



SIERRA
CLUB BC

Nature Activities



Fall Leaf Rubbing

Explore the trees in your local area and create beautiful leaf rubbings (and even unique bookmarks!)

Materials: Assortment of leaves from outside, white paper, crayons, pastels, or pencil crayons. Optional: scissors, glue and ruler.

Time required: 15-20 minutes



Steps:

1. Go outside with your child to choose leaves: Collect leaves of many different shapes, sizes and textures. Be careful not to bend or rip the leaves.
2. To do a leaf rubbing, put a piece of white paper over one leaf, veins facing upwards.
3. Using one crayon, pastel or pencil crayon and while holding the paper in place, carefully rub/lightly 'shade' over the paper until the leaf shape comes through.
4. Throughout the activity, make time to appreciate different scents from different leaves.

Tips:

- a) While deciding where to put leaf rubbings, have fun arranging them in a visually appealing way on the page. See if you can fill the page to minimize remaining white space.
- b) Experiment with using different colours for different species of leaves.
- c) Make a colour-coordinated assortment of leaf rubbings: try '**warm colours**' (reds, oranges, yellows, browns) for one paper of rubbings, and '**cool colours**' (greens, blues, purples) for another. *Do these different colour combination make you think of a particular season or remind you of a certain place? How do they make you feel?*

Don't forget! Try to identify the leaves you used with our **EcoMap** at sierraclub.bc.ca/ecomap, a tool to learn about BC's 'Ecoprovinces' and their fascinating plant and animal species.

You could also use a book from your local library or:
www.for.gov.bc.ca/hfd/library/documents/treebook/trees.htm
tidcf.nrcan.gc.ca/en/trees/identification/broadleaf



Let the fun continue! *What could you use your rubbings for? How could you share them?* Try cutting them in pieces about 5cm wide and at least 10cm long to **make bookmarks** to share as personalized, nature-inspired gifts. Glue your rubbing to another piece of paper to make it a more durable bookmark. On the back, *write what spending time in nature means to you*, or search online for a quote about nature to serve as nature-inspiration! Remember to also write a special note to the family member or friend you are giving it to.

Since 1998, Sierra Club BC's environmental education programs have provided nature-based learning experiences for 150,000 students and teachers across BC. Learn about our work and find more activities for getting kids outside at sierraclub.bc.ca/education