

Nature Walk Bracelet



18th-century doctors used mostly herbal medicines to treat illness. Nature can also be very good for our mental health. Try taking a walk out in nature and while you do, collect flowers, leaves and other items that you find interesting. Here is how you can make a bracelet while you walk.

Kit Materials:

- Wax paper with Duct tape

Instructions:

1. There are two pieces of Duct tape on the wax paper, one on top of the other. Duct tape sticks to almost everything, but it doesn't always stick to itself that well. Try to peel the top piece of Duct tape off the wax paper. If it doesn't work, you can use any tape that you have around the house.
2. Make the tape into a bracelet that will fit loosely around your wrist. **Make sure that the sticky side is facing out!** *Note: You don't want it too loose that it will fall off, but also not too tight that it hurts your wrist.*
3. As you walk through nature, find things that you think are pretty or interesting. When you find something, stick it to the tape on your wrist.
4. Try to fill in as much of the tape as possible to make a full bracelet.

