

Tree Art

Feeling overwhelmed?

Take a relaxing walk to your nearest park, woodland or anywhere you can find trees. Walking gets our heart pumping and blood flowing, while also lowering stress and anxiety.

As you walk, collect a variety of leaves and look at the differences between them. They might be different colours, shapes and textures. Once you find a few interesting leaves, bring them home to create some relaxing art.

What will you need?

An assortment of leaves

Crayons or pencils

A4 sheets of paper



What to do:

Step 1. Flatten one leaf as much as possible on a table.

Step 2. Place a sheet of paper over the leaf.

Step 3. Use a crayon or pencil to lightly rub the paper over the leaf. You will begin to see the leaf appear on the paper.

Step 4. Keep rubbing until you can see the whole leaf on the piece of paper.

Step 5. Admire your fantastic leaf art!

Top Tip: Don't press too hard with the crayon or pencil. Pressing lightly lets you see all the details of the leaf.

Fun Facts:

Leaves have veins too! Instead of transporting blood, they transport water and sugar.

The midrib of the leaf is the vein that runs along the middle. This provides the leaf with strength to weather the wind.

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