



## **Therapeutic Horticulture Activity Leaf Rubbing Cards**

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Overview: Create leaf rubbings using crayons to embellish cards.

Precautions:

1. Involves fine motor skills

Completion Time: 45-60 minutes

Materials: (10 participants)

1. 3.5" x 5" pieces of plain white copy paper, one leaf rubbing per paper (20+)
2. Assortment of dark to medium dark crayons with the paper label removed; minimum of 2" in length will allow for rubbing using 3 fingers and thumb (20+)
3. Tape, painter or scotch (optional) (1-3 rolls)
4. Fresh leaves that are no larger than 3.5" x5"; use leaves with thick veins (ex., Red Bud, Oak) (10+ of each variety)
5. 8.5" x 5.5" card stock paper of desired colors, for making cards (20+)
6. Marker(s) to write name of plant leaf is from (optional) (1-10)
7. Glue sticks (1-10)

8. Table covering for crayon markings and glue (optional) (number of tables)
9. Envelopes to accommodate 4" x 5" card (optional) (10+)
10. Stamps for mailing (optional) (10+)
11. Information on plants of leaves used for project (optional) (1+)
12. Examples of leaves rubbed with names written on them for identification (optional) (1+)

### Pre-Session Prep:

1. Create example of finished card
2. Cut white copy paper into 3.5" x 5" pieces
3. Cut cardstock paper into 8.5" x 5.5" pieces and fold in half with heavy crease
4. Collect fresh leaves

### Step-By-Step Process/Instructions:

1. Show example of finished card.
2. Demonstrate rubbing of leaf; for larger group tape paper over leaf on a clipboard and demonstrate while holding up for better visualization.
3. Put paper "placemat" in front of each participant (see tips below) if desired.
4. Offer choice of leaves discussing what plant the leaf comes from
5. crayon color, cardstock color for participants.
6. Tape white 3.5" x 5" copy paper to table/placemat as needed; small pieces in 2-4 corners.
7. Encourage rubbing.
8. Pass out markers to write the name of the plant on rubbing paper if desired.
9. Assist in putting glue on the back of leaf rubbing and centering it on the bottom half of card stock paper.

### Tips:

1. Use the whole 8.5"x11" paper to make it easier to manipulate and cut

rubbing out afterwards.

2. Use fat crayons for participants with dexterity issues.
3. Tape outer edges of paper to table for participants with limited use of both hands
4. Use leaf rubbings to create framed art work, pendant, or for other craft projects.
5. If using darker card stock paper, glue a blank 3.5" x 5" piece of white paper to allow for area to write notes.
6. If Writing is a challenge for participants, pre-print/write with general messages (ex. 'Thinking of You', 'Get Well Soon', 'Hello', 'Thank You')
7. Put a larger "placemat" of paper at each participant spot to allow for sampling of colors and for glue overflow.

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