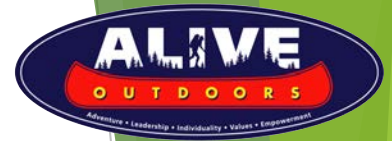


A Moment of Intention #48



30 - 45
Minute
Activity
For
Everyone

Sun Catcher

A sun catcher is a reflective ornament that uses sunlight to highlight unique designs, colours and features of the materials used to create it. Sun catchers are the optical equivalent to wind chimes, coming in a variety of sizes and incorporating different materials, shapes, and colours. Make your own dazzling sun catcher using materials found at home in your back yard or local green space.

NOTE: This activity requires the use of an iron, parental supervision and support is required.



Activity:

- Spend some time outside gathering the natural materials you want to use.

If some of natural materials you collected aren't flat, place them between the pages of a heavy book for a few hours to help flatten them out.

- Cut your wax paper sheets to the size you feel is best. Lay out the first sheet of wax paper and start crafting your design.

The wax paper sheets can be any size you like, ensure that you cut both pieces to match in size.

- Lay your materials face down on the first sheet of wax paper in a unique arrangement. Once your design is complete, place the second piece of wax paper on top of your design to align the two sheets.

- Turn your iron to a low setting and carefully press your iron down firmly on the wax paper.

Do not slide the iron up and down the wax paper, it may ruin your arrangement. Press the iron down on a part of the wax sheets for a few seconds then slowly lift up. Check to ensure the wax papers have adhered together, continue until the entire sheet is adhered, trapping your materials and design in place.

- Tape the edges of the parchment paper to ensure your sun catcher edges stay closed.
- Punch holes in the top corners and use a string to hang it in your window or outdoor space.

Materials Needed:

- Two Pieces of Wax Paper, Tape, String, Scissors, Iron, Natural Materials: Leaves, Flower Petals, Weeds, Grass, Flowers, Sticks, Seeds, Feathers, etc.

Reflection Questions:

- How did creating your own sun catcher make you feel?
- What inspired your sun catcher design or choice of materials?
- Did you put your sun catcher where others can see it? Why?
- How does different light change your sun catcher?