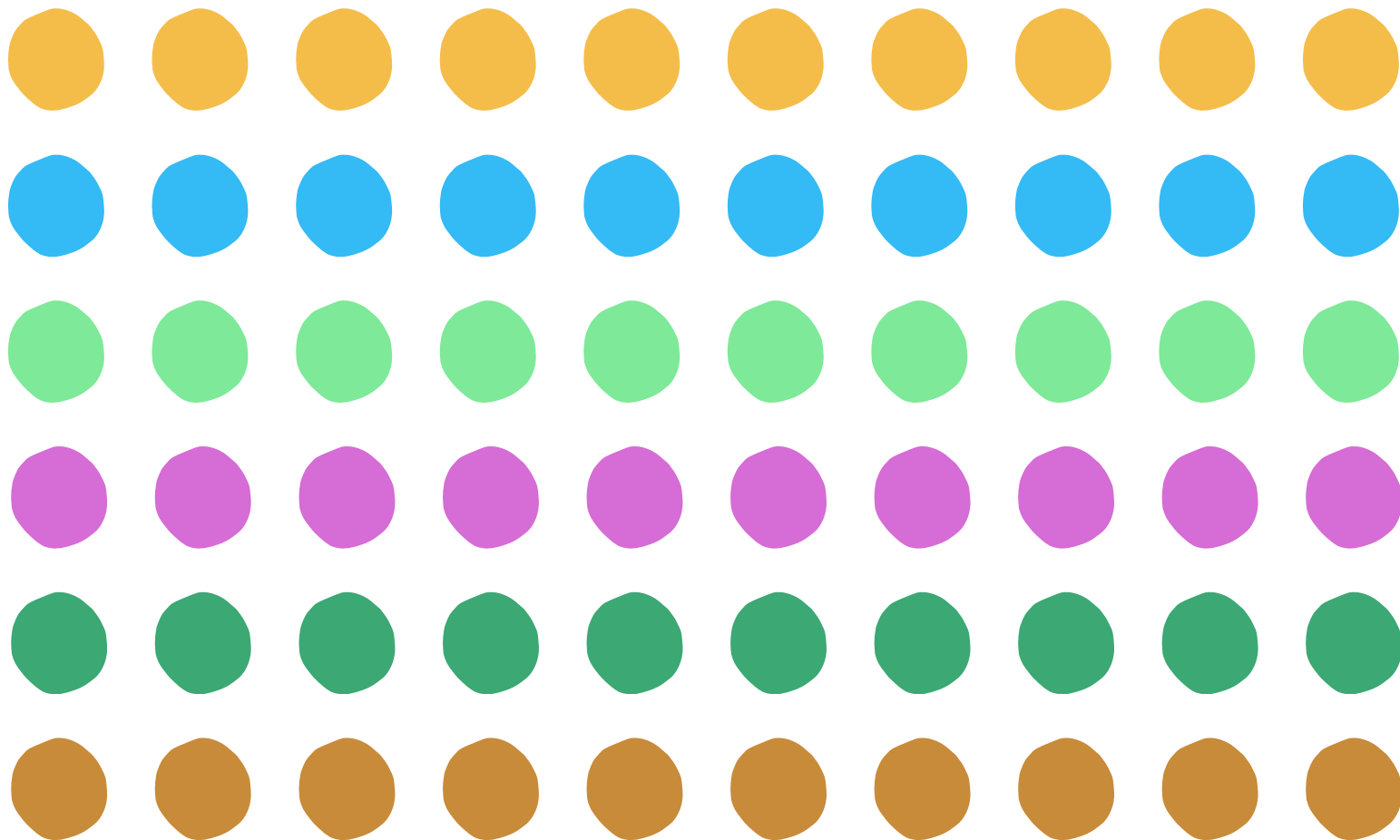


Nature for All



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About

We believe in Nature for All.

In Summer 2026, Purple Patch Arts delivered a series of creative, inclusive workshops that empowered learning-disabled adults to connect to nature, support their wellbeing, celebrate the natural world, and learn about how they can protect and nourish the nature spaces around them.

The workshops used our unique Purple Patch Approach, which combines arts-based activities such as music, movement, visual art, drama and literature, with inclusive learning methods, including multi-sensory activity, physical experience and gamification. Alongside our experienced Purple Patch facilitators, the workshops were co-designed and delivered by Chemaine Cooke, a dancer, producer and facilitator who is passionate about how creativity and community can enliven and revitalise place.

Throughout the workshops, participants shared their own ideas, knowledge and experience of nature to shape the workshops and co-produce this activity pack for other learning-disabled people to connect with nature. We hope you enjoy it!

This project is part of the Seasons of Culture Programme funded by West Yorkshire Combined Authority and Leeds City Council through the Leeds Cultural Investment Programme.



Nature is...

by the Summer 2026 Nature for All participants

N Nature is Natural, Nice, its a Newt

A It's Amazing, it's Autumn, an Apple, an Acorn, it's
All Around, it's Air

T It's a Tree, a Trunk, a Twig, nature is Tranquil, it's a Tomato and
a Turnip and Tea

U It's Unique and Unusual. It's Universal. Nature is the Universe,
it's us.

R It's Reptiles and Roses and Rainbows and Rhubard. Roots, Rain
and Rolling Rocks.

E Nature is the Elements and Equal, an Eggplant, Excel. It's an
Ecosystem and the Environment. Nature is for Everyone!

What would you write in your own nature poem?

What do you appreciate about nature?



Activity Key

Where?



Indoor activity



Outdoor activity

Who?



Individual activity



Group activity

What?



Movement



Drama



Music



Art



Mindfulness

Eco-Systems

An ecosystem is all the living things in a place, and the air, water and soil around them, working together.



A garden is an ecosystem because it is a community of living organisms interacting with their physical environment.



The air that you breathe connects your inner world and your outer world.



Mindful Noticing

Where?  

Who?  

What? 

You will need...

- Nothing! Just yourself

Take a moment to use your 5 senses to notice what is around you. Can you notice...

5 things you can see? 

4 things you can hear? 

3 things you can touch? 

2 things you can smell? 

1 thing you can taste? 

Suggestions from Nature for All participants:

Stretch and breathe

Connect with other people

Explore the area around you

Share what you notice, and listen to what other people notice

Garden Exploration

Where?



You will need...

- An outside space

Who?



What?



Explore an outside space with your senses. Move slowly around the space and see what you find.



Remember , the 5 senses are: touch, sight, sound, smell, and taste.

Suggestions from Nature for All participants:

Notice different habitats

Habitats are where things live!

Find textures - petals feel like fabric

Notice smells

Nature Rubbings and Drawings

Where? 



Who?



What?

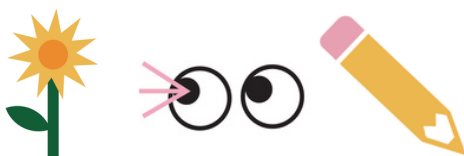


You will need...

- Paper
- Colouring pencils, crayons, pastels
- Stencils

Find a nature item and create a still life drawing.

A still life drawing is when you draw an object or collection of objects that do not move. Try and draw exactly what you can see!



Or, find natural materials, such as leaves and tree trunks, to create a rubbing.

Create a rubbing by placing paper on top of the texture, then rub your pencil, crayon or pastel over the paper. The texture of the material will reveal a pattern on your paper and different materials will create different patterns!



Suggestions from Nature for All participants:

This can be done alone or with other people

It can help you feel relaxed

Explore different textures

Look, feel, find

Habitats and Water

A habitat is where something lives. In the Nature for All workshops, we learnt about how water can impact a habitat in good and bad ways.

A valley is a low area of land found between hills or mountains. It often has water running through it. Rainwater naturally flows downhill and collects at the lowest point of a valley.



When there is a lot of rain, valleys can flood. Flooding can disturb frogs and other wildlife by changing or damaging their habitats. This may cause frogs to move away and find somewhere safer.



People make changes around their homes to help manage the flow of water. Rain chains have been used in Japan for years. They guide water downwards from a roof or gutter. They help slow down and spread out the water, reducing the amount that gathers in one place.



Sea Breeze Creations

Where?  

Who?  

What? 

You will need...

- String, yarn, or washing line
- Pegs or tape
- Different fabrics
- Nature items like leaves and flowers
- Drawings and sculptures

Create an installation of artwork and drawings of nature.

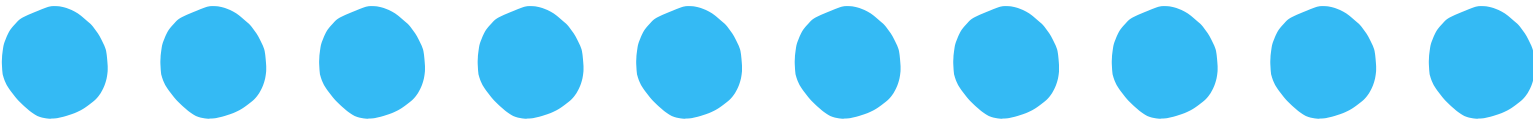
Attach the artwork to string, wool, or even a washing line, and string them up either outside or inside. You could also add nature items like leaves and flowers, or fabrics. Watch them move in the breeze!



All the artworks could relate to a specific habitat such as a river or a forest, or they could be inspired by lots of different habitats.

Spend time sitting, standing or moving around your installation. You could do this on your own or as a group.





Valleys

Where? 

Who? 

What? 

You will need...

- Blue materials and fabrics
- Instruments such as rainsticks



As a group, use your bodies to create a valley sculpture.

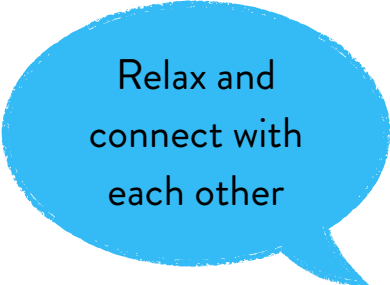
Stretch high and low. Gently move blue fabrics and materials over everyone's bodies to represent the water flowing through the valley. Create water sounds with instruments and voices.



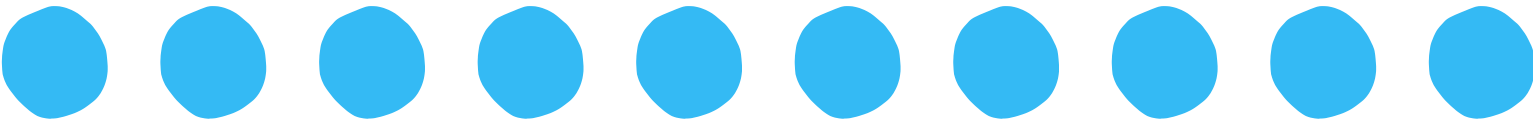
Suggestions from Nature for All participants:



Listen and make
eye contact



Relax and
connect with
each other



Material Play

Where? 



Who? 



What? 



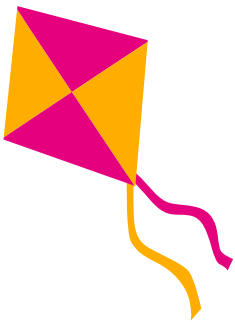
You will need...

- Lots of different materials of different colours, textures and weights
- Music to listen to
- Optional: A kite



Explore different materials by moving with them to different music.

Different colours and textures of materials might remind you of different habitats, such as forests, deserts, cities, or oceans.



If you do this outside, explore how the weather interacts with the materials. What impact does the wind, sun or rain have?

You could even try attaching different materials to a kite, or make your own kite!

Suggestions from Nature for All participants:

Explore high, low and middle levels

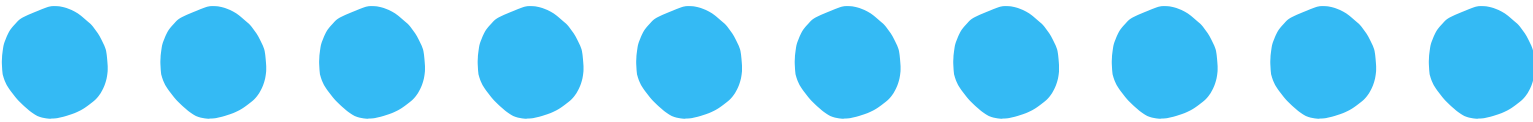
Float and fly materials in the wind

In a group, connect up, involve everyone, and hold hands or materials

Listen to the music

Create shapes

Use your senses



Storm Creation

Where?  

Who? 

What?  

You will need...

- You might want to explore different surfaces in your space



Create the sounds of a storm with your body.
As a group, start by rubbing your hands together to create a soft sound. Then, build the sounds and volume of the storm using body percussion.

Try: clicking, clapping, drumming on your knees, stamping your feet, and creating rain and bird sounds with your voice.

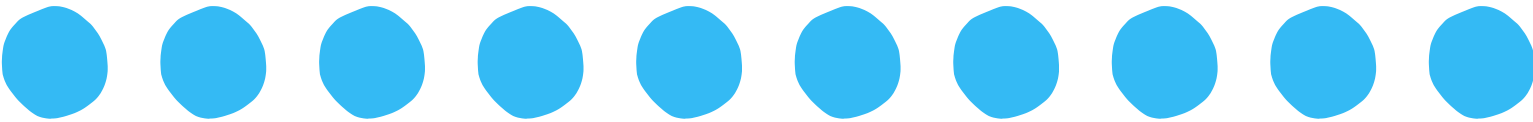


Suggestions from Nature for All participants:

Create rain sounds
with your body

Try clicking,
clapping, tapping,
whistling

Build sounds as
the storm
increases



Rain Chains

Where? 



Who? 

What? 

You will need...

Outside:

- Recycled materials such as bottle caps and plastic cups
- String
- Scissors
- A container to catch rain water

Inside:

- Paper, preferably recycled
- Glue or tape
- Scissors



Create your own rain chains to hang either inside or outside.

Outside:

Gather your recycled materials and make sure they're all water-proof. (paper will break if it gets too wet.) Cut or poke a hole into the centre of each piece. This can be tricky and dangerous, so get someone to help you do this safely.

Cut a long piece of string. Tie a loop at the top, then thread the string through each item, tying a knot on each side of each piece to hold them into place. Hang your rain chain outside over a drain or container where you want the rain water to flow into.



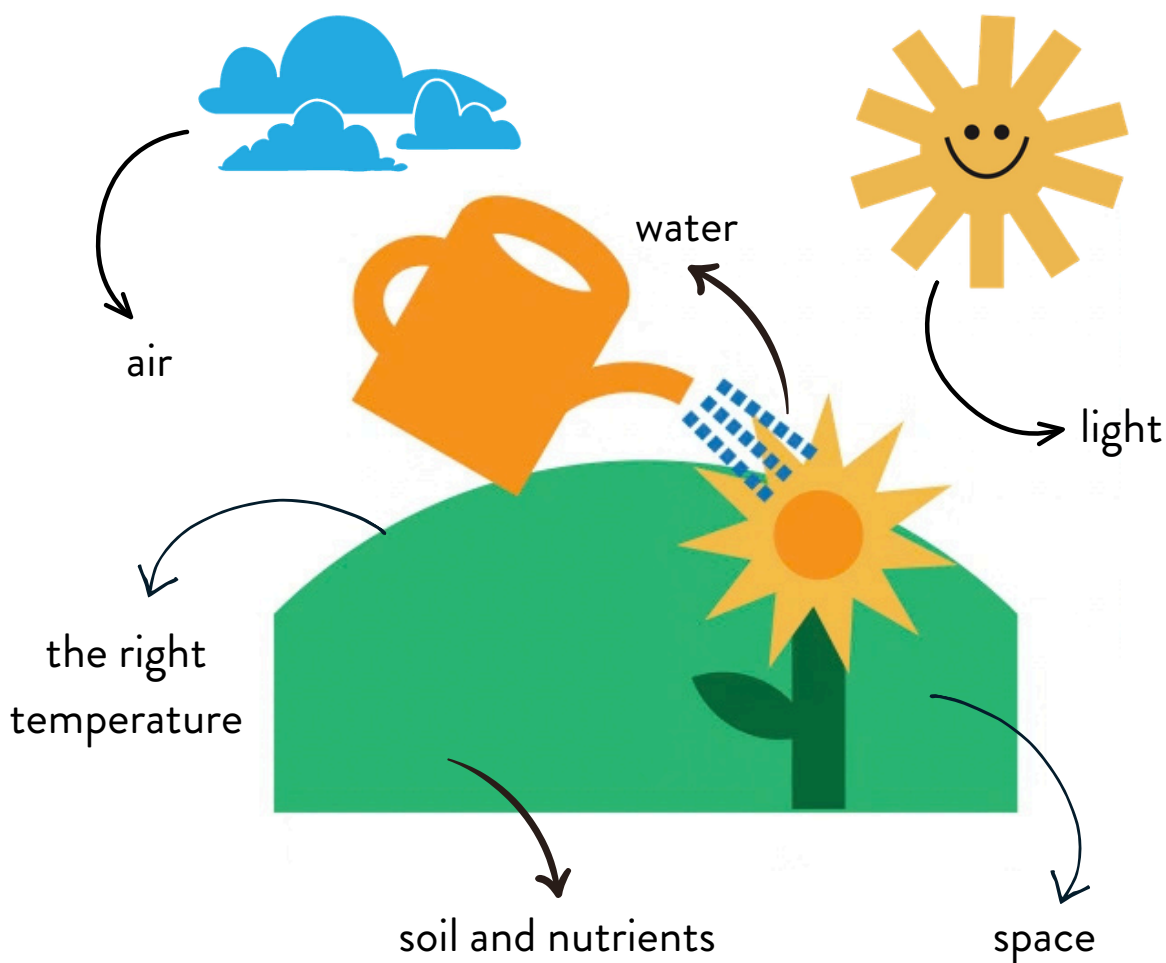
Inside:

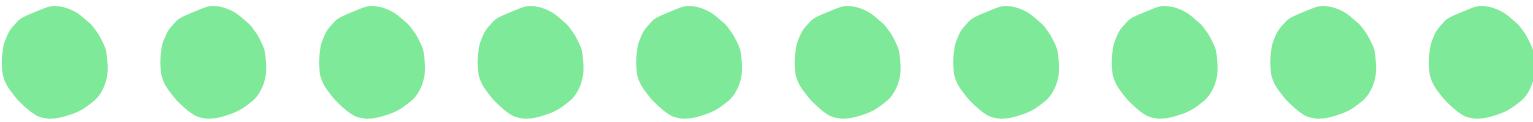
Cut recycled paper into strips roughly 5cm wide. Create paper chains by looping the strips around each other and glueing or taping them into place. You can create chains as long or as short as you like. They look particularly good when you use different coloured and patterned paper! Hang your rain chains to remind you of how water can change a habitat.



Growing and Planting

What does a seed need to grow?





Planting Activity

Where?  

Who?  

What? 

You will need...

- A plant pot or container
- Soil
- A trowel or spoon
- Seeds
- Water
- A watering can or a bottle with holes in it



Plant your own seeds and nurture your plant to grow.

Use your trowel or spoon to fill your pot three quarters full with soil.

Poke a small hole in the middle, and place your seeds into the hole.

Add a layer of soil over your seeds and gently pat the soil down. Water the soil generously. Place your pot in a warm sunny place - this can be inside or outside. Spring is the best time to plant most seeds!



Suggestions from Nature for All participants:

Enjoy this activity
with your friends
or on your own

Remember to
put your plant
in the sunshine

Water your
flowers
regularly

Remember to
nurture yourself too
- enjoy a mocha or
your favourite
drink!

House Plants

Feng shui is an ancient Chinese practice. It is about creating a sense of balance and energy flow within a space.

In feng shui, people put different plants in different parts of their home to help create a particular feeling or energy:



Entrance – Welcome:

A healthy green plant can help an entrance feel welcoming.



Bedroom – Calm:

Plants can be chosen to help create a restful, peaceful feeling.



Kitchen – Growth and Nourishment:

Herbs such as basil or rosemary can represent growth, nourishment and life.



Living/Family Space – Togetherness:

Plants can help create a feeling of harmony and connection.



Different house plants have different benefits:



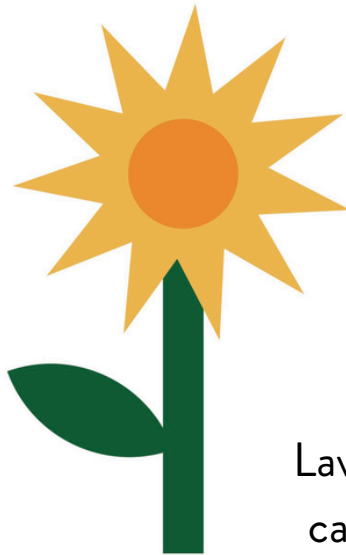
Spider plants are known to help reduce anxiety and stress.



Snake plants can help improve air quality by absorbing toxins and releasing oxygen at night.



Peppermint – the scent can help improve your concentration and alertness.

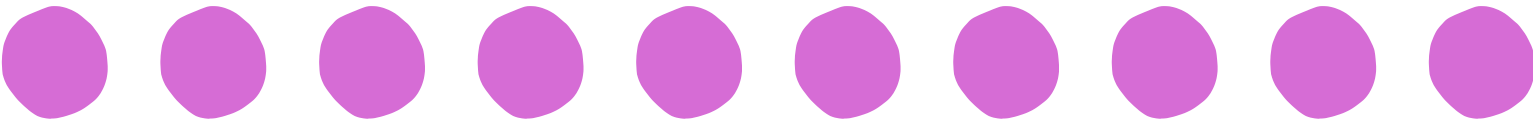


Lavender has a scent that can help calm and relax, improving sleep quality.



Aloe vera has soothing properties in its gel and is good for sunburn or skin irritation.





Rooms in the House

Where? 

Who? 

What? 

You will need...

- Paper
- Pencils or pens
- Collage materials
- Scissors
- Glue



Plan where to place plants around your house.

Draw each room in your house, then add drawings of plants into each room.

Or, you could use magazine photos to create a collage of the rooms in your house and stick on pictures of plants.

You could even ask if there is a floor plan of your house you could use to stick plant pictures onto.

You could use the feng sui ideas on page 18 to help you decide where to put plants.

Could you bring your plant plan to life and add real plants into your chosen rooms?

Suggestions from Nature for All participants:



Use different plants for different rooms

Indoor Sensory Garden

Where? 

Who? 

What?  

You will need...

- Items from around your house

Create your own multi-sensory garden sculpture with objects from around your house.

For example:

- You could use a green jumper to represent grass.
- You could use different coloured items to represent flowers.
- You could find something that sounds like rainfall, or even make your own rain instrument using a jar and rice.
- You could use a light to represent the sunshine.

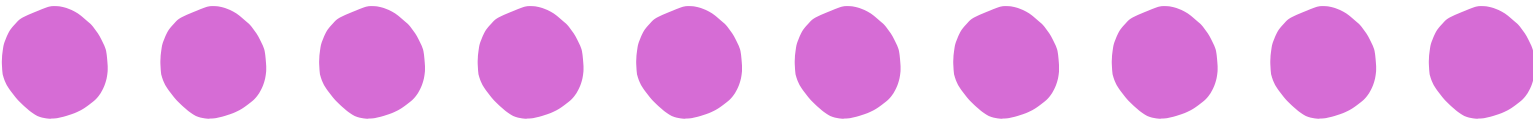


Suggestions from Nature for All participants:

Think about different colours

You could write your thoughts on paper leaves and add them to your garden

Look for multi-sensory materials - think about sight, touch, smell, sound and taste



Design Your Own Plant

Where? 

Who? 

What? 

You will need...

- Art materials such as plasticine or clay, paints, colouring pencils, magazines, scissors, glue



Create an artwork of your own made up plant.

You could use plasticine or clay to create a sculpture.

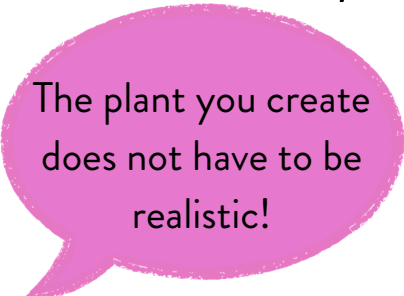
You could create a collage using pieces cut from magazines.

You could paint or draw your plant.

Consider the different parts of your plant:

- Does it have leaves, or flowers, or both?
- Does it grow fruit, or vegetables? Perhaps it grows both or neither!
- Is your plant tall or small? Does it live in a pot or in the ground? What colours is it?

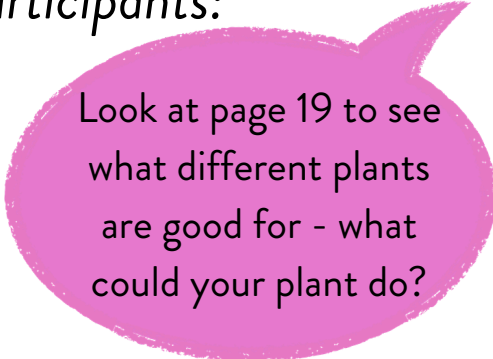
Suggestions from Nature for All participants:



The plant you create does not have to be realistic!



Use different art materials



Look at page 19 to see what different plants are good for - what could your plant do?

Rock Painting

Where? 



Who? 

What? 

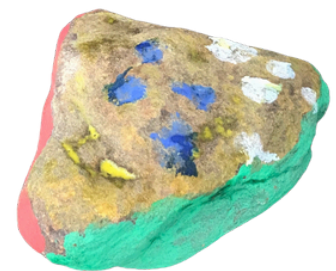
You will need...

- A rock - remember to wash it first
- Acrylic paint
- Paintbrushes
- PVA glue

Painting rocks is a nice way to add some colour outside or inside your home.

Paint your rock with your favourite nature design. It could be a plant, an animal or insect, a nature space, a type of weather - anything you like!

Once the paint is dry, seal the paint with a coat of PVA glue to protect it. Put your rock on display inside or outside your home.



Suggestions from Nature for All participants:

Everyone can do it

They are long lasting

Paint your own design and patterns

Create individual, unique rocks

You can leave them in the garden

Protecting Nature

Ways to protect the environment:





Pass the Movement

Where?  

Who? 

What?  

You will need...

- Optional: floaty scarves or fabric to highlight your movements



To protect the environment, we can reduce, reuse and recycle.

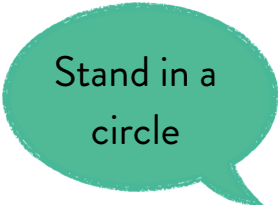
Pass a movement around the group. You can pass it to the person next to you or across the circle. Each time someone passes on a movement, they can change it based on the three words:

Reduce: make the movement smaller

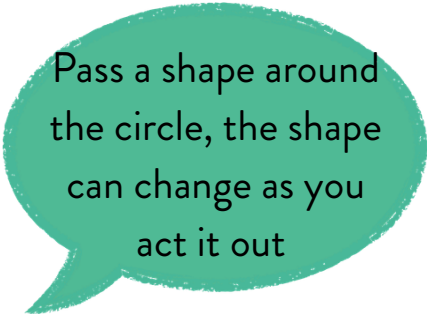
Reuse: do the same movement but in a different way, for example use a different body part, speeding up, or slowing down

Recyle: create a new movement

Suggestions from Nature for All participants:



Stand in a circle



Pass a shape around the circle, the shape can change as you act it out





Protection Poster

Where? 

Who? 

What? 

You will need...

- Paper
- Pens
- Optional: collage materials

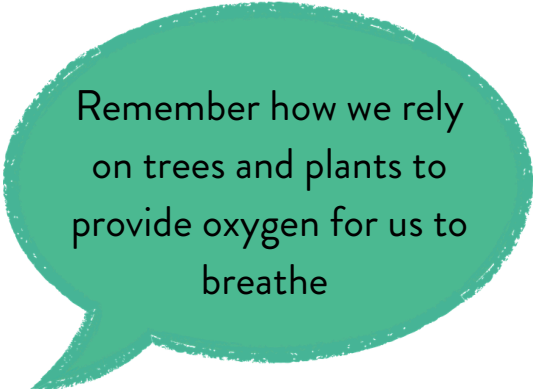


Create your own poster promoting ways to protect the environment in your local area.

You could use pens and paper, or recycle old magazines to create a collage.

Use the ideas on page 24 to help you, or come up with your own ideas!

Suggestions from Nature for All participants:



Remember how we rely on trees and plants to provide oxygen for us to breathe



Think about how ecosystems are circular

Local Nature Spaces

Your local nature space might be:

a park

a garden

the plants in your home

a body of water, like a pond or lake

a forest

a beach

A nature space is anywhere you can
connect with the natural world!



You can find more nature spaces in Leeds
on the [MindWell website](#).



scan the QR code with
your phone to go to
the MindWell website!





Mindful Walk

Where?



You will need...

- A nature space

Who?



What?



Go for a mindful walk in a local nature space.

What can you notice?

Suggestions from Nature for All participants:

Look for flowers,
wildlife and bugs

Have a map of local
nature spaces

You could take a
laminated nature sheet
of animals, plants, and
other items to spot on
your walk

Can be done alone
or with others

Make your walk
as long or short
as you want



Nature in the Park

Where?



You will need...

- A nature space
- A recording device like a phone

Who?



What?



Spend time looking around your local nature space.

What can you find?

Collect fallen items and record the sounds around you.

Suggestions from Nature for All participants:



Listen for sounds



Find textures



Collect small
items



Nature Spaces Map

Where? 

Who? 

What? 

You will need...

- Paper
 - Pens
 - Optional: photos of your local nature spaces, scissors and glue
- 

Create a map of the nature spaces that are in your life.

It could be spaces that are local to you, or nature spaces that you like to visit, either nearby or far away!

You could create a full map by yourself, or leave space for other people to add their own nature spaces.

Suggestions from Nature for All participants:

Nature is good for your mental health! We breathe in oxygen and out carbon dioxide, plants help us by producing oxygen

It feels sensory, relaxing

The map can be from your imagination, it doesn't have to be realistic

It's a reminder that you can use your local green spaces!

We drew places we knew so that other people can learn about them

Nature for All was brought to you by:
Purple Patch Arts
Chemaine Cooke
The Leeds Cultural Investment Programme