



STAINED GLASS BUTTERFLY WINGS ACTIVITY

Have you noticed that each type of butterfly has different colours? What colours have you seen on a butterfly's wings? Red, yellow, blue? In this activity we are going to explore mindfulness through sight with colours, the sun and the science of reflecting light.

Let's get flapping!

Materials Needed

- Thick recycled cardboard – a box is perfect!
- Marker pen
- Scissors
- Double sided tape (available from Stacks)
- Ribbon (available from Stacks)
- Cellophane in various colours (available from Stacks)

Instructions

1. On the cardboard, draw the outline of your wings. The wings will need to be large enough to sit approximately 20cms from your shoulders to allow for the sun to shine through. In the centre of the wings, allow for a space of 10cmx10cm – 15cmx15cm (depending on the width of your shoulders). This will be used later to thread the ribbon through to make your wing straps.
2. Once you have your outline, within the wing shape draw sections that will be cut out. You can make your own pattern and draw different shapes such as circles, squares and triangles.
3. Cut out the outline of the butterfly wings.
4. Next it's time to cut out the shapes within your wings. You may need to ask an adult to help (it can be a bit tricky making sure there is cardboard space between the shapes).
5. Cut out pieces of different coloured cellophane and stick them to the back of your wings using double sided-tape. You can make a pattern with your colours or go wild and mix your colours up! How about creating new colours by layering a colour on-top of another?



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Instructions Continued

7. Cut 2x45cm pieces of ribbon. Thread the ribbon through top to bottom on each side of the centre space. Adjust the ribbon to sit nicely on your shoulders, tie and cut off the excess ribbon (or you can make a bow!)

8. Adventure outside and capture the sunlight through your wings! This works best on a hard surface such as concrete or pavers.

Reflection

When you are outside playing with your coloured wings, take time to ask yourself questions like:

- What colours can you see?
- What is the strongest colour?
- What is your favourite colour?
- What colours can you see in your wings that naturally occur in nature?
- How do you think colour reflection works?
- Why do you think butterflies have special colours on their wings?

Practice what you have learnt in noticing the colours around you as part of your everyday life. For example, next time you go for a walk take time to notice how vibrant the yellow is on the wattle trees. Or you can pick items around the home that are the same colour! How many blue things do you have in your home? By practicing these techniques you can help centre your mind, focus on the present and gain a new found appreciation for your surroundings.



CURIOUS MINDS