

Make a nature star

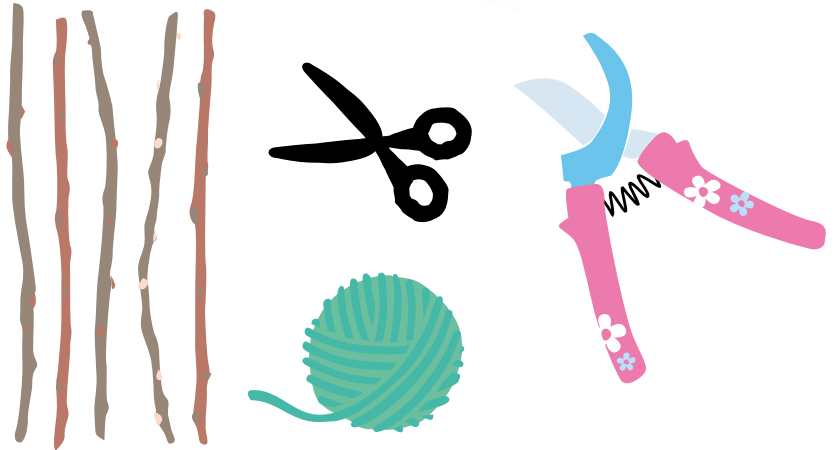
Make use of twigs and sticks to create your own 'nature star' and use it to display your favourite natural objects.

You will need:

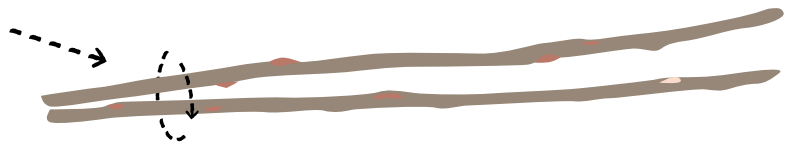
- Five sticks of approximately the same thickness
- Scissors or secateurs
- Some string, wool or twine

What to do:

- 1 Take five sticks of roughly the same thickness. First snap or cut your sticks to the same length. The length doesn't matter but the longer your sticks, the bigger your star will be.

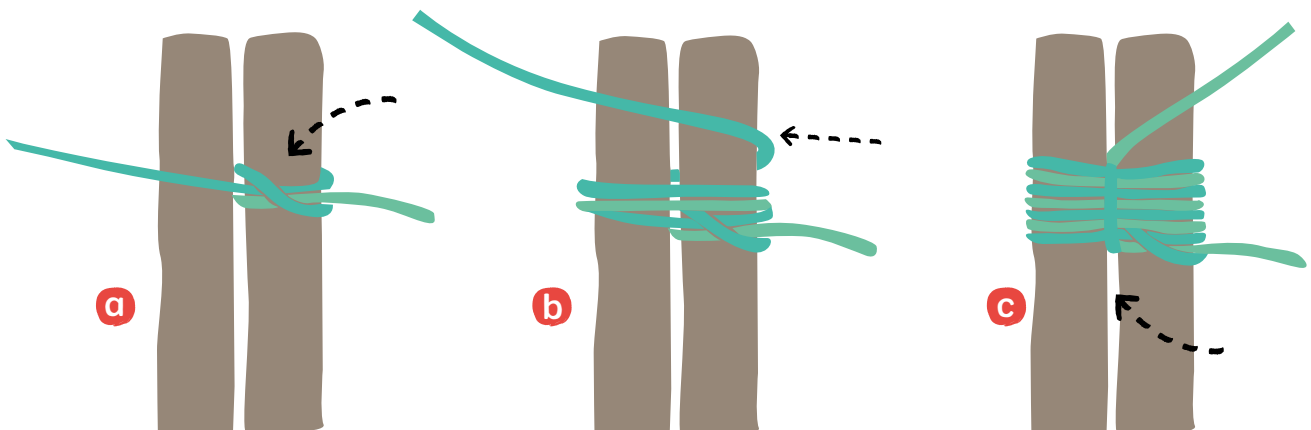


- 2 Tie the ends of two of the sticks together using **sheer lashing**. This is a form of knot commonly used in Forest Schools.

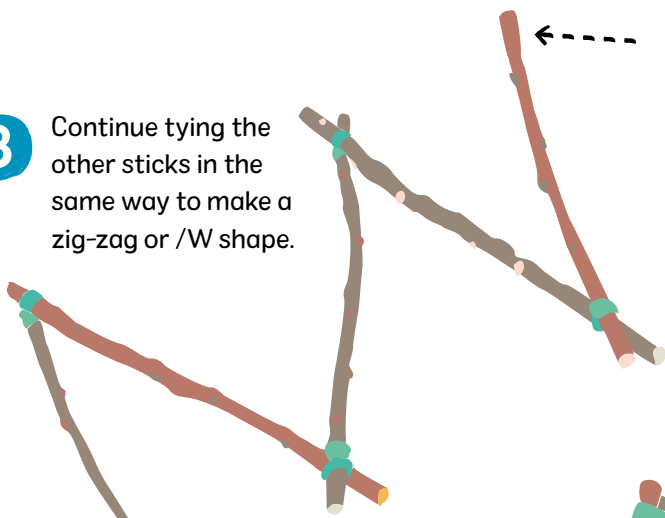


Top tip: Top tip: Have a look at our 'how to' **video** for a demonstration on how to help you tie the knot and make your nature star.

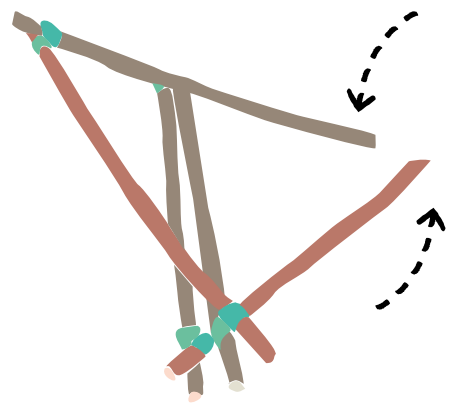
- a Tie the string onto one of the sticks close to one of the ends. It's best to use a clove hitch for this (you can look this up online) but if not an 'ordinary' knot will do. Just make sure you tie it really tight.
- b Wrap the string around both sticks four or five times making sure it doesn't overlap.
- c Now wrap the string the other way, between the sticks, around your first bits of string. This time you only need to go round two or three times.
- d Tie off the string on the second stick as before.



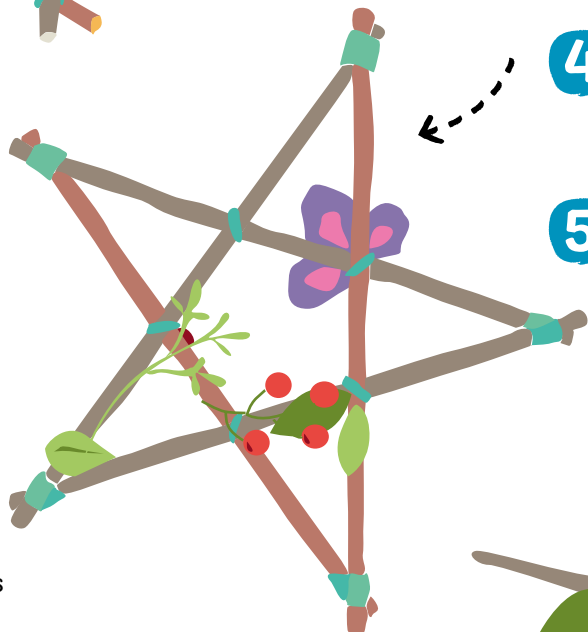
3 Continue tying the other sticks in the same way to make a zig-zag or /W shape.



4 Now comes the tricky bit! Hold onto the two loose ends and move the sticks into a star shape.

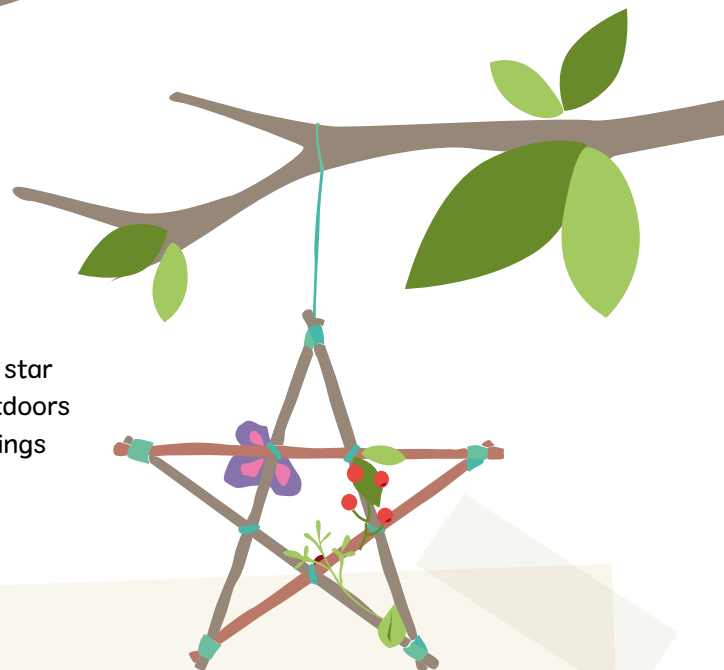


5 Tie the two loose ends together and tie the sticks together where they cross to give your star a bit more strength.



6 You can now tie on any natural items you find that are special to you. You don't have to do this straight away. It's quite nice to add things over time. If you use leaves and flowers you will need to replace them regularly.

7 You can tie your nature star up either indoors or outdoors to remind you of the things you love about nature.



Connecting with nature

- How did it feel making something from natural materials?
- Which natural objects did you tie to your star?
- Why are these special to you?

Share the fun

We would love to see a photo of your nature star.
Tell us what makes it special to you.

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