

## Cosmic Sun Catchers



Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us. *Samual Smiles*

Days of winter sunshine are a perfect time to get creative and bring a little cheer to your window for others to appreciate and you to enjoy crafting! It's cosmic madness! These sun catchers will morph over time. The longer they sit in a sunny window and dry the more they will change.

### To make your Cosmic Sun Catcher you will need:



White Glue and lots of it!

**(Ring us if you don't have glue and we will get some to you).**

Food Colouring or Liquid Watercolors

Toothpicks

Plastic lids (Lids from tubs of yoghurt, hummus etc. work best, although metal lids also work)

Hole Punch

String

### Instructions:

1. Pour a generous amount of glue into one of your plastic lids and swish it around to cover the entire inner surface.
2. Put one or two drops of each colour of food colouring around the glue.
3. Take a toothpick to swirl the colours around in the glue. Stop swirling before the colours get too combined or the final result will be muddy and brown. This is an exercise in restraint!
4. Leave to dry. 1 – 2 days Depending on how much glue you used. You will know it's ready when the edges start to peel off the lid.



As the colours settle they will continue to expand and create a dyed psychedelic effect (60's style).... colours always cheer my mood...

5. When fully dry, peel the sun catcher off the lid, punch a hole through the top, add a string, and hang in a sunny spot.

Or why not try a sun catcher using nature's resources. Creating with natural materials is so inspiring.

## Nature Sun catchers



### To make your nature sun catcher

You will need: flowers, leaves, herbs, or any small pieces of nature you like, paper plate, clear adhesive paper, ribbon or string, hole punch and scissors.

Take a trip around your garden to collect bits and pieces of flowers, leaves and even herbs. This craft can become a multi-sensory experience with the smells of flowers and herbs.

1. Cut a hole in the center of the plate and cut out two circles of the clear adhesive paper. Fold the paper in half and cut the circles at the same time.
2. Stick one of the sticky circles on the back of the plate and add the flowers, leaves and herbs free style in a pattern of your choice.
3. When satisfied with your design stick the other circle on top of the collage and string the ribbon or string through the top. Hang in your window and watch the sunshine shine through.

We do hope you have fun with this. Stay safe we are here to support you always xx

### Fun Quiz Fact:

Newgrange is Ireland's 5200 year old monument and fills with light as the sun rises in the east on the Winter Solstice. Built during the Neolithic period, around 3200BC, it is older than Stonehenge and the Egyptian pyramids.

Do send us your photographs so we can share your creative efforts so that we can share with all our CARM friends! Our email is: [rem@carmromneymarsh.org.uk](mailto:rem@carmromneymarsh.org.uk)

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