

Forest School Home Learning Activities. Have ago at 1 or 2 anymore is up to you!

Mandala – God's eye

A Mandala is craft that creates a round symmetrical pattern using sticks, wool and a weaving process. The activity is promoting mindfulness, focusses the attention and is calming to make. You can draw and colour them too.



What you will need: 2 or more sticks, different colored wool

Instructions

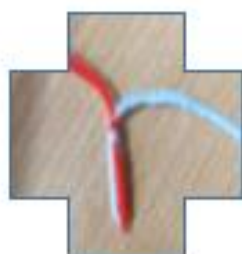


Start by tying the two sticks together in the middle. You can do this using your knots and lashings – Clove Hitch, Square lashings and a Reef knot or you can simply use



your first colour to tie them in your own way.

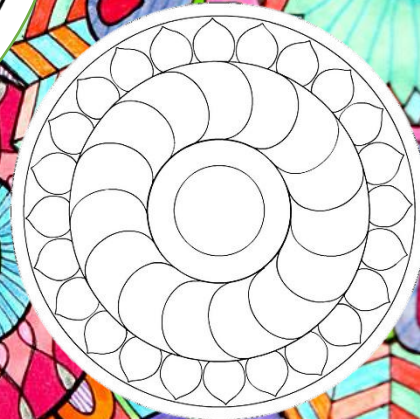
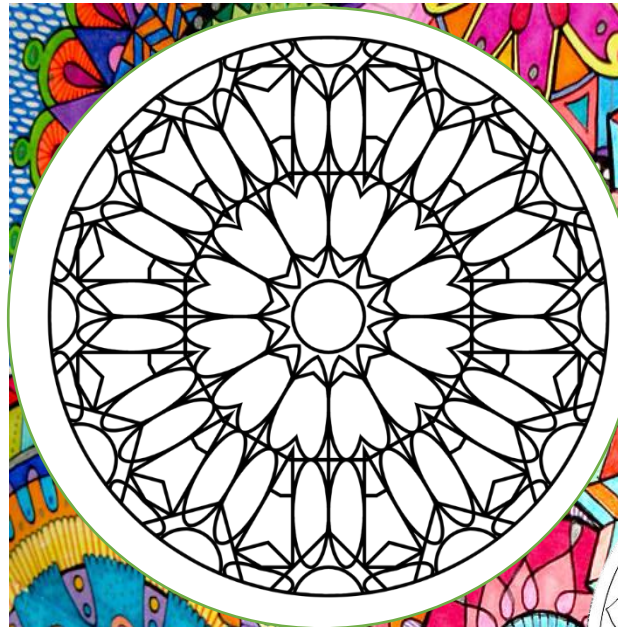
Now with your first colour go around one stick, then over and around the next. Keep the pattern going until you want to change the colour. To do this simply tie two pieces of wool together. Try to hide the knot under the Mandala when you start weaving again – under, around and over to the next stick.



Use this link to watch the whole clip for more information.

https://www.youtube.com/watch?v=X53ZxcHoR_c

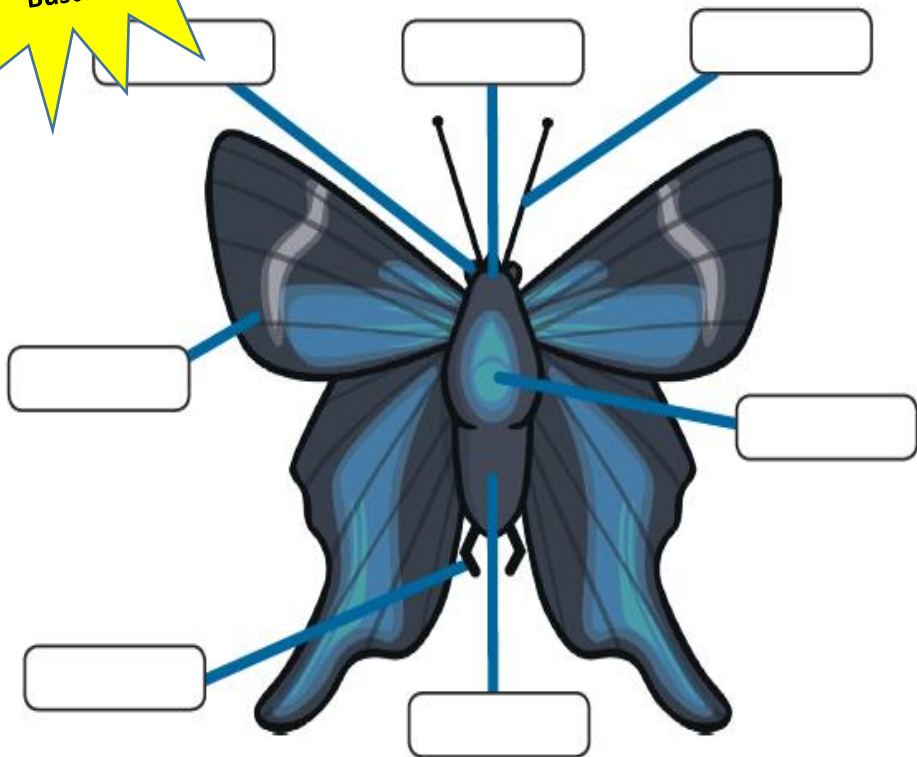
Colour these mandalas using your favorite colours.



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Parts of the Insect



- antenna
- abdomen
- eye
- head
- leg
- thorax
- wing

Can you write an acrostic poem about a Forest?

F _____
O _____
R _____
E _____
S _____
T _____



Fact

Name: dragonfly
Size: 1in to 4in (length)
Species: more than 5 000
Food: flying insects like midges and mosquitoes
Fact: Dragonflies have been around for around 300 million years.



Name: ant
Size: 0.23in to 2in
Species: 12 000
Food: seeds, nectar, worms, spiders, small lizards, fruit



Fact: Ants are really strong! They can carry between 10 and 50 times their body weight.

What am I?

I am between 0.3 and 0.4 inches,
there are 46 species of me,
I eat plants, greenfly & other insects,
I bleed from my knees if I feel threatened.

The answer to the last 'What am I?' is Grasshopper, congratulations if you guessed correctly.