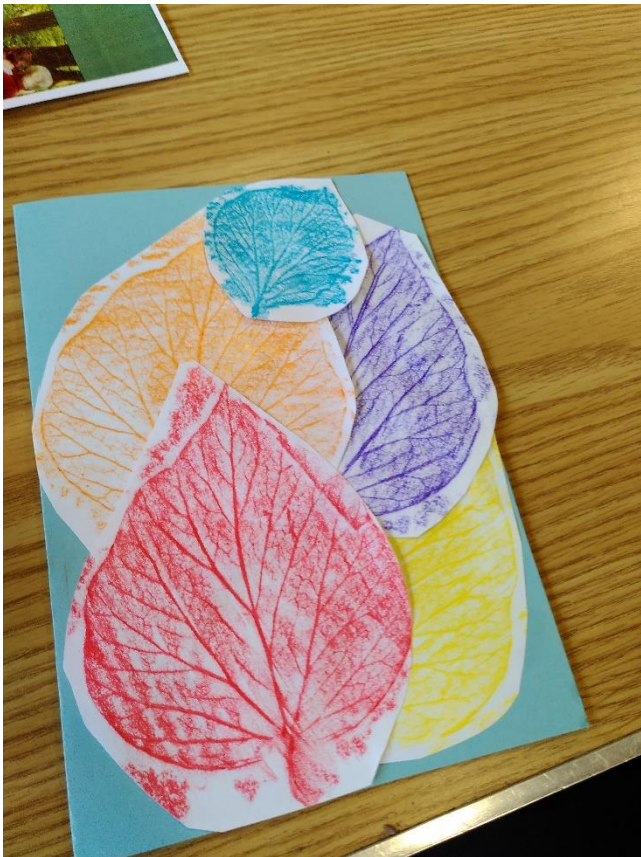


# Wild at Heart

Be wild, whatever your age

## Make a Leaf Rubbing



Making a 'Leaf Rubbing' is a lovely, simple activity which uses the unique textures of leaves to create a beautiful copy on some paper.

This is a great activity for exploring nature at any time of year – in autumn and winter the leaves are falling or have fallen from the trees and there are plenty to pick up off the ground, while in spring and summertime the leaves are fresh and green again and full of texture.

Leaf rubbing works just the same as if you've ever rubbed a copy of a coin onto some paper: the leaves (or coins) are not completely flat nor smooth, but have bumps and grooves, especially over the veins of the leaf and around the outline of the leaf.

To help you to think about this, find yourself a leaf, hold it in your hands and close your eyes or look away: now use your sense of touch and see if you can feel the veins or the outlines of the leaf, and any other textures.

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What you need:

- Leaves: find a selection with different shapes, sizes and textures.  
**Remember:** it's always best to pick up leaves that have already fallen on the ground, rather than stripping them from a living plant. Fallen leaves often have very crisp textures and are perfect for this activity.
- Paper: white or coloured, paper or card
- Pencils: normal writing pencils, or colouring pencils, or crayons
- Scissors (optional)
- Glue/Pritt Stick (optional)



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How to make a leaf rubbing:

1. Place a leaf on a hard surface.
2. Put a piece of paper on top of the leaf.
3. Place your hand on top to hold the leaf beneath steady throughout the next step.
4. Take your pencil or crayon and rub it over the leaf, in quick lines, up and down across your leaf, with each line close to the last. You are



effectively 'scanning' your chosen leaf into view on the page!

The harder you press with the pencil, the more detail you will capture, up to a point! Don't press TOO hard, just firmly.

Try to rub over the whole leaf so not to miss out any detail, and even go beyond the outline a bit to capture the whole 'picture'.

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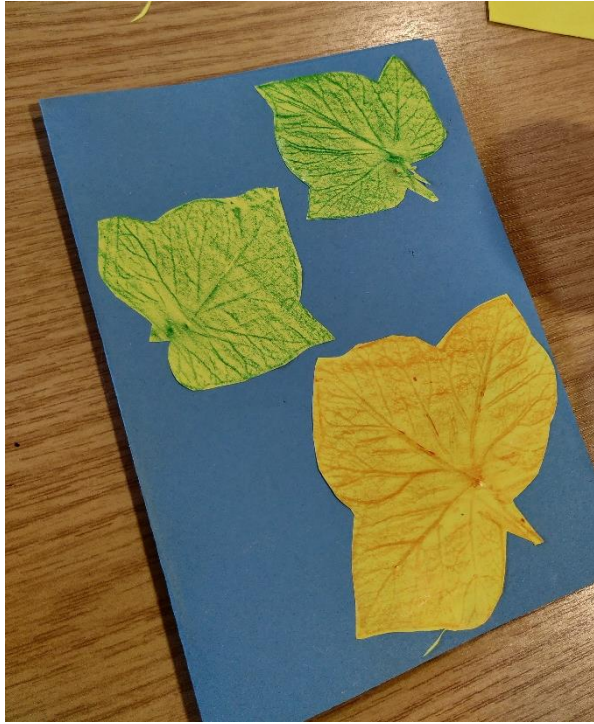
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# Wild at Heart

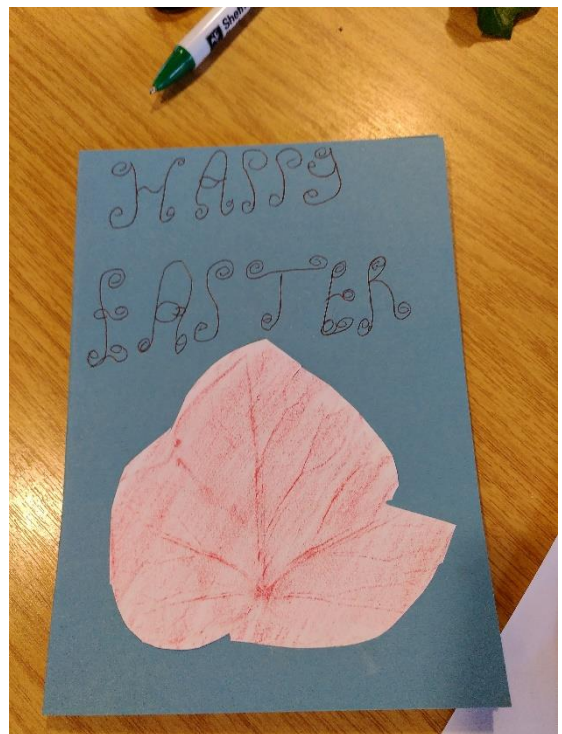
Be wild, whatever your age



5. Now you have made one, try a leaf with a different shape or size or age, or try out rubbing on some tree bark, moss, or grass! Experiment and see what natural images you can capture!

6. Once you have some nice leaf rubbings, you can use them in lots of creative ways:

Why not cut out your leaf rubbings and put them in a nature journal? Or you can cut out differently coloured leaf rubbings and stick them onto some card and send them as a greetings card!



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