

# Patterns with Nature

By [Rachel Thompson](#)

In this post Rachel Thompson shares a simple outdoor activity of collecting and gathering natural objects to create patterns and shapes. The post was made in response to the restrictions placed on households during lockdown and the role outdoor learning can play in our 'new normal' both at home and in newly opened schools.

This post differs from some of our other posts in that the photos are really there to speak for themselves with the hope that ideas can come from them. There's no real step by step approach as by its very nature, this activity is about mindful exploring of our (local) natural world!



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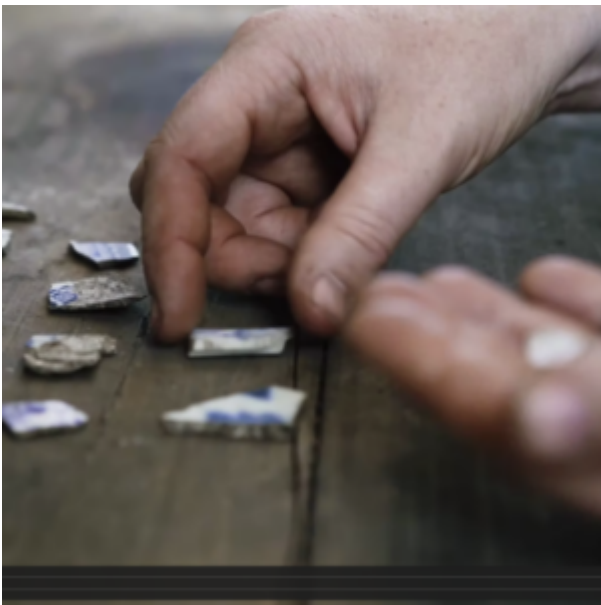
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