

NATURE WEAVING FRAMES

A CALMING OUTDOOR-INSPIRED ACTIVITY THAT HELPS FAMILIES CONNECT WITH NATURE, EXPLORE TEXTURES, AND CREATE WOVEN ART USING ONLY STICKS AND FOUND MATERIALS.

WHAT YOU'LL MAKE

A simple weaving frame made from twigs and string, filled with leaves, grasses, feathers, and other natural treasures collected on a walk.



MATERIALS (ALL REUSED OR FOUND)

- 4 sturdy sticks or twigs
- Scrap yarn, string, or strips of old fabric
- Leaves, grasses, petals, feathers, or seed pods
- Scissors (optional)

EVERYTHING CAN BE ADAPTED DEPENDING ON SENSORY NEEDS AND WHAT'S AVAILABLE OUTDOORS.



STEP BY STEP

1. Collect four sticks of similar length during a walk or from the garden.
2. Tie the corners with scrap yarn or fabric strips to make a square or rectangle frame.
3. Wrap string across the frame horizontally or vertically to create a simple loom.
4. Gather natural materials that are safe and already on the ground (no picking from living plants).
5. Weave the materials through the strings, choosing colours and textures that feel calming or joyful.
6. Display your weaving indoors or outdoors, or return natural items to the earth when finished.

WHY THIS CRAFT MATTERS

- Encourages outdoor exploration and connection with nature ✨
- Uses only found or reused materials
- Supports sensory regulation through texture and rhythm
- Easy to adapt for different ages and abilities
- Helps families slow down and create something beautiful together ✨

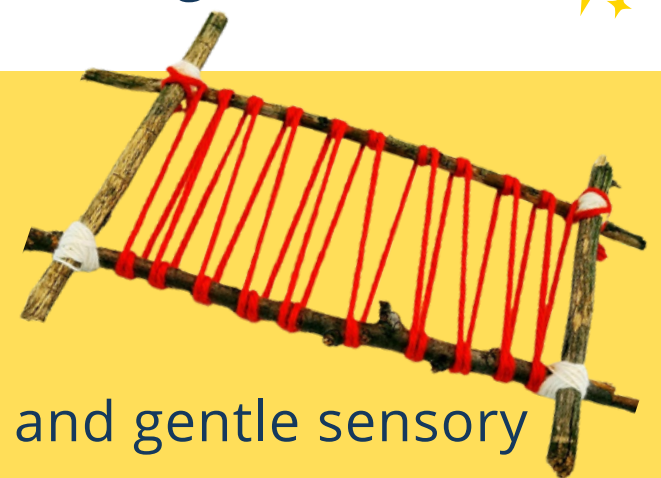
This work is created in collaboration with Fife Climate Hub, whose support helps us grow climate action that is inclusive, creative, and rooted in our community.

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SENSORY NOTES



- Natural textures offer grounding and gentle sensory exploration.
- Families can choose soft, smooth, or crunchy materials depending on preference.
- If someone prefers not to touch natural items, they can weave fabric scraps instead.

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