



CONFIDENCE. INDEPENDENCE. RESILIENCE.
Through Meaningful Experiences in Nature.



NATURE FRAME

COLLECT. CREATE. CONNECT.

YOU'LL NEED:

- Sticks (4 for the frame)
- Twine, yarn or tape
- Nature treasures:
leaves, flowers, pinecones,
rocks, acorns, etc.
- Scissors (grown-up)
- Optional: glue
- A sense of adventure!



Nature is full of beauty—and tiny treasures!
Let's step outside, explore together, and
create a one-of-a-kind nature frame. ♥

MY NATURE FRAME

Draw it or add a photo here!

LET'S CREATE!

- Build Your Frame**
Arrange 4 sticks into a square or rectangle. Tie or tape the corners to hold them together.
- Explore & Collect**
Go on a nature hunt! Look for colors, textures, and shapes that catch your eye.
- Decorate Your Frame**
Weave leaves, flowers, pinecones, and other treasures onto your frame. Get creative!
- Add a Backing (Optional)**
Use a piece of cardboard or paper behind your frame to keep your treasures in place.
- Display Your Masterpiece**
Hang it up, set it on a shelf, or gift it to someone special.
- Take a Photo!**
Snap a picture of your nature frame and share your adventure!



FREE RESOURCES



Scan to visit our
Free Resources
page for more
printables,
activities & tips!

WHY THIS ACTIVITY MATTERS

- Visual Attention** – Finding and focusing on details in nature
- Language** – Talking about what you see and discover
- Mindfulness** – Slowing down and enjoying the moment
- Executive Functioning** – Planning, sequencing, and problem solving
- Sensory Development** – Exploring textures, colors, and natural materials

OT TIP FROM NOVEL HEIGHTS

Nature play builds more than memories—it builds skills for life. When children explore the outdoors, they strengthen their bodies, calm their minds, and grow their confidence. Keep it open-ended, child-led, and fun!



Tag us on your adventure!
We love seeing your nature creations!



@novelheights
#novelheights



Helping kids grow through
nature, connection & play.