

HOW TO MAKE A PICTURE FRAME



1. Find 4 sticks of a similar length and thickness & 4 pieces of string



2. Cross over the two sticks Tie an overhand knot (start of your shoelaces) over the two sticks. Leave 5 cm of string free



3. Wind the string over and under the sticks. Repeat 2/3 times.



4. Wrap the string back on itself and “wrap around” the string. Pull tight.



5. Tie the two ends of the string together using a double knot.



6. Add in the third stick. Repeat steps 1-5.



7. Add in the fourth stick. Repeat steps 1-5.



8. Here is your completed picture frame / weaving frame.

HOW TO MAKE A NATURE WEAVE



1. Take some string/wool or even ivy and wrap around the picture frame. Try not to make to too tight, but secure enough so it don't fall off.



2. Search for natural items and weave between the string, building up your picture.

3. Add in as much or as little as you like and "Voila!" a beautiful, nature weave. Perfect to hang in the garden or give as a gift.

