

## Meadows in your mind

Time to get those colours out! The wild poppies are just bursting out in gardens and combined with other wildflowers it's starting to look a bit like a meadow, in small corners.

### YOU WILL NEED

- Paper
- Paints and paintbrush
- Pot of water
- Images for inspiration



### ACTIVITY

We invite you to paint a meadow – a glorious, joyful piece of colour. One that makes you smile and brings the sounds of bees and birds.

Start with a very light background of greens and blues. Not too heavy or the flower colours won't show. Then decide on the range of colours you want for your flowers – and off you go!

Here are some photos of meadows to get you started...

