

Bark and leaf rubbings can be a simple way to collect many interesting patterns. Try this easy outdoor activity for kids on a dry day, because wet tree bark can make your paper tear.

You will need:

- **Large crayon or coloured chalk**
- **Paper or tracing paper**
- **Trees**
- **Hair spray**
- **Craft glue**
- **Notebook**
- **Pen**



Bark Rubbings:

- Step 1:** Peel the paper from a large crayon, or use a thick piece of chalk or charcoal.
- Step 2:** Press a sheet of thin paper up against the bark of a tree.
- Step 3:** Gently rub the side of the crayon or chalk on the paper until the pattern of the bark shows.
- Step 4:** Compare rubbings from different trees. Which bark patterns make the nicest rubbings?
Can you tell which rubbing came from which kind of tree?
- Step 5:** Glue your rubbings in a scrapbook to make a "Bark Book." Include some interesting facts about the trees.



Leaf Rubbings:

Step 1: Collect interesting leaves, and lay them flat on a hard, smooth surface.

Step 2: Cover the leaves with paper, and rub the side of the crayon or chalk on the paper.

Step 3: Ask an adult to spray the pictures with hair spray to keep the chalk from smearing.



Enjoy!
And get creative



COVID-19: It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: www.hse.ie and www.health.gov.ie

Nature on Your Doorstep challenge sheet brought to you by Carlow Sports Partnership in collaboration with Wildtime