



# Lets make...

## A TREASURE HUNT NATURE MOBILE



## GET INVOLVED

We are in the middle of challenging times, but current Government guidelines mean that we can still get outside. This is great for our physical and mental wellbeing and if we observe the social distancing measure, it means we can do it safely and without putting ourselves or other people at risk.

With this in mind, we've come up with a series of activities for individuals and families to take part in to make your time outside more enjoyable and fun. We still want people to appreciate the wonder of the natural outdoors and make your daily exercise a bit more interesting.

So – we'd like you to go out for your daily walk either nearby or in your own garden and collect materials such as leaves, wildflowers, twigs, branches (ones that are lying on the ground – please don't remove from growing trees and shrubs!) – and we'll show you how to make 'Treasure Hunt Nature Mobile'.

## WHAT YOU'LL NEED

1 x large stick

3 x smaller sticks

3 x lengths of yarn  
(1 shorter than the others)

1 length of ribbon or garden  
twine for hanging

A collection of natural  
materials including dandelion  
heads/flowers/twigs etc

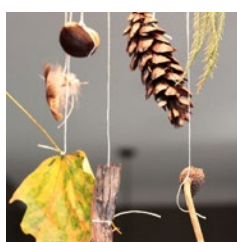
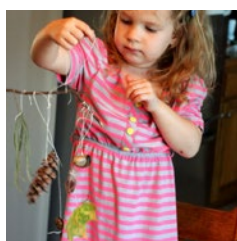


Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

**Email:** [getupandgrow@outlook.com](mailto:getupandgrow@outlook.com) | **Website:** [www.getupandgrowonline.org](http://www.getupandgrowonline.org)

**Twitter:** @getupandgrowNW | **Facebook:** getupandgrowNW

# HOW TO...



- 1 Take the larger, thicker stick and tie the piece of ribbon around it to make a loop which will enable you to hang the mobile.
- 2 On the underside tie the three pieces of yarn equally spaced out along the stick with the shorter length in the middle.
- 3 You will now need to tie some loops in your lengths of yarn, this enables you to thread through your leaves, flower, berries, and anything else you find.
- 4 Now tie the remaining three twigs around the ends of the hanging yarn in a horizontal position so that they can act as a perch for other nature materials or birds.
- 5 If you would like to make your mobile into a bird feeder try winding some garden twine around of the bottom twigs/perches and threading on some dried fruit or fresh fruit.
- 6 Don't worry if your mobile doesn't hang straight, you may need to move things around to balance it out. Have fun – experiment with different materials and see what works bests.



## DID YOU KNOW...

The great thing about nature mobiles is that they are reusable – all the materials (apart from the twine) can also be placed on your compost heap or in a recycle bin, if you have one. A great idea is to do a different mobile for each of the seasons. You will soon notice the different plants and trees that thrive at different times of the year.

In partnership with

