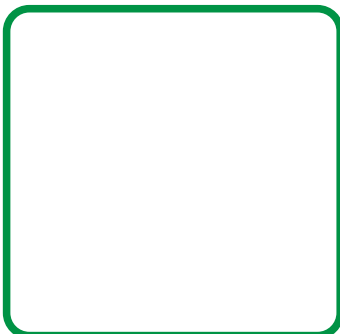
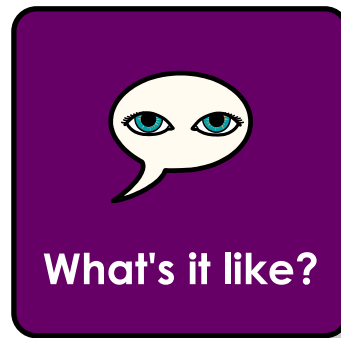
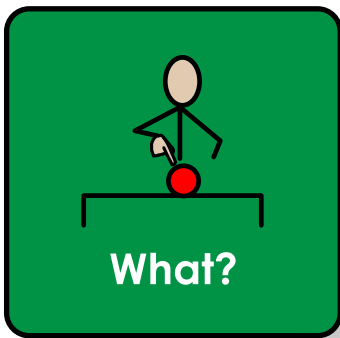
Stick

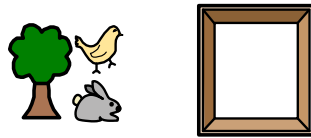


photo

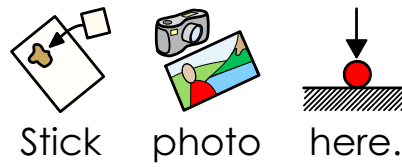


here.





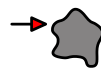
Nature Frame



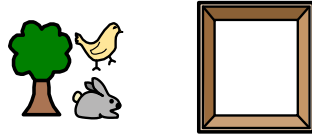
Write about your photo.



What



is it?



Nature Frame



Write about



your photo.



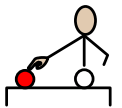
Why did



you choose to



take a photo



of that?
