

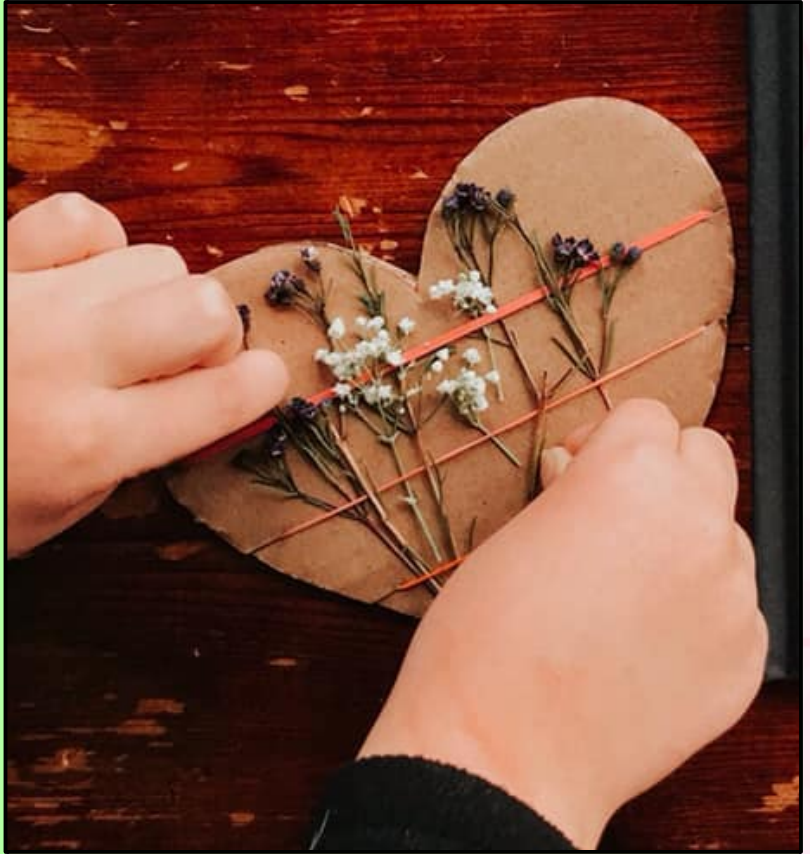
# Heart Weaves



Looking for a unique spin on the traditional Valentine? Making Heart Weaves is a beautiful way for children to explore nature, express their creativity, and practice fine motor skills while creating unique Valentine's Day gifts for family and friends.

## METHOD

- 1) Gather your natural items! Go for a walk and look for petals and leaves that have fallen to the ground, or responsibly pick a few fresh ones (be sure to leave enough for our pollinator friends!). While on your nature walk, take some time to look around and notice the different types of foliage growing in your environment. How much biodiversity do you see? How many different colors and types of flowers do you see? Which plants seem to be “sleeping” through winter, and which seem to be coming alive? What animals do you see out and about, and which plants are they interacting with? You can also simply purchase flowers and foliage from a store. Flowers and leaves with waxy textures will be sturdy and dry well, however more moist and fragile flowers can be used as well. Choose whatever speaks to you!
- 2) Grab your cardboard and draw a heart shape on it. You can draw one large heart or several smaller hearts depending on how many Heart Weaves you wish to make.
- 3) Carefully cut out the heart(s).
- 4) Gently cut three small slits on each side of the cardboard heart(s), about  $1/8^{\text{th}}$  of an inch in length.
- 5) Wrap a rubber band around the heart, placing one end of it into a slit on the right side and one end of it into a slit on the left side. You can place them horizontally or diagonally, it doesn't matter. Repeat this until all the little slits are fitted with rubber bands.
- 6) Begin weaving! Take your natural materials and weave them in and out of the rubber bands, which will secure them in place.
- 7) Once you like your design, you are ready to gift someone their Valentine!



## MATERIALS

- Cardboard
- Flowers, leaves, grass, or other natural items
- Scissors
- Rubber Bands
- *Optional: Yarn*

*\*Special thanks to Little Pine Learners and Mud & Bloom for use of their photos.*



# Happy Valentine's Day!

