



## How to make an environmental sketchbook with artist Sara Holden

### Equipment You'll Need:

- A4 thin white copy paper
- Soft B pencils
- Double-sided tape,
- Selection of different coloured flower petals and different shaped leaves
- Scissors.

### How To Guide:

1. Fold the paper in half and then fold back one side to the middle, turn over and fold back the other side to the middle to make four sections, fold in half and open it out in front of you, cut down the fold to the middle and pull the sides gently open to make a V and then fold out the tops of the pages to create a little book with 8 pages.
2. Tear off a 2" piece of double-sided tape and place on the 2nd page on the inside of the little book. Then take small samples of different coloured petals and leaves and stick onto the tape to create a beautiful artist's palette of colours. Make sure you cover all the tape so that it doesn't stick the pages together when you close it!
3. On the next page take a soft green leaf, roll into a little ball and rub onto the page, extracting the colour to create your own paints. Repeat with different coloured petals to create a page of colourful shades and hues.
4. Select a leaf with well defined veins and place underneath the next page. Take a soft pencil and holding it on its side, shade over the paper with the leaf beneath to create a beautiful leaf rubbing. Make sure you shade over the edges of the leaf which should be vein side up. Repeat with different types and shaped leaves to fill the remaining pages of your little book.
5. Personalise your environmental sketchbook with a title and your name on the front cover to complete and you will have created an interesting and unique record of nature using natural paints and simple resources.

