

# Japanese Hapa Zome

**Try this simple, fun and creative activity. Calming and relaxing method to create art from any natural objects that are all around you.**

Hapa Zome is an ancient Japanese art form. It is also known as 'leaf printing'

## Activity:

1. Gather flowers, leaves, berries from your garden, local park or hedgerow. Choose ones that you feel drawn to.
2. Lay your piece of cotton cloth material flat on a hard flat surface and arrange your flowers.
3. You can either do a symmetrical image and place the flowers on one side and fold in half. Or you can simply cover with a second piece of fabric.
4. Take a hammer, large smooth stone, rolling pin or similar. Bash the top layer of material until you see the dye seeping through.
5. Open the fabric and brush away the plant matter to reveal the pretty patterns.
6. Why not turn your finished piece into a flag, bunting, greetings card or anything else you can think of!

## Important

Think about your impact when picking your flowers / leaves- the aim of this activity is not to destroy plants but to engage and be inspired by them. Only take one or a few petals/leaves from each plant and take care not to damage them.

## Notes:

*This works best when the flowers and leaves are full of water, so do this as soon as you can after picking.*

*You can add more detail by using fabric pens or paint.*

*Perhaps do this activity away from any family members who are trying to work!*

Referenced from [www.ltl.org.uk](http://www.ltl.org.uk)

## *Environmental Awareness*

*Appreciate and draw inspiration from the environment  
Understand the impact of human activities on the environment*

**Time:**  
20 min+

**Space:**  
Any Outdoor Space.

**Equipment:**  
Flowers, Leaves, Berries,  
Old T-Shirt / Bed Sheets,  
Hammer / Smooth Rock /  
Rolling Pin

