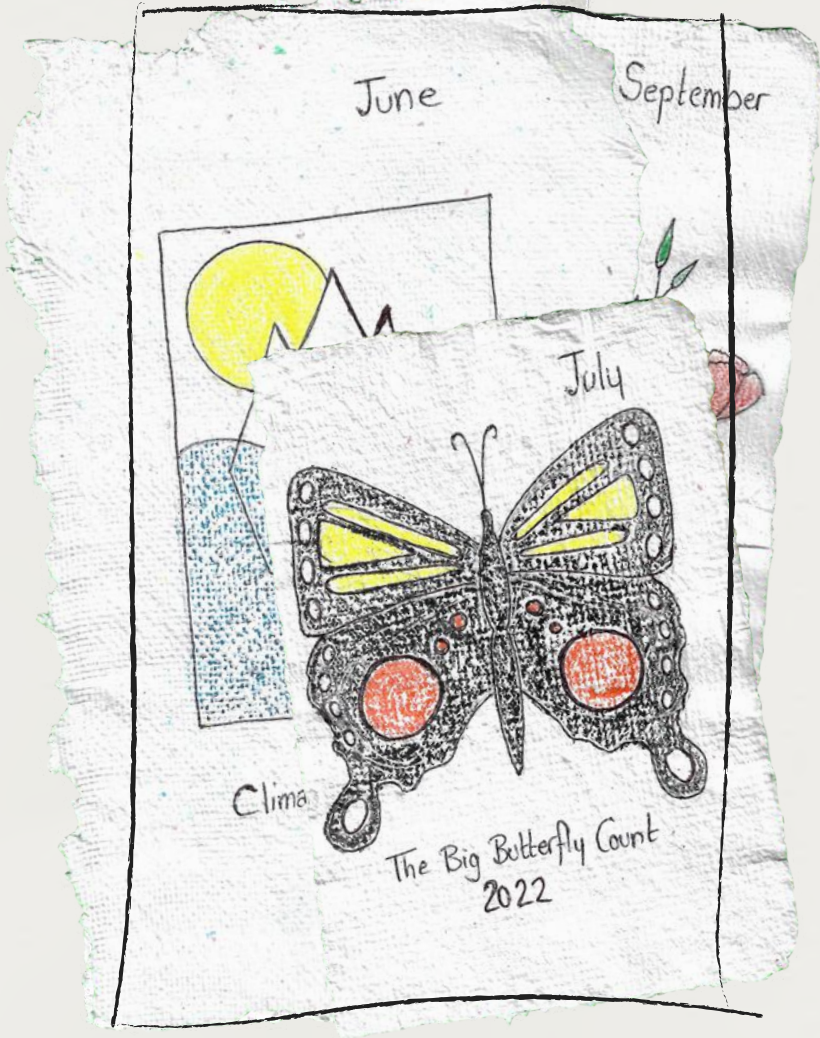


PAPERLIFE

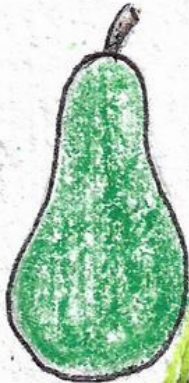


BY JO MARY WATSON



**A YEAR'S WORTH
OF NURTURING
ACTIVITIES
HAND-DRAWN
ON RECYCLED
HOME-MADE PAPER**

January



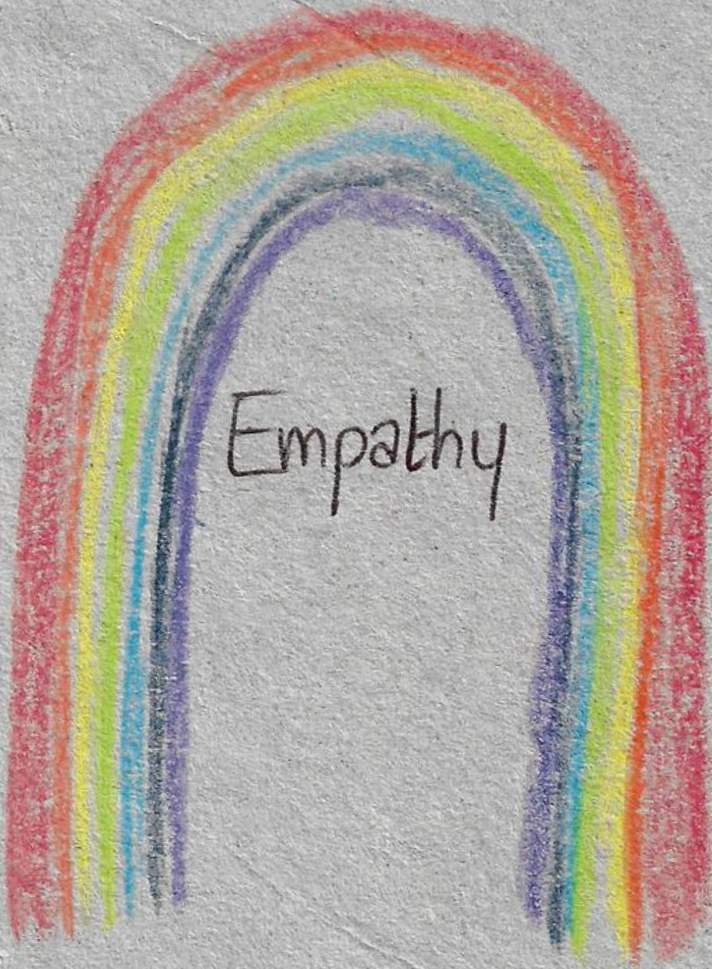
New Year's Resolution:
Eating as much seasonal fruit and
vegetables as possible!

8 reasons to shop in season

See our online resources to learn what's in season when.

1. You can connect with nature's cycles and the passing of time while exploring + learning about the diverse & delicious foods that our seasonal climate provides.
2. Food in season is often cheaper than when it's not.
3. Eating seasonal food reduces the energy + CO₂ emissions needed to grow + transport if not in season.
4. Supporting the local economy!
5. Seasonal food is fresher and tends to be tastier + more nutritious.
6. Eating seasonal fruit + veg is good for you! It contains the nutrients minerals and trace elements that your body needs at the particular time of the year.
7. You can avoid overseas contaminants. Other countries might have different rules regarding chemicals that are allowed to be used on farms.
8. It allows you to discover new ways of preparing fruit and veg. How many ways of preparing apples can you think of? 3

February



Empathy

Empathy is being able to understand how someone else is feeling, even when you aren't in the same situation.



A lot of humans consider themselves apart from nature when really we are strongly connected with everything else.

This month, try and see these connections between us and things you know from nature.

Put yourself in the position of an animal, a tree/forest, the ocean, a rock, a mountain, a flower...

And then try to answer the following questions as it:

Where are you? What can you see?

What can you hear? How do you feel?

What would you like to ask a human?

How do you directly connect with humans?

March



Plant your paper.

Find a place with fine, warm
and moist soil.

Dig about 1cm deep and plant
your paper. Cover + water well.
Make sure the soil is always
moist.



April



Dandelion: Common weed, nutritious food,
powerful medicine

Harvesting

- Leaves: early spring, light green
- buds: early spring, base of leaves
- flowers: sunny days when open + dry
- roots: spring + autumn

(for more info, please see
our online resources.)

Cooking with Dandelions


Important: Make sure that the yard or field where you pick your dandelions has not been sprayed with weed or bug spray or any other chemicals.

Dandelion Spring Salad

Ingredients

- 1tbsp oil (olive, avocado, canola)
- 1tbsp lemon juice
- 1tbsp honey
- $\frac{1}{2}$ clove of garlic, minced
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{4}$ tsp pepper
- 2 cups dandelion leaves, rinsed + dried, tear in half
- optional: hard boiled eggs or slices of citrus fruits (orange, grapefruit) to serve

Instructions

1. Whisk the oil, lemon juice, honey, garlic, salt, and pepper in a bowl. Add more salt + pepper to taste if you want.
2. Put the dandelion greens in the bowl and toss to combine. Serve on its own as a side salad, or add halves of  boiled eggs or slices of citrus fruits.

May

Mindfulness



Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being present.

For this month, go for one (at least) walk a week: in a forest, park, city, on the beach, in the mountains, along a river...

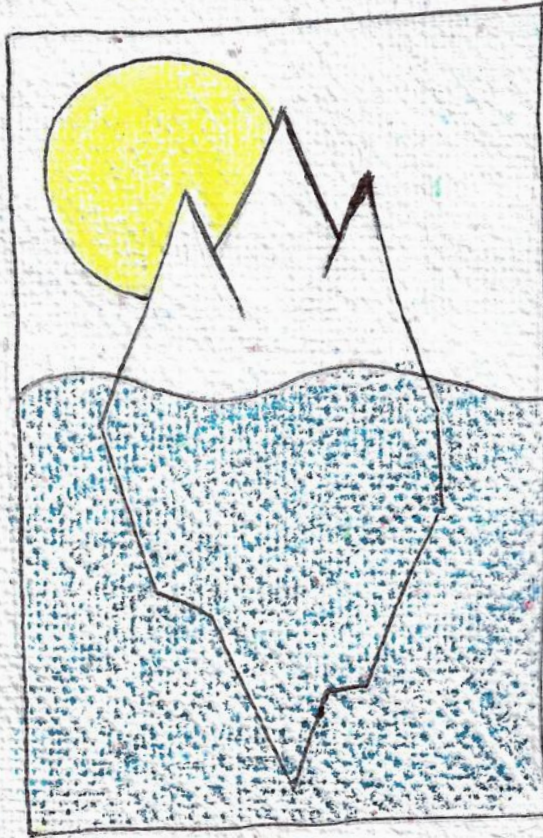
Pay really close attention to your senses:

What can you hear/see/smell/taste/touch?

How do your surroundings make you feel?

If you want, you can write down anything you notice and then compare the notes about how you've felt at the end of the month to see which walk was your favourite.

June



Climate Change

As the Earth warms due to Climate Change, sea levels are rising. This is partly due to melting ice. As our planet warms, the ice melts and flows into the oceans.

With this month's activity you can investigate the effect that contact with water has on melting ice.

You need:

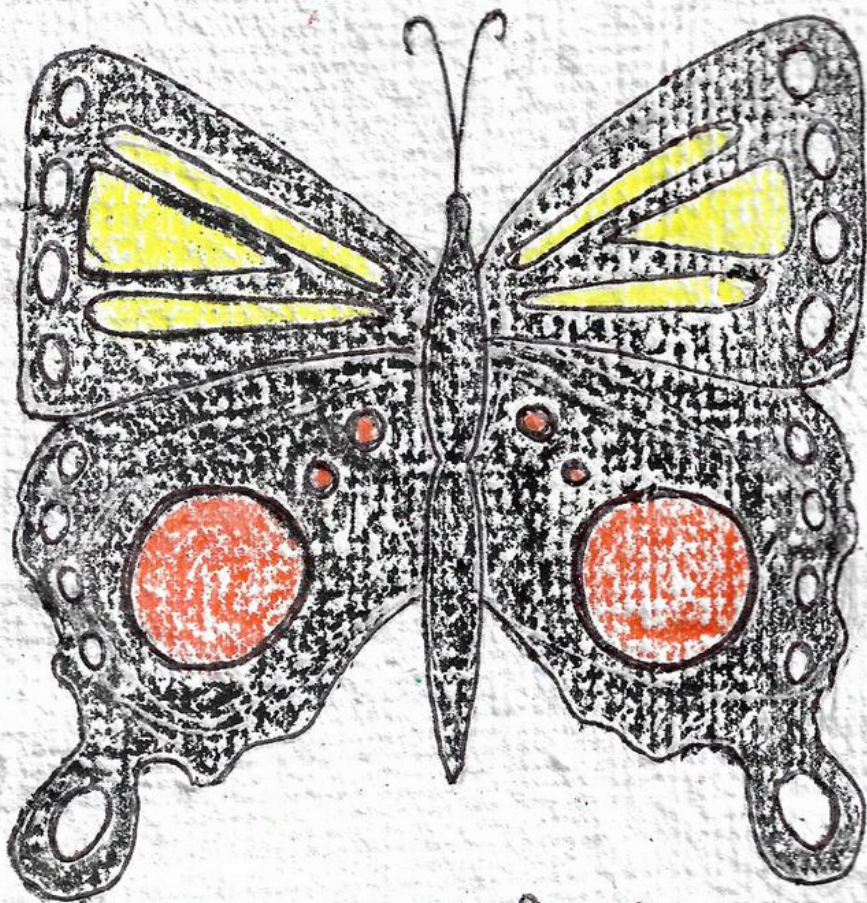
- 2 identical plastic containers
- ice cubes (add some food colouring to the water before you freeze it — it makes it easier to see the ice as it melts later.)
- water (room temperature)
- timer or stopwatch

Instructions:

1. Place an equal amount of ice cubes in each container. You can use either regular ice cubes or ice cubes made with coloured water.
2. Add a small amount of water to one of the containers.
3. Set the timer or stopwatch. Look at the containers every few minutes to see what's happening.
4. Record time it takes for the ice in each container to melt.

For extension ideas/prompting questions, please see online resources.

July



The Big Butterfly Count
2022

The Big Butterfly Count 2022

The Big Butterfly Count is a UK-wide survey aimed at helping to assess the health of our environment by counting the amount and type of butterflies we see.

— Please see online resources for more information + downloads —



Get ready!

Download The Big Butterfly Count's butterfly ID chart or free app to identify + record the butterflies you spot.

Join in!

Between Friday 15th July and Sunday 7th August choose a place to spot butterflies. Watch for 15 minutes. Then record which species you see.

Look at the Big Butterfly Count's interactive map (see online resources) to see how your findings are contributing to conservation science and research.

August



Vegan &
natural colourings

Colourful pancakes



Vegan Pancakes, serves 2

you need: 100g flour • splash of vanilla extract •
1tbsp sugar • pinch of salt • $\frac{1}{4}$ tsp baking powder •
1tbsp ground cinnamon • 150ml dairy free milk

→ If you want you can add fruit like banana,
blueberries or raspberries

→ Or add one of the below food colourings

Mix all ingredients together and ask a grown-up to fry them in a hot pan in some coconut oil or vegan butter until golden brown on both sides.

Natural food colouring

Red

80g raspberries • 4tbsp water
Blitz raspberries + water until smooth. Over a glass, strain through a fine mesh to separate solids from the colour. Use a teaspoon first, add more for brighter red.

Green

60g spinach • 6tbsp water
Cover spinach in water and boil for 5 minutes. Strain, discard the cooking liquid. Blitz spinach + water until smooth, add more water if needed. Over a glass, strain through a fine mesh to separate solids from the colour. Use a teaspoon first, add more for brighter green.

Purple

70g blueberries • 4tbsp water
Blitz blueberries + water until smooth. Over a glass, strain through a fine mesh to separate solids from the colour. Use a teaspoon first, add more for brighter purple.

Pink

125g cooked beetroot • 2tbsp juice from the pack
Blitz beetroot + beetroot juice until smooth. Over a glass, strain through a fine mesh to separate solids from the colour. Use a teaspoon first, add more for brighter pink.

September

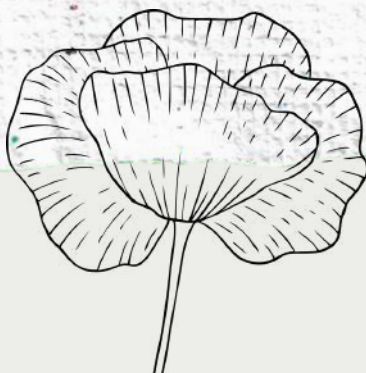


Plant your paper.

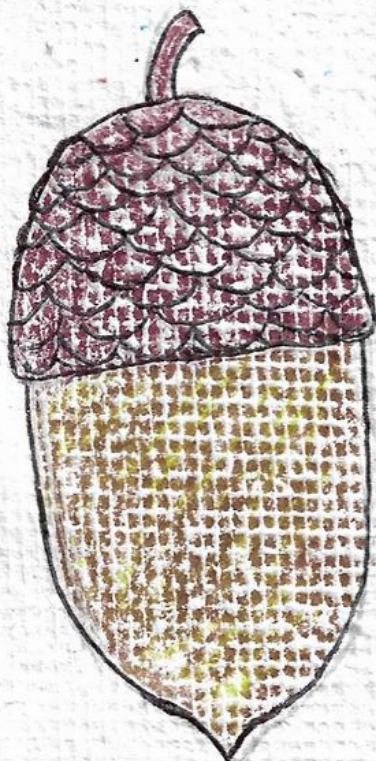
Find a place with fine, warm
and moist soil.

Dig at least 1cm deep and
plant your paper. Cover +
water well. Make sure the
soil is moist during warm weather.

Make sure that you only
plant wildflowers like Wild
Red Poppies, Forget me nots
or cornfield flowers in
September, others will not
survive the cold of winter.



October



"You're not going to see the results
a week after you planted the seed.
Maybe not even in your lifetime.
Trust the process. Something is happening.
All the power contained in something
so tiny. You are not too small. Grow. ♡"

Where you plant trees now
might one day be a forest.

• • • • •
Collect acorns from mid-September
until the end of autumn.

Make sure you collect acorns in
good condition: they can be green
or brown in colour, as long as the
caps come off easily (that means
the acorns are ripe and you won't
tear them.)

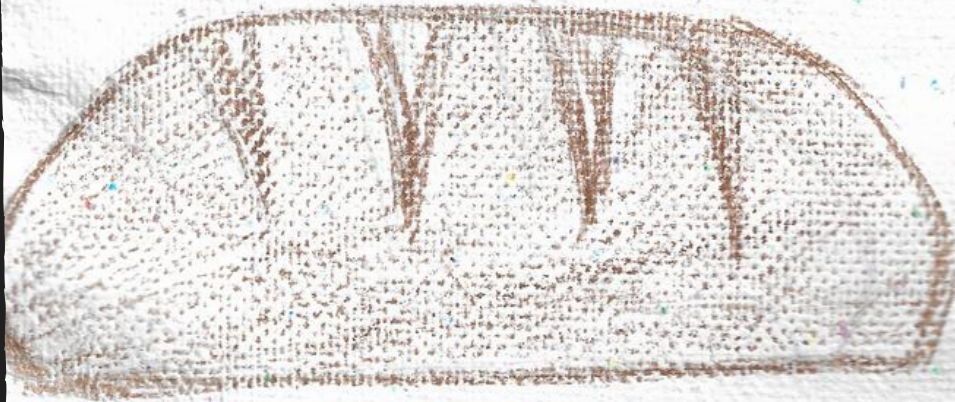
Make sure the acorns are free
of holes where insects may have
burrowed inside, worms and fungus.

Don't let the acorns dry out, start
preparing for planting ~~after~~ collecting
them.

For the next steps on how to grow
an oak tree, please see our online
resources.

November

Less plastic in the kitchen:



MAKE YOUR OWN
BREAD

Make your own bread

No-knead spelt flour bread

Ingredients: 2 cups white spelt flour • 1 cup wholewheat spelt flour • 1 tsp salt • 1 tsp yeast • 1 tsp sugar • 1 cup warm water (+ $\frac{1}{4}$ cup more if needed) • optional: mixed seeds

Directions:

1. Combine both flours in a big bowl + mix with the salt.
2. Add yeast, sugar + water
3. Mix with a wooden spoon/your fingers until just combined. Consistency should be soft + a bit sticky
4. Cover + leave in warm place until doubled in size (2-3 hours).
5. Place dutch oven or casserole dish with lid in the oven + ask a grown up to preheat the oven to 250°C .
6. Dust a working board with flour + mixed seeds if using.
7. Put the dough onto it, spread it a bit with your fingers, and then fold it from four sides like an envelope.
8. Cover the bowl where the dough was rising with baking paper + put dough inside, with the folded side down.
~~9. Leave to rest until oven is preheated.~~
9. Leave to rest until oven is preheated.
10. Transfer to dutch oven/casserole dish -- ask a grown up to help you because it's hot! -- and cover.
11. Lower the temperature to 230°C
12. Bake covered for 30 minutes, and then uncovered for 15 minutes
13. Ask a grown up to take the loaf out of the oven + baking dish and let cool completely before eating.

December



Pinecone crafts

You need:

- pinecones (big & open work best)
- white paint
- green paint
- glue
- glitter
- pompoms

Snow topped pinecones

- Take a big, open pinecone and apply white paint to the edges to look like snow. Once dried you can add a little sparkle by dotting some of the scales with glue and adding silver glitter.

Mini Christmas tree pinecones

- Use a big, open pinecone, dip or cover in green paint. When dry, glue small pompoms onto the face-up ends of the pinecone scales. Add a dusting of glue and glitter if you'd like a tinsel effect.

ONLINE RESOURCES

JANUARY

Seasonal fruit & veg – A handy guide

A handy guide by the British Dietetic Association

Seasonal UK grown produce by the Vegetarian Society

The benefits of eating seasonal food by Little Cooks Co

What's in season when? by Love British Food

ONLINE RESOURCES

MARCH & SEPTEMBER

Seed: Sowing outdoors by RHS

When to sow flower seeds by Suttons

Your seed sowing calendar by Thomason &
Morgan

How to sow flowers indoors by Gardener's
World

Snack-Sized Science: Plant Your Paper! :
Instructions to make seeded paper by Earth
Eco International

ONLINE RESOURCES

APRIL

Dandelion by Wild Foods & Medicine

How to harvest and use dandelion roots, leaves and flowers by Farm & Dairy

Dandelion spring salad with simple garlic oil dressing by Raising Generation Nourished

Dandelion Salad by Little Cooks Reading Books

ONLINE RESOURCES

JUNE

A Guide to Climate Change for Kids by
NASA Climate Kids

Activity: **Melting glacial ice** by Science
Learning Hub (New Zealand)

Video: **What causes sea level rise?** by NASA
Space Place

ONLINE RESOURCES

JULY

The Big Butterfly Count by Butterfly
Conservations – Starts on 15th July

- **Interactive Map**
- **Download Charts**

How to spot a butterfly: 10 top tips by
Discover Wildlife

ONLINE RESOURCES

OCTOBER

Plant a tiny acorn in a pot to grow a mighty oak tree by RHS

How to grow your own oak tree by
Discover Wildlife

How to grow an oak tree from an acorn
by wikiHow

ONLINE RESOURCES

NOVEMBER

No knead spelt bread by Vegan Recipe
Club

Spelt flour NO-KNEAD Bread by Simply
Anchy

Further Ideas for less plastic in the kitchen
& natural stuff:

Cashew Milk by Cookie and Kate

Book: **The Art of the Natural Home** by
Rebecca Sullivan

ONLINE RESOURCES

FURTHER RESOURCES

Plastic-free guide to summer fun

by National Geographic Kids (PDF document)

Women's Environmental Network

For online resources, go to:

theatreintherough.com



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