



FROZEN NATURE DISCS



▶▶ GETTING INTO THE ACTIVITY

Use the best bits of nature this winter to create a frozen nature disc.

Head outside and look around for colourful pieces of nature (leaves, flowers, berries, grass etc). Once collected, carefully place them into a shallow dish. Try to create a nice pattern or design. You could add some food colouring here too. Place some string half in the dish, half hanging out (to hang the disc later). Carefully pour water into the dish until the objects are covered. Place the dish in the freezer and leave overnight. Once frozen this should create a colourful frozen nature disc which you can hang in a garden or outside the front door to catch the sun, show off the different colours and slowly melt throughout the day.

Virtual Session: This activity can be run in one of two ways. 1) Encourage children to collect items of nature beforehand. On your virtual session children can show what items they have collected before you talk them through placing the items in the dish and filling with water. Encourage them to share a photo of the frozen disc the next day. 2) Ask the children to create the frozen discs beforehand and use your virtual session for children to reveal what their frozen disc looks like and what objects they used.

✓✓ WHAT YOU'LL NEED

- Shallow Dish (Foil dish, bowl, lid, muffin tray etc)
- Colourful Nature Items
- Water
- Freezer
- String / Ribbon
- Food Colouring (optional)

! KEEPING EVERYONE SAFE

If going beyond the garden to collect items, children should be accompanied by an adult and follow current local guidelines.