Inspiration:
Autumn Leaf Art

trellis
gardening for Wellbeing

Autumn leaf fall provides materials for indoor crafts, as well as evergreen shrubs, which provide year-round plant material. Collecting leaves is an engaging activity, with nature providing a wide variety of leaf shapes, textures and colours. This activity promotes physical exercise, cognitive awareness of seasons, fine motor skills through painting, creativity, and self-esteem by producing satisfying artwork.

Window Leaf Art

Collect leaves of various shapes and sizes. Larger, 'fatter' ones can be easier to work with once they are dried. We have used Bergenia, Magnolia, Laurel, Epimedium and Oak leaves.
If leaves are already dried, skip the leaf drying below.

How to dry leaves. Here are two methods you can try:

- To press-dry leaves, use a flower press or heavy books on top of the leaves for several weeks.
- Use a medium hot iron for quicker results. Take extra care if using this ironing method. Place leaves between parchment paper on a wooden board, press with the iron for 20 seconds, then check for dryness, repeat as required; they should be dry but not crisp.

Lush Bergenia leaf

Iron dry method

Try Acrylic pens

Winter colours

Window Leaf Art Use acrylic paint pens to decorate the dried leaves - easy to hold and come in a variety of nib sizes and colours. They are suitable for use on almost any material and work particularly well on dried leaves. Trace the veins on the leaves to emphasize their details and create nature-inspired artwork. Hang your winter leaf stem at the window to allow the light shine through and spotlight the beauty of the leaves.

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Inspiration:
Autumn Leaf Art cont.

Leaves and flowers of all shapes and sizes can be dried. And be painted onto also!

Make a Oak Leaf Wreath

Step 1 Collect fallen oak leaves—naturally dried if possible.

Step 2 Cut out a ring of cardboard to create the body of the wreath. Staple ribbons onto the back of the cardboard ring to decorate and provide a loop to hang the wreath up.

Step 3 Use PVA glue to attach the larger leaves around the cardboard ring.

Step 4 Allow these leaves to dry and adhere in place before gluing smaller leaves on top to conceal the cardboard.

Step 5 Once the glue is completely dry, hang your autumn decoration. Optionally, add a touch of golden spray for extra sparkle.

Dry fallen oak leaves

Step 2

Step 3

Step 4

Step 5