



Autumn Week

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- What you will need:
- Paper plate
 - Autumn leaf collection (you can make your own leaves if you want)
 - Colouring pens or pencils
 - Scissors
 - Glue
 - Ribbon or string



Make your own autumn leaf wreath decoration

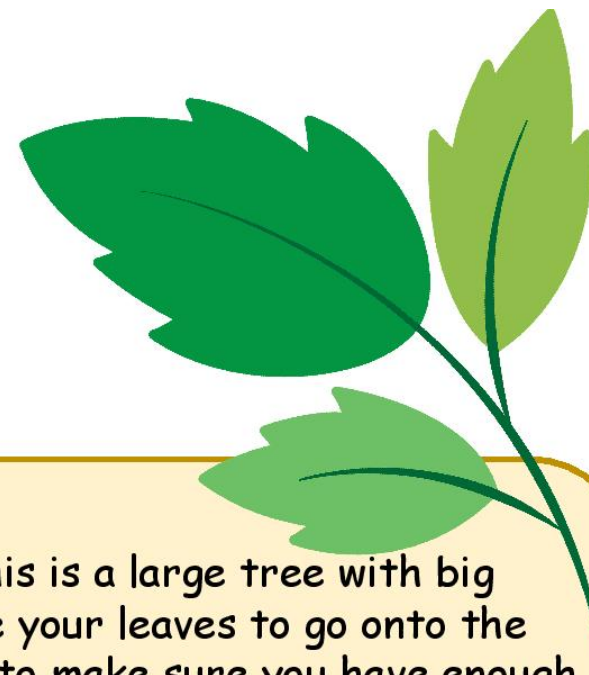


To start with you will need to go out and gather your autumn leaves, you can make your own using paper and pens if you can't find many leaves outside. Once you have gathered your leaves or made them on paper you can begin to make your wreath. Using a paper plate, you want to cut out the middle of the paper plate to make it a ring. Then using your leaves, you want to stick them all around the edge of the paper plate. Keep doing this until your ring is full of your autumn leaves. Next you will need get some string or ribbon and tie it around your paper plate wreath, so you are able to hang your decoration. You can no hang your decoration wherever you like!



What you will need:

- Paper
- Colouring Pens or Pencils
- Scissors
- Glue



Make your own gratitude tree

To start with you need to draw your tree, you want to make sure this is a large tree with big branches so you can attach your leaves onto it. Then its time to make your leaves to go onto the tree, to do this use a piece of paper and draw out your leaves you want to make sure you have enough room to write inside the leaves. Once you have drawn out all of your leaves you can begin to write things you are grateful for in your leaves. When you have written all of your things down you can cut your leaves out and begin to stick them all on your tree. Once you have finished you should be left with your gratitude tree, why don't you share it with others to tell everyone what you are grateful for at them moment.



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Pressed Flowers

Here's what you'll need to press flowers in the microwave:

- Fresh flowers and/or greenery
- Paper towels or 100% cotton rags
- A heavy microwave safe dish/ container (to use as a weight)
- Microwave



1. Cut blooms and leaves as desired. You can either cut them off right below the bloom, or leave on the stem if you'd prefer. You may need to trim the stems, however, so they fit in the microwave. For leaves, you can leave them on the stem or pull them off and dry them individually.
2. Place the blooms on top of a piece of paper towel or on one side of a cotton rag. However you place your blooms will be exactly how they dry, so make sure petals are flat and smoothed out.
3. Cover with another paper towel or by folding the rag in half
4. Place in microwave. Set a heavy microwave safe dish on top. You don't need to press this down, if you have thicker flowers. Just set it on top gently, it will still flatten on it's own as the flower dries!
5. Microwave at half power for 90 seconds. Remove the dish and check your flowers. They should feel quite dry, almost like paper. If they still feel moist, put them back in the microwave (cover again with the heavy dish) for 30 second increments until dry. Remove from microwave and let cool, they will get stiffer as they cool and fully dry. How long this takes depends on the flower, but I found they set up quite quickly. Now they are ready for whatever project you'd like to use them in!

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GRATITUDE JAR



For this craft you will need an empty jar, stickers and paper to write or draw what you grateful for.

An example, if someone has done something nice for you write it down and pop it in the jar so you an always remember the nice deed!

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