

LEAF RUBBINGS



This nature-based activity is a fun, easy way for children and caregivers to slow down, connect, and build their relationship.

BUILD CHILD-CAREGIVER RELATIONSHIPS WITH INTENTIONAL OBSERVATION AND NARRATION

“I see you chose the fuzzy leaf. I wonder what it feels like.”

“It seems like you’re having fun drawing with the crayon.”

MATERIALS

○ leaves ○ crayons ○ paper ○ a flat surface

STEPS

- 1 Display a variety of leaves with raised veins on a table.
- 2 Allow child(ren) to explore the leaves at a relaxed pace.
- 3 Place a leaf on a flat surface with the vein side facing up.
- 4 Place a sheet of paper over the leaf.
- 5 Turn a crayon on its side and demonstrate rubbing gently but firmly over the paper where the leaf is positioned.
- 6 Invite the child(ren) to choose a leaf and create their own leaf rubbing.



WHAT’S THE “WHY” OF THIS ACTIVITY?

Slowing down and intentionally observing a child’s cues during **cool** moments allows us to learn about their likes, interests, and what is calming or soothing for them. Learning to understand a child’s cues strengthens our relationship with them and helps us support them in **hot** moments.