

Nature's Paint Pallet



Can you find all the different colours in nature? Go on a walk and see what you can see.

Time | 30 mins

Cost | £

Location | Outdoors/At Camp

Group size | Whole section

You will learn

Value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

Be happier

Be cheerful, have fun, and love your life.

You will need

- Big pieces of paper
- Sticky tape
- Scissors



Beauty

Use the art and music of nature to inspire creativity and celebrate what nature means to you.

[Discover the five pathways to nature connectedness](#)

Before you begin

- This is a really good activity to do any time of the year, but it works especially well in autumn.
- Plan a trip to a local natural space. If you have a choice, you could ask the group which place they'd prefer to visit.
- You could do this activity while you're walking between activities, for example, if you're at an adventure centre or if you want activities to break up a longer hike.

Prepare your pallet

Time	Activity	Guidance	Equipment
5 mins	1. Everyone should get into small groups.	Make sure each small group has an adult to go with them	<ul style="list-style-type: none"> • Big pieces of paper • Sticky tape • Scissors
25 mins	2. Each group should get a big piece of paper, some tape, and a pair of scissors.		
	3. The person leading the activity should explain that everyone will be going on a short walk that passes by a variety of nature. They should also explain the boundaries and ground rules that will keep everyone safe.		
	4. As everyone explores, they should collect natural items of different colours. They should aim to find around five colours – can they find the primary colours of red, yellow, and blue?	Avoid removing any living branches or flowers – collect dead materials or ones that have already fallen to the ground.	
	5. Each group should attach the colourful items they've collected to big pieces of paper to create a paint pallet.		

Reflection

Time	Activity
5 mins	Was anybody surprised at how many different colours they found? Was anyone disappointed not to find a specific colour? How might more colour be introduced into a natural environment? Why is this a good thing?



Change the level of challenge

You can challenge everyone to find certain colours (or a certain number of colours). Alternatively, you could ask everyone to choose the nature colours they'll look for before the walk.

People could take photos rather than collect items.

Make it accessible

Plan a trip that will be accessible for everyone – you may need to consider how people will get to the meeting point and whether there are accessible paths, for example. Make sure you have enough adults to provide any additional support people in your group might need.

All Scout activities should be **inclusive and accessible**.

Take it further

Can people think of ways to make different environments as colourful as possible? You could come up with ways of making urban areas more colourful, such as planting wildflowers on verges or roundabouts.

When thinking about this, consider the needs of local wildlife. An insect that relies on yellow flowers for camouflage will be happy if people plant yellow flowers in their gardens or on their balconies, for example.

Youth shaped guidance

Allow the group to choose what kind of environment to visit if you have more than one option.

Safety

All activities must be safely managed. Use the **safety checklist** to help you plan and risk assess your activity. Do a **risk assessment** and take appropriate steps to reduce risk. Always get approval for the activity and have suitable **supervision** and an **InTouch** process.

- **Visits away from your meeting place**

Do a risk assessment and include hazards such as roads, woodland, bodies of water (for example, rivers, ponds, lakes, and seas), plants, and animals.

You'll probably need more adult helpers than usual. Your risk assessment should include how many adults you need. The young people to adult ratios are a minimum requirement; when you do your risk assessment, you might decide that you need more adults than the ratio specifies.

Think about extra equipment that you may need to take with you, for example, a first aid kit, water, and waterproofs.

Throughout the activity, watch out for changes in the weather and do regular headcounts.

- **Outdoor Activities**

You must have permission to use the location. Always check the weather forecast and inform parents and carers of any change in venue.

- **Hiking and walking**

Follow the guidance for [activities in Terrain Zero](#), or the guidance from the [adventure page](#).

- **Scissors**

Supervise young people appropriately when they're using scissors. Store all sharp objects securely, out of the reach of young people.

- **Sharp objects**

Teach young people how to use sharp objects safely. Supervise them appropriately throughout. Store all sharp objects securely, out of the reach of young people.

