

SUNFLOWER POT PEOPLE



WHAT YOU'LL NEED

✓ 5-LITRE TINS
OR BIGGER

✓ COLOURED PAINTS
OR FELT TIP PENS

✓ PAPER
✓ GRAVEL

✓ PLASTIC BAG
✓ WATER



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WHAT TO DO

1. Paint the body of your flower pot person on to the tin. If your paint won't stick to the tin, draw your design on paper and stick it around the tin with glue.
2. Ask an adult to make holes in the base of your tin.
3. Spread some gravel in the bottom of your tin for drainage.
4. Fill your tin up with soil.
5. Water the soil well.
6. Make two holes 1.5 cm deep near the centre of your pot.
7. Put a seed in each hole and gently cover with soil.
8. Put a plastic bag with a few small holes in it over the tin.
9. Put your sunflower tin in a sunny place.
10. Check the sunflower regularly and water little but often.
11. Remove the plastic bag when the leaves appear and remove the weaker plant.
12. If your flower has more than one head developing, cut off the extra ones. You could save them to create an indoor flower display.
13. Once your sunflower has opened, use a pencil or pointed stick to mark the head to make a face.

WOW!

TAKE A PHOTO AND
ASK AN ADULT TO
SHARE IT WITH US!



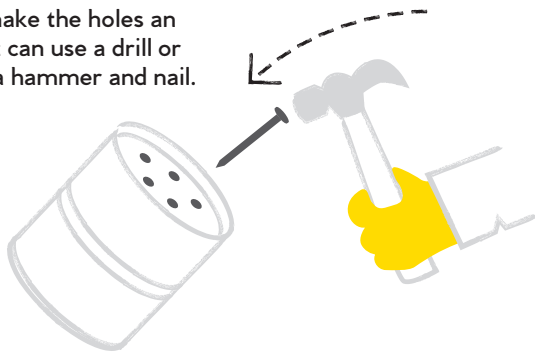
LENNY'S LESSONS

TOP TIPS & ADVICE



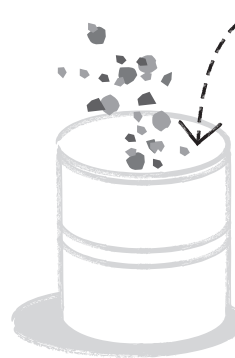
TIP 1

To make the holes an adult can use a drill or just a hammer and nail.



TIP 2

Use gravel or small stones, or even broken old flower pots to fill the bottom. It stops the soil from getting too wet.



TIP 3

DON'T FORGET TO WATER YOUR FLOWER!



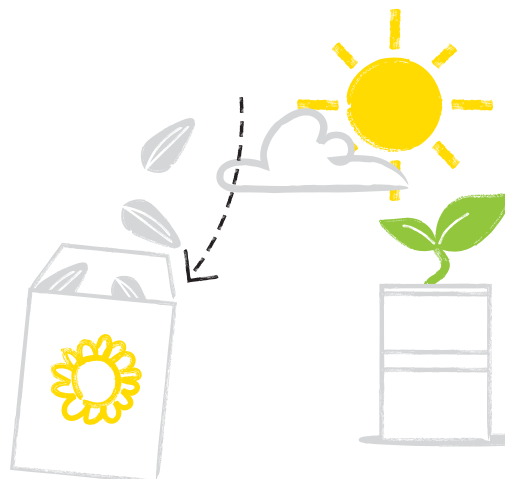
TIP 4

Use your finger to make a hole!



TIP 5

Remember to collect the seeds when the flower has dried. You can share them with friends and grow more!



ADVICE

PUT IN A SUNNY SPOT. REMEMBER THEY ARE CALLED SUN-FLOWERS!



PRESSED FLOWERS FRAME



WHAT YOU'LL NEED

- ✓ COLLECTING BAG
- ✓ PETALS, FLOWERS AND LEAVES
- ✓ NEWSPAPERS
- ✓ HEAVY BOOKS OR STONES
- ✓ PVA GLUE
- ✓ THICK CARD CUT INTO THE SHAPE OF A FRAME
- ASK AN ADULT TO HELP
- ✓ PENCIL
- ✓ RULER
- ✓ SCISSORS

WHAT TO DO

1. Take a bag and collect petals, flowers and leaves that have fallen to the ground. It's best to do this on a dry day.
2. Spread the petals, flowers and leaves onto a sheet of newspaper so that they are not touching each other. Put another sheet of paper over the top. Carefully place this flat with something heavy on top such as books, bricks or large stones.
3. After a week, check the petals, flowers and leaves to see if they are flat. If they are completely flat, they are ready to use.
4. Arrange the petals and leaves on the card frame and stick down with glue.
5. Choose a photograph or drawing to put in your frame. Use a piece of card to make a back for the frame.

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WHO OR WHAT WILL YOU
PUT IN YOUR FRAME?

LENNY'S LESSONS

TOP TIPS & ADVICE

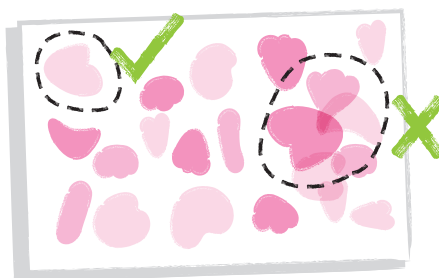
TIP 1

Only pick petals that have just fallen, don't pick your neighbour's flowers!



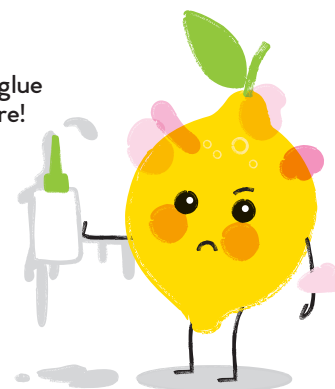
TIP 2

Remember, try and keep them separated.



TIP 3

Don't get glue everywhere!



MAKE A KITE



WHAT YOU'LL NEED

- ✓ A LARGE SHEET OF PAPER OR CARD
- ✓ TISSUE PAPER
- ✓ SCISSORS
- ✓ COLOURED PAINTS
- ✓ PAINT BRUSHES
- ✓ STICKY TAPE OR A STAPLER
- ✓ HOLE PUNCH
- ✓ STRING
- ✓ CANE OR STICK AROUND 30CM IN LENGTH

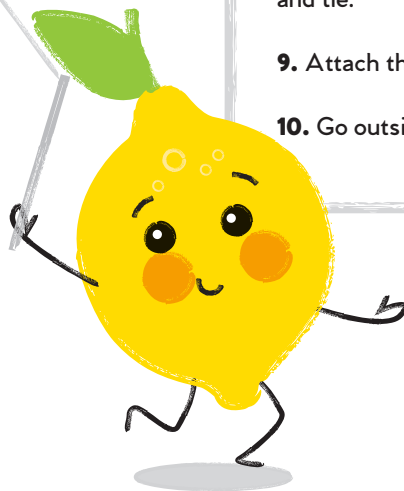


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WHAT TO DO

1. Decorate one side of your paper with a pattern or a picture and leave it to dry.
2. Cut strips of tissue paper approximately 5cm wide.
3. Turn the paper over so that the painted side is facing down.
4. Attach the ends of the tissue strips to one long side of the paper using sticky tape.
5. Roll the paper into a cylinder shape, with the painted pattern on the outside.
6. Staple at the top and bottom and use sticky tape to secure it.
7. At the other end of the cylinder from the tissue strips, make a hole on either side.
8. Cut some string and thread it through both holes and tie.
9. Attach the string to the cane.
10. Go outside and run, holding your kite behind you.

HOW FAST CAN YOU RUN?



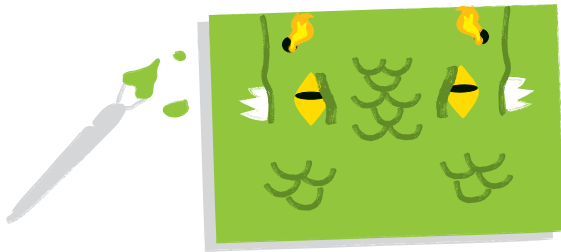
LENNY'S LESSONS

TOP TIPS & ADVICE



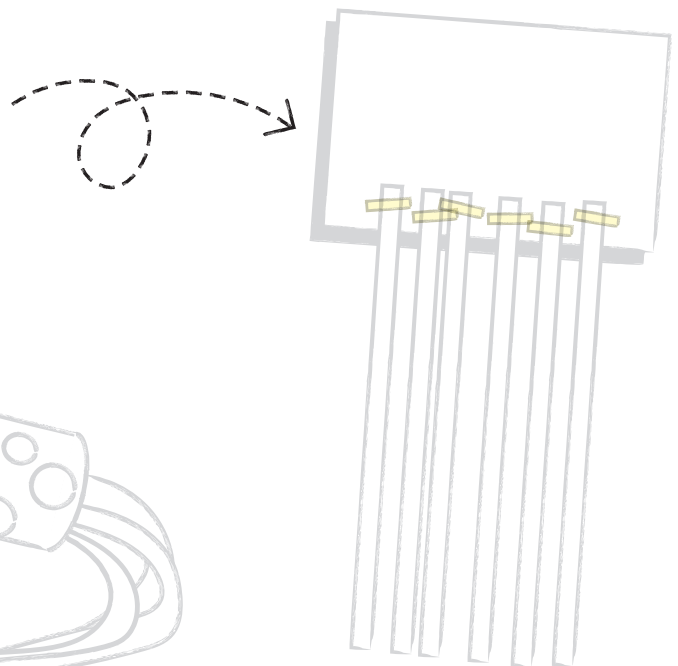
TIP 1

Be creative! Choose your favourite colour, paint a face or even make it a dragon!



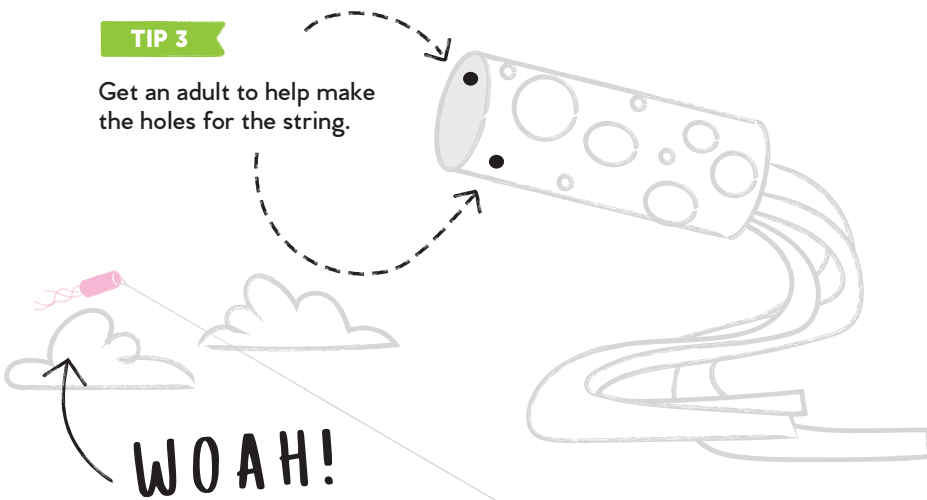
TIP 2

Remember to turn over your decorated side to attach the tail of the kite.



TIP 3

Get an adult to help make the holes for the string.



ADVICE

THE LONGER THE STRING THE HIGHER THE KITE WILL FLY!





BUTTERFLY CROP PROTECTOR



WHAT YOU'LL NEED

✓ **A RANGE OF WATERPROOF MATERIALS**
SUCH AS AN EMPTY PLASTIC BOTTLE,
BUBBLEWRAP, PLASTIC SHEETING,
EMPTY PLASTIC POTS.

✓ **THICK PIPE CLEANERS OR GARDEN WIRE**
✓ **PVA GLUE**

✓ **STICKY TAPE**
✓ **STRING**
✓ **CANE OR STICK**

✓ **RED STRING, WIRE OR PLASTIC STRIP**



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WHAT TO DO

1. To make the wings, bend a large pipe cleaner or length of wire into a loop and twist the ends together.
2. Cover the wings with a piece of bubble wrap, fabric or other waterproof material, and use sticky tape or glue to fix it on to the wing shape.
3. Make four wings. Decorate them if you like.
4. Take the clean plastic bottle and, using pipe cleaners or wire, attach the wings around the bottle.
5. Fix two further pieces of wire or pipe cleaners to the top of the bottle to be the antennae.
6. Stick the red piece of plastic in the bottle opening to represent the proboscis (the long 'nose' on the front of an insect).
7. Attach your butterfly by string or wire to the cane and choose somewhere to place it in your vegetable plot.

USE RANDOM
PLASTIC BAGS- IT WILL
LOOK SUPER COOL

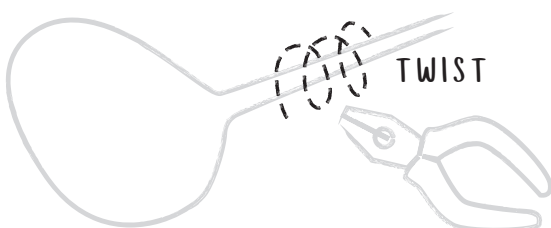


LENNY'S LESSONS

TOP TIPS & ADVICE

TIP 1

If you use wire you might need an adult with some pliers to help twist.



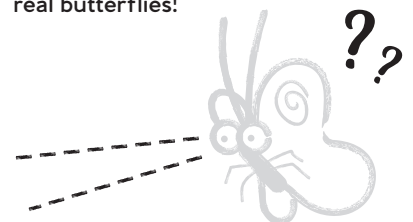
TIP 2

Leave enough wire to wrap around the middle of the bottle.



JUST FOR FUN

Watch it freak out real butterflies!



MAKE SUPER PLANT LABELS



WHAT YOU'LL NEED

- ✓ CARD OR STIFF PLASTIC SHEET
- ✓ FELT TIP PENS
- ✓ GLUE OR WIRE
- ✓ SCISSORS
- ✓ STICKY TAPE
- ✓ SHORT STICKS



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WHAT TO DO

1. Draw your shape onto card or plastic. Match the shape to the plant. For example, you could draw a pumpkin shape for pumpkin seeds, or a butterfly for butterfly friendly flowers.
2. Cut out the shape carefully and colour or decorate it.
3. Make your shape weatherproof - if it is card, cover it in strips of sticky tape.
4. Stick your shape onto the top of a stick with glue or attach with wire.
5. Write the name of the plant on the label and the date it was sown if you are sowing seeds.
6. Place your label at the edge of the pot or by the plant in a flower bed.

MY SEEDS ARE TRYING TO GIVE ME A SIGN!



LENNY'S LESSONS TOP TIPS & ADVICE

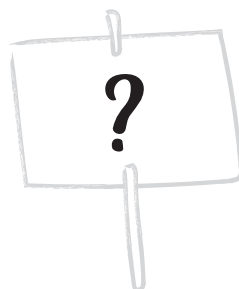
TIP 1

Fold the paper in half and draw half of a butterfly. When you cut it out, it's perfect!



TIP 2

Remember to put the plant's name on the label. You don't want to forget!



DON'T FORGET TO WATER PROOF YOUR LABEL!



MAKE A CROWN FROM LEAVES OR PETALS



WHAT YOU'LL NEED

✓ **A STRIP OF CARD**
LONG ENOUGH TO WRAP AROUND
YOUR HEAD
WITH A BIT OF OVERLAP

✓ **DOUBLE SIDED
STICKY TAPE**

✓ **SCISSORS**

✓ **COLLECTING
BAG**



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WHAT TO DO

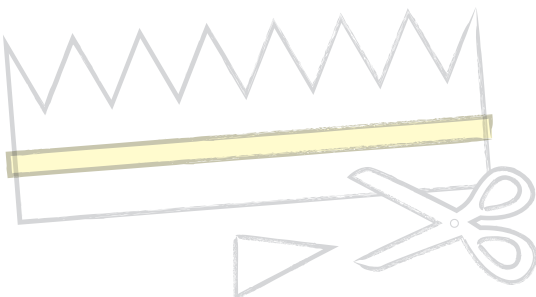
1. Cut a strip of card 10cm wide and measure it around your head to make sure that it is long enough with a bit extra.
2. Put the piece of card on a flat surface. Using the double sided sticky tape, place a strip of tape in the middle along the whole length of the card.
3. In your garden look for lovely petals and leaves that have fallen to the ground – don't pick off the plants! Carefully put them in your collecting bag.
4. Take off the top layer of the sticky tape.
5. Place the petals and leaves on to the sticky strip on the card to decorate your crown. Leave a space at each end with no petals and leaves, so that you can stick the ends together.
6. Get someone to help measure the card around your head so that it fits and press the ends together so that it sticks.
7. Enjoy wearing your crown!

LENNY'S LESSONS

TOP TIPS & ADVICE

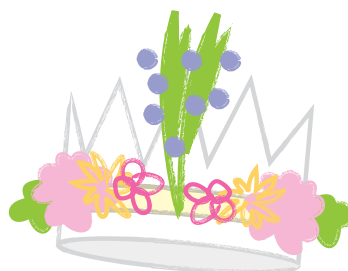
TIP 1

Remember to cut the points of the crown. The pointier the better!



TIP 2

Find flowers that are different shapes and sizes, to make the crown more fun!



I'M THE KING OF
MY GARDEN!



PEBBLE PAINTING



WHAT YOU'LL NEED

- ✓ A MEDIUM SIZED FLAT EDGED PEBBLE
- ✓ PENCIL

- ✓ COLOURED PERMANENT PENS OR PAINT FOR THE DECORATION

- ✓ VARNISH OR PVA GLUE
- ✓ PAINTBRUSHES

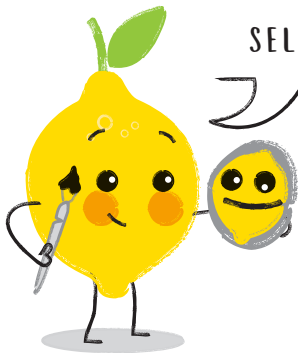


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WHAT TO DO

1. Wash your pebble and dry it before you begin.
2. Use a pencil to draw a design on the pebble. You could draw something you see in the garden like a plant or butterfly. Or if you have lots of pebbles, you could create a set of numbers or letters.
3. Colour in the design using paints or permanent pens. Leave to dry completely.
4. Take a clean brush and carefully cover the pebble in varnish or PVA glue to make it weatherproof. Leave to dry.
5. Place your pebbles in the garden, ready to be played with!

TRY A SELF PORTRAIT



LENNY'S LESSONS TOP TIPS & ADVICE

TIP 1

Find stones with flat surfaces... it makes it much easier to paint.

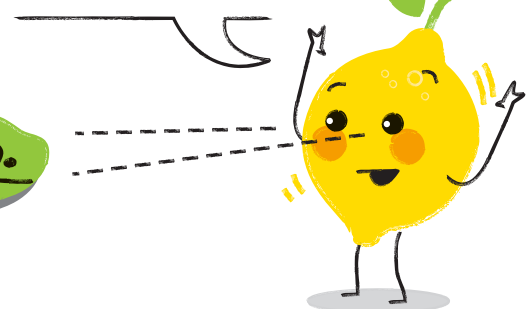


TIP 2

Surprise your friends with a pebble snake.



AARRRGH! THAT'S NOT FUNNY!





TIN CAN HERBS



WHAT YOU'LL NEED

- ✓ EMPTY, CLEAN TIN CANS
- ✓ COMPOST

- ✓ A SELECTION OF HERBS
- BRIGHTLY COLOURED SPRAY PAINT

- ✓ SCREWDRIVER OR ELECTRIC DRILL
- ✓ WATER

WHAT TO DO

1. Ask an adult to make holes in the bottom of the tin cans for drainage.
2. Decorate your tin cans in bright colours. Use spray paints as these will be hard wearing.
3. Leave to dry fully.
4. Fill your tin cans with compost leaving space for the herb plants.
5. Plant your herbs into the tin cans. Remember which herb is in which colour tin.
6. Water them well!
7. Find somewhere sunny for them to grow such as your kitchen windowsill.



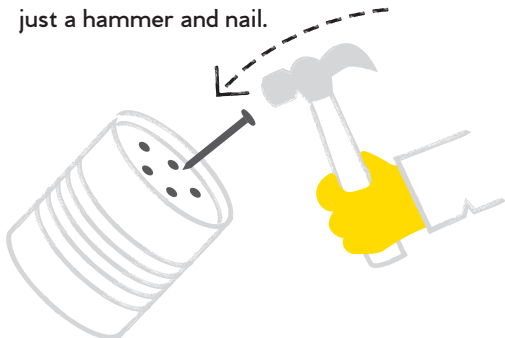
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LENNY'S LESSONS

TOP TIPS & ADVICE

TIP 1

To make the holes an adult can use a drill or just a hammer and nail.



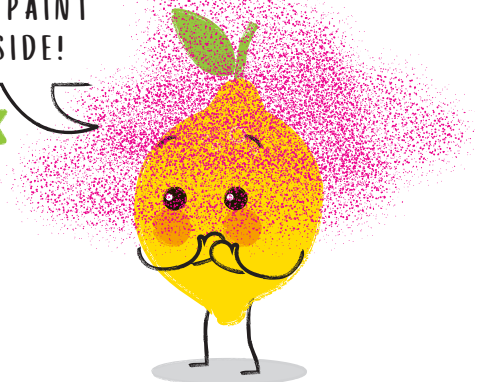
TIP 2

Add a lolly stick with the herb's name on, so you can remember what you planted.



ALWAYS USE
SPRAY PAINT
OUTSIDE!

ADVICE



HOW TO MAKE AN ORIGAMI SEED PACKET



WHAT YOU'LL NEED

✓ A SHEET OF PAPER
✓ SEEDS

✓ COLOURED PENCILS
OR PENS

✓ PAPERCLIPS

WHAT TO DO

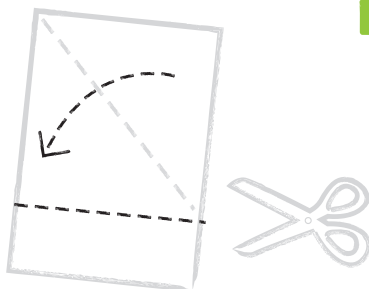
1. Make your sheet of paper into a square by folding and cutting off the excess paper.
2. Fold one point across the middle to the other side, keeping the fold at the bottom and right angle at the top.
3. Fold the other lower point across the top to the opposite corner.
4. Fill the seed packet with seeds.
5. Fold down the top and secure with a paperclip.
6. Label the seed packet and write the date on it.



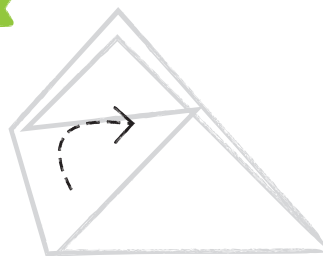
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LENNY'S LESSONS TOP TIPS & ADVICE

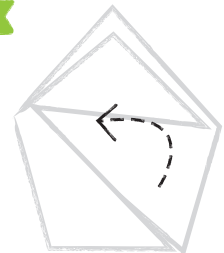
STAGE 1



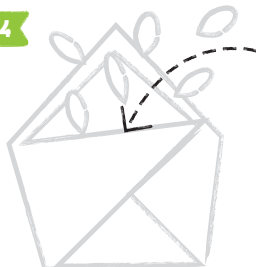
STAGE 2



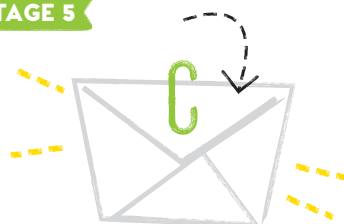
STAGE 3



STAGE 4

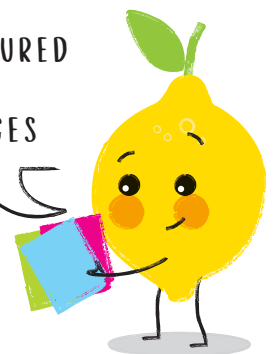


STAGE 5



TRY USING COLOURED
PAPER OR
MAGAZINE PAGES

ADVICE



MAKE A RAINBOW



WHAT YOU'LL NEED

✓ DOUBLE SIDED STICKY TAPE OR GLUE

✓ A SHEET OF CARD

✓ PETALS, LEAVES AND SEEDS FROM THE GARDEN



© LEMON TREE TRUST

WHAT TO DO

1. Think about all of the colours in a rainbow and what things are those colours.
2. Search for natural colours outdoors by collecting small pieces of petals, leaves and seeds to make your rainbow picture.
3. Arrange the things you have collected on your piece of card until you are happy with your display.
4. Use the sticky tape or glue to fix your petals, leaves and seeds to your card.
5. Give your picture to someone you love or display it in your home.

LENNY'S LESSONS TOP TIPS & ADVICE



TIP

Make it into a birthday card for someone special.





HOW TO MAKE NEWSPAPER POTS



WHAT YOU'LL NEED

✓ NEWSPAPER

✓ CLEAN TINS TO USE AS MOULDS

✓ SOIL

✓ SEEDLINGS



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WHAT TO DO

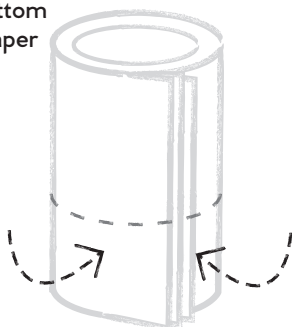
1. Take your sheet of newspaper and fold it in half lengthways.
2. Fold the paper in half again lengthways.
3. Place the can at the top of the paper and make sure the bottom of the paper overhangs the tin.
4. Start to roll the can along it tightly, remembering to keep the top of the can at the top of the newspaper. Roll the paper around the tin so that there are 4-6 layers.
5. When you have finished rolling, fold in the bottom part of the pot. This will form the base of your pot.
6. Carefully remove the can and stand upright in a tray.
7. Fill your pot with compost. The weight of the compost should keep the paper together.
8. Plant a seedling into the newspaper pot.
9. Rest your pot in a tray of damp compost. This ensures the paper always remains moist, allowing roots to grow through the sides.
10. Once your seedling has grown and is large enough, plant your pot into the ground. The newspaper pots will biodegrade within a couple of weeks.

LENNY'S LESSONS

TOP TIPS & ADVICE

TIP 1

Fold in the bottom of the newspaper like wrapping a present.



TIP 2

If the paper is dry, the seedlings need to be watered.



I'M STILL READING!

ADVICE

Ask before you use someone's newspaper!

