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National Trust
SUNDAY FUN DAY
A NATURE ACTIVITY FOR EVERY WEEKEND OF THE YEAR
nosy crow





# SUNDAY FUN DAY

## A NATURE ACTIVITY FOR EVERY WEEKEND OF THE YEAR



For Grace and Rose, who make every day a funday,
and in loving memory of my Aunt Dotty – K.H.

For Eva, Iván, Olov, Jorun and Nana – J.V.

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# INTRODUCTION

Hooray for Sunday! It's everyone's favourite day to relax. But sometimes, it's fun to have something special to do too.

In this book, you'll find 52 amazing activities for you to do with your family and friends – one for every weekend of the year! Whatever the season, whatever the weather, there's something for you to do together.

As you spot the first flowers, it's time to make a beautiful spring nature collage (page 12), or discover how to grow a secret outdoor den (page 29).

When you're out in the summer sun, dress up in your finest woodland crown (page 47). Or throw a brilliant butterfly party (page 50) so you and your friends can meet some very special flying guests . . .

As the leaves turn golden and the days get colder in autumn, keep everyone warm and cosy with a happy apple crumble (page 64), then make a delicious feast for the birds outside (page 74).

And the cold weather doesn't have to keep you inside. When winter comes, brighten up the bare branches of a tree with a cheerful tree cosy (page 87) or even plant a tree of your very own (page 88), before coming home to play with a fantastic pine cone pal (page 94).

Before you get started, check out the Key Kit lists on pages 100-101 for some helpful things you might need. Some of the activities in this book also need a grown-up's help. There are some extra useful tips for you and your grown-ups on page 102.

Whether you're out and about, or staying snug and warm inside, all of these activities are perfect for you and your family and friends to have fun together. So make Sunday the best day of your week . . . all year long!

# SPRING

Spring is springing! The birds are singing, the trees are covered in buds, and baby animals are being born . . . so it's time to get outdoors and explore! And when the springtime showers send you splashing back inside, there are cakes to bake and crafts to make, too!

# NATURAL ARTIST

You don't need fancy paintbrushes to make great art. Use twigs and leaves to make paintings and rubbings, just like some of the very first artists did!

## TWIG-AND-LEAF PAINTING

Pick a nature paintbrush – or five! You can paint with just about anything. Use something with a 'handle', like a twig or a flower on a stem. Or choose flatter things like stones to gently stamp the paint on to the paper.

Now paint your picture. Instead of thinking too much about the picture you are painting, notice how it feels when you are painting. Think about the different marks you can make with different things. What makes a thick line? What makes a brushy mark? Which is the hardest to paint with? Which is the most fun?

You could even paint your pictures outdoors, so you can have nature all around you while you work!

### YOU WILL NEED:

**natural paintbrushes: branches with leaves on, twigs, seed pods, flowers, ferns, leaves of different shapes and sizes or feathers**

**large paper (or a roll of craft paper)**

**acrylic paint**

**crayons with the paper peeled off (wider crayons work best!)**

**two pieces of white paper**

## LEAF RUBBING

Collect some leaves of all different shapes and sizes. If they feel wet, press them gently with kitchen roll to make sure they are dry. Put one piece of paper on a smooth, dry surface and place your leaves on the paper. You could even make a pattern or a picture with them.

Now lay a second piece of paper over the top. Use your crayon to rub firmly but gently across the top piece of paper, pressing down over the leaves to make a lovely, leafy print. Isn't it amazing how many different sorts of leaves there are?

# SPRING SNAPSHOT

**Create your own special snapshot of spring with a beautiful collage, using fantastic nature finds from your adventures out and about.**

Before you start, think about what you want to make. Do you want to glue your nature finds all over your paper in a crazy mix, or do you want to create a picture? For a picture, paint a background on to your paper first. When the paint is dry, you can stick your nature finds into place.

To protect your finished collage, mix a tablespoon of PVA glue with the same amount of water. Using a soft, clean paintbrush, dab the watery glue all over the top of your finished picture and let it dry.

If you still have some lovely leaves or pretty shells left, why not make another one? No two pictures are ever the same!

## YOU WILL NEED:

**nature finds: shells, flowers, leaves, twigs . . . whatever you can find**

**sturdy paper or card**

**PVA glue**

**a paintbrush**

**paint (optional)**