

# ACTIVITY GUIDE

## - ICE SUN CATCHERS



Connecting creatively to the  
landscape of the Wye Valley AONB and Forest of Dean

# ICE SUN CATCHER



Brighten up your garden or outdoor space on a crisp winter day with these colourful ice sun catchers. Watch the sun rays illuminate your ice sun catcher that contains your choice of coloured natural forms.

## Activity rating

Suitable for all. Assistance may be needed to cut the fruit into slices.

## Time required for activity

30 mins.

## Preparation time

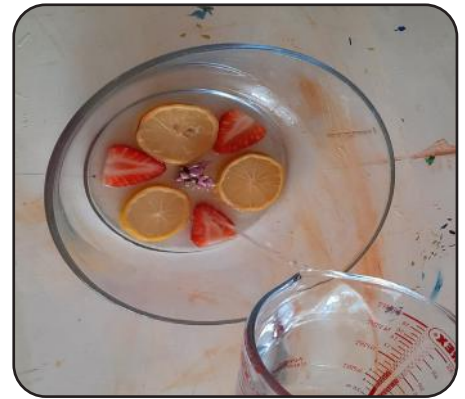
10-15 mins to set the table. Certain items will need to be gathered beforehand on either a walk around the garden or shop bought items.

## Shopping list

- Chopping board
- Bowl or cup or tray to hold the water/frozen ice sun catcher
- String
- Natural objects such as Fruits / leaves / flowers / berries
- Jug of water
- Food colouring (optional)
- Freezer



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## Step by step instructions

1. Select your fruit and cut into slices
2. Place the fruit and/or objects flat into the dish/bowl that you are using. Arrange into a pattern or random. Add in flower heads etc. if you wish.
3. Pour cold water over the fruit/objects to just cover them.
4. Cut a piece of string approx. 30cm in length and make a loop and tie a knot. Place the string on top of the fruit/objects and ensure it is submerged enough in the water so that when it is frozen it will be held in place.
5. Carefully place into your freezer compartment and leave to set.
6. When fully frozen, take out and leave to one side for 15-20 minutes so that ice releases from the plate/bowl. Carefully lift the ice sun catcher out and find a magical spot in your garden or outdoor space to hang it and catch the winter sun.

## Top Tips

- Make sure you have made space in your freezer or ice tray compartment so that the ice sun catcher can be laid flat.