

ACTIVITY GUIDE

- NATURAL GARLAND



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

NATURAL GARLAND



Using nature to create beautiful decorative garlands suitable for any occasion or just to brighten up a room. This can be created at any time of year and seasonal leaves and flowers can be incorporated into the design. You can use a variety of string or wool to bring some texture and colour into your garland and to complement your selection of leaves and flowers.

Activity rating

Suitable for most people although some assistance may be required with making simple knots and threading the string through holes.

Time required for activity

30-45 mins.

Preparation time

About 10 mins to prepare the table with all the resources. A short walk outside may be incorporated into this to enable participants to find and select their own leaves or flowers or possibly a planned trip to a garden centre or supermarket.

Shopping list

- String or wool
- Scissors
- Hole punch or similar to create a clean hole in the leaves
- Assortment of small headed flowers and leaves

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Step by step instructions

1. Cut yourself a metre long piece of string or wool or however long you wish your garland to be and lay it out on the table in front of you. With your leaves and flowers, roughly work out the distance and spacing so you know how many you will need.
2. Take your leaves and using your hole punch, carefully make two holes in a vertical line in towards the top of your leaf which will look like eyes!
3. Select your flower heads and cut them off leaving about 2cm stem.
4. Take your leaf and thread the wool up through one hole and out the other attaching it to the string pulling it along .
5. At about 4 or 5 cm along the wool, form the loop of a single knot. Do not pull tight yet, leave enough space to push the flower stem through the loop before tightening the knot.
6. Repeat this process alternating leaf then flower.

Top Tips

Small headed flowers work better for this activity as do leather type leaves such as bay or oak as they will not tear near the holes easily and will hold their shape better.