

Nature Prints

Arts | Painting



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WHAT MAKES IT MEANINGFUL

Nature printing is meaningful because it connects individuals to the natural world while encouraging creativity and mindfulness. By using leaves, flowers, and plants, people can appreciate the unique shapes and textures found in nature, turning them into beautiful artwork. The process promotes a sense of calm and exploration, making it both relaxing and inspiring. Nature printing also fosters a deeper connection to the environment and provides a way to express creativity in a simple, hands-on way that anyone can enjoy.

TIME

20+ Minutes

MATERIALS

- Leaves, flowers, or small branches (collect from outside)
- Thick paper or canvas (\$5+)
- Acrylic paints (\$6+)
- Paintbrushes (variety of sizes) (\$3+)
- Water cup (for cleaning brushes)
- Paper towels (for drying brushes)
- Palette or paper plate (for mixing paint) (\$2+)
- Optional: Rolling pin or a book (to help press the nature items onto paper)
- An old shirt or apron (just in case it gets messy!)



INSTRUCTIONS

1. Head outside and collect different leaves, flowers, or small plants. Look for ones with interesting shapes and textures. Make sure they're dry before you use them.
2. Lay down some newspaper or an old sheet to protect your table. This will keep things clean and make it easy to clean up later.
3. Pick out your favorite paint colors and pour a little of each onto a palette or paper plate. You can use one color or mix several to make your prints more colorful.
4. Use a paintbrush or sponge to gently coat one side of the leaf, flower, or plant with paint. Make sure it's fully covered but not dripping with paint. This side will create the print!
5. Carefully place the painted side of the leaf or flower onto your paper. Use your hands, a rolling pin, or a book to press it down firmly so the paint transfers well.
6. Slowly lift the leaf or flower off the paper to reveal your beautiful nature print! You'll see the shape and texture of the leaf or flower left behind on the paper.
7. Use different leaves, flowers, or branches to make more prints. You can layer different shapes and colors to create a whole scene, like a forest or a garden.
8. Once you've filled your paper with prints, set it aside to dry. Depending on the amount of paint, this may take 10-20 minutes.
9. Your nature print is ready! You can hang it up, make a series of prints, or use them as unique cards or gifts for friends and family.

RESOURCES

- Nature print references: [19 Nature printing ideas](#)
- Art and cognitive development: [How is art linked to cognitive development?](#)
- Giving encouragement and praise: [Praise, encouragement and rewards](#)

*All prices are quoted from listings on *Amazon.ca*

SUPPORTS NEEDED

This activity requires some fine and gross motor skills, assist when necessary. Some individuals may also need a bit of encouragement for play! Be sure to prioritize creativity and independence in this activity.

OTHER THINGS TO NOTE

Experiment with different plants! Each one has its own unique texture and shape. If the leaf or flower doesn't make a strong print, try adding more paint or pressing harder. You can also use the same leaf multiple times by adding more paint between each print. This activity is a fun way to connect with nature while creating art. It encourages exploration and creativity, with each print turning out a little different from the last!