



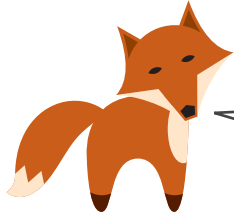
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This activity facilitates consolidation of the following school curriculum subjects:
DT, Art & PSHE



Amber's
Willow
Hearts

February
2020



With Valentines Day in February, why not get creative with nature and make someone you care about a willow heart.



You will need:

- Some thin willow. You can often find some thin branches blown down from willow trees at this time of the year. Willow is also fast growing and so any small branches you cut will grow back relatively quickly.
- Twine or thin string
- Ribbon
- Lavender (optional)



Method

1. Take two thin branches of willow, cut them to the same length and carefully warm them up and work them between your thumbs to give them a slight bend. If your willow is too dry it will crack. You may need to soak it overnight or select a freshly cut piece.
2. Hold your willow branches together at one end and secure with twine or string by wrapping round a few times and tying a secure knot.
3. Bend the willow up and over on opposite sides to form loops, then back down to your original tie to form a heart shape. Secure the other ends with a further wrap and knot of twine or string.
4. Trim if required carefully with secateurs (ask an adult to help you).
5. Wrap and tie a piece of ribbon up the centre 'spine' or your heart so it is more secure. You could tie a piece of lavender or a bow to this part for decoration.
6. Add a ribbon for hanging if desired.

