

Leaf Bashing aka HAPA ZOME

(This activity will require some adult supervision)

Leaf bashing is a fun way to create some natural art. All you need is:

- * A piece of light coloured natural material (I use calico or cotton); an old sheet or t-shirt, or thick watercolour paper also works well.
- * A mallet, hammer or wood block for bashing.
- * Masking tape or kitchen roll.
- * Some leaves and flowers, you could collect some whilst out on a walk. Strands of grass also look great.

Place the fabric on a flat surface (note that some of the pigment from the leaves may come through onto the surface underneath so make sure its something old, or protect it with newspaper)

Arrange your leaves and flowers on the fabric and stick down with masking tape or cover with a piece of kitchen roll.

You could even cover with another piece of fabric.

Using your 'basher' make sure you gently hammer all of the places where there are leaves or flowers. You can check the pigment is coming through by looking at the back of the fabric. Be careful not to bash your own fingers here!

Some leaves work better than others and give different colours on the fabric so you can experiment with different natural materials.

When you have bashed the leaves and flowers enough, peel away the squashed leaves to reveal your picture.



Younger children will love to use the hammer to bash the leaves and will get lots of enjoyment from this, and seeing the leaves and flowers print onto the fabric.

Older children can try to create pictures or repeating patterns with the leaves.