

# Breathing Leaf



Trace the outside of the leaf with your finger. Breathe in on the green dots & out on the blue. Follow the path to the centre of the leaf and back out again. Think of something you are thankful for. Open your hand palm up, blow across it. Swirl your hand into the air like a leaf.

# Make a Breathing Leaf

Five ways to use the leaf pattern below



Colour your leaf pattern. Use pens, pencils, crayons or paint



Do a leaf rubbing. Find a real leaf outside, place it under your leaf pattern and rub a crayon on top



Outline with wool. Glue your leaf pattern to a piece of card. Glue a long piece of autumn coloured wool to the outline of the pattern.



Write a poem. What do you like about autumn? Write along the path to the centre of your leaf pattern.



Draw on a leaf. Find a real leaf and some coloured pens. Use your leaf pattern as inspiration to draw a real breathing leaf.

## Remember to Breathe!

# Breathing Leaf Pattern: Maple

courtesy of [rockyourhomeschool.net](http://rockyourhomeschool.net)

