

## FEEL GOOD FUN: LEAF CROWN

Calming activities like art and time in nature can help you feel good!  
With just a few items and outdoor space, you can make a leaf crown to celebrate the season.



### WHAT YOU NEED:

- brown paper bag
- scissors
- glue stick (or tape, staples, other types of glue)
- leaves and other items found in nature



Be sure to ask an adult for help and permission before trying out this activity!



### STEPS:

- 1 Gather leaves, flowers, grass, moss, or other items in nature.  
Tip: The more colors the better!
- 2 Cut a strip of paper (about 2 inches wide) from the brown paper bag to use as the base of the crown. Fit around your head and glue, tape or staple together in a circle, cutting off any extra length.
- 3 Use glue to attach the leaves and other nature items to the base of crown that was cut to fit your head.
- 4 Once the glue is dry, put on the crown and go on another outdoor adventure!

