

**GLOBAL
GENERATION**

**THE
STAY AT
HOME
GARDEN**

*Celebrating the Sun:
and all it makes possible*

This
wonderful painting
of a sunflower was
created by Voices of
the Earth Fellow
Ellie



Issue no **5**



This photo is of the beautiful blooming flowers in the Story Garden.

GLOBAL GENERATION

Lots of these activities are things our team are doing with their time at home! Look for the orange circles to find out who...



Dear creative nature explorers,

Imagine waking up and breathing a sign of relief that the sun has appeared from beyond the mountains, hills, rivers, desert, forests, or buildings, for one more day. Step with us into realms of ancient cultures and sunny summer salads.

In the world, the sun's powerful presence is hard to ignore. She leaves telling signs of her light across all aspects of life, from the way we structure our days, to the animals we hear and see in our green spaces, and the food we eat. From heat waves wiggling upwards off the concrete in the city, to the cells in our skin and the plants blushing green.

The sun, burning bright has shown her presence and in all honesty, we could believe, she wants to be celebrated! Across civilizations and time, the burning yellow and red in sky, our nearest star, our heat, and our light, has been woven into the celebrations of people. Upholding the spirit of making the most of the longest days of the year, we bring to you the following pages to guide you in creating your own summer memories...

With warmest wishes from everyone at Global Generation

Enjoy!

July 2020



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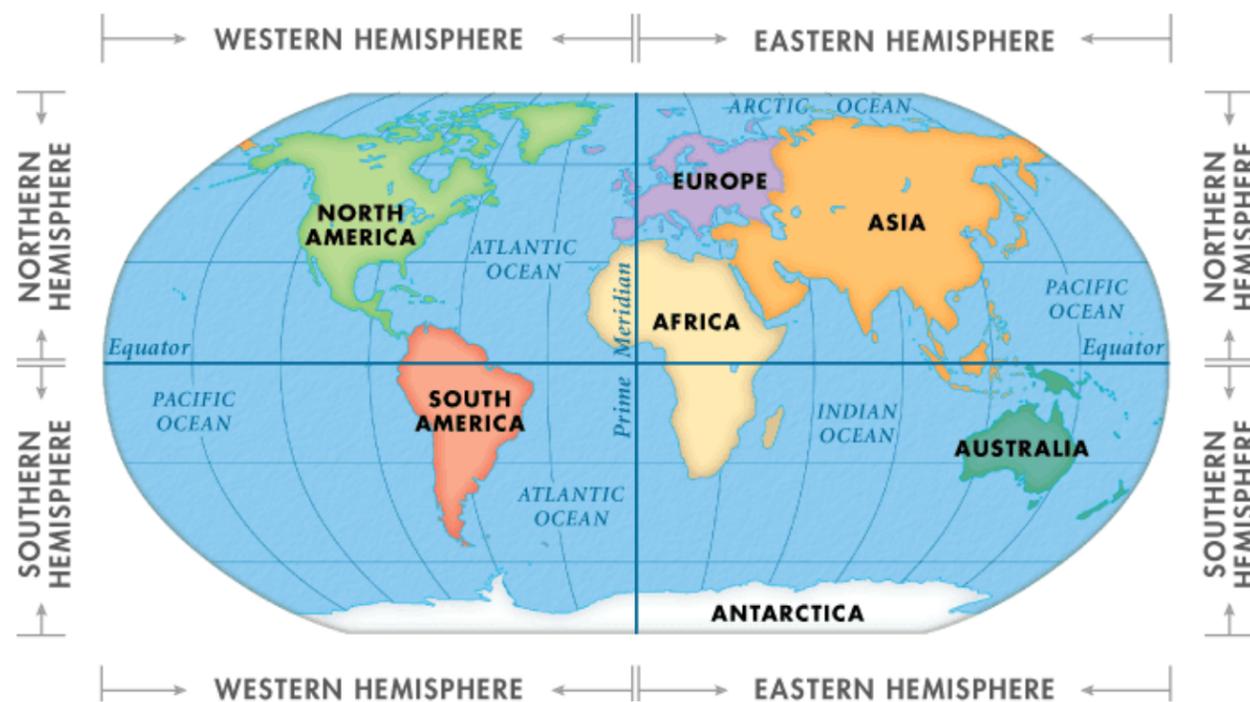
Did you **KNOW?**

What is the summer solstice?

The Summer Solstice marks the longest day of the year in the Northern Hemisphere and the first day of summer. On Saturday 20th June 2020 the number of hours of daylight are at their maximum making it the longest day of the year.

For those living in the Southern Hemisphere it will be the shortest day of the year and will mark the first day of winter.

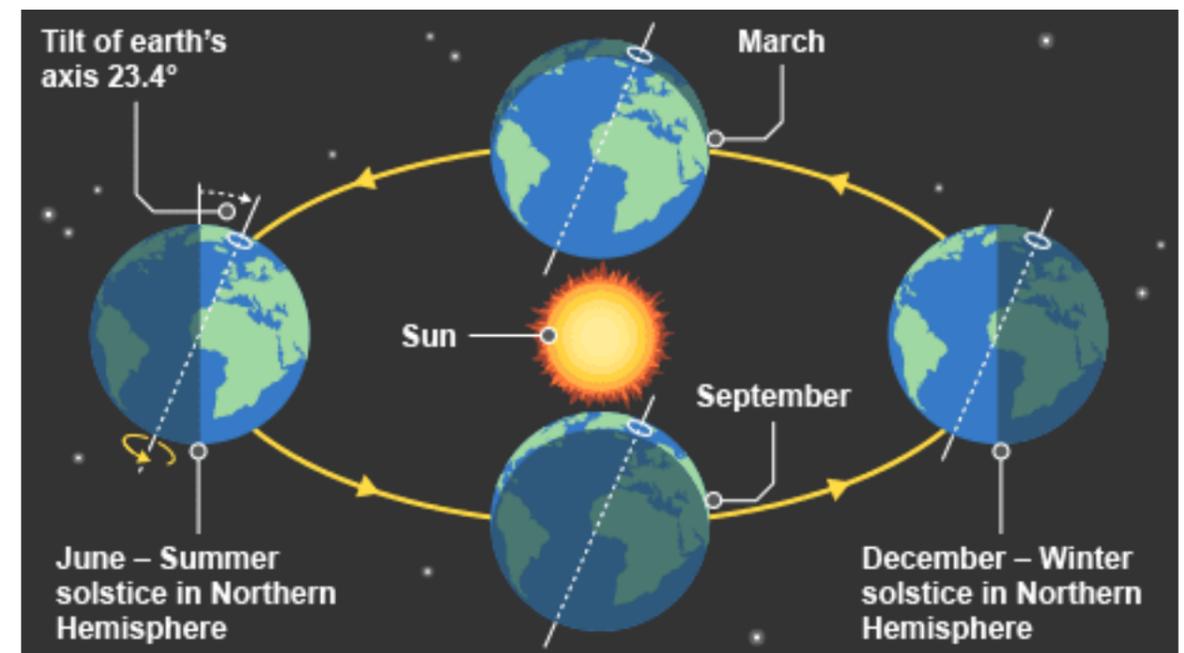
Have a look at the diagram - the Northern Hemisphere are countries north of the Equator and the Southern Hemisphere are those south of the Equator. For example in Europe we celebrate Summer on the 21st and those in Australia celebrate Winter.



This information was provided by Charlotte who loves exploring the links between science, stories and the natural world.

Now for some science to explain the solstice:

- The Earth rotates on its axis once a day - this makes the cycles of day and night.
- At the same time as rotating on its axis, the Earth orbits the sun. This orbit takes one year.
- The Earth's axis is tilted meaning that half of the Earth experiences more sunlight whilst the other half of the earth experiences less sunlight as the earth moves around the Sun. This is what creates our seasons, in summer we have more sunlight and in winter we have less.
- The two halves of the Earth are the Northern and Southern Hemispheres.
- So whilst the Northern Hemisphere has more hours of sunlight half the year - we call this summer, at the same time, the Southern Hemisphere experiences less hours of sunlight, winter.



Celebrating The Summer Solstice in ancient traditions:

- The world solstice comes from the Latin word solstitium which translates as 'sun stands still,'
- In many ancient cultures the sun has been used as a timekeeper and people come together to celebrate the changes in the seasons marked by the solstices.
- The summer solstice has a rich history all over the world, from sites in Peru and Mexico to Alaska and Sweden.
- Here in the UK, at Stonehenge the stones are lined up to frame the rising sun of the summer solstice. (You can see in the photo below)
- Although we don't know how the stones at Stonehenge came to be. It is still a place of ritual celebration and on the day of the solstice many gather to watch the sunrise amidst the stones.
- Summer solstice is the time of the year to celebrate our achievements, honour who we are and think of who we are becoming. Fruits begin to ripen and the garden is overflowing with abundance due to the sun's power.



KNOW?

Where does the name 'Sunflower' come from?

Sunflowers track the sun and so it is no surprise that the botanical name for sunflowers is Helianthus, which comes from the Greek God of the Sun Helius and the Greek word for flower is anthus. Helius was thought to ride a golden chariot which carried the sun across the sky each day and at night he did the return journey, allowing the darkness of night to cover the sky. The French word for sunflower is "tournesol," which means "turns with the sun." In their bud phase, sunflowers will literally seek out and face the sun. This trait is called heliotropism.

Sunflowers were domesticated by American Indian tribes throughout North America, around 1000 BC. Now for lots of really cool reasons, all over the world they are one of the most well known and loved flowers.

Sunflowers take out toxins from the soil and thousands of sunflowers were planted to soak up nuclear radiation at Chrnobyl in Russia and Fukushima in Japan.



Each sunflower contains 1000 to 2000 tiny seeds that is why a dried sunflower makes a great bird feeder, like the one shown in this drawing by Ellie, one of our young fellows.

Fun fact:

The tallest sunflower is 30 foot high and they didn't stop there, they have even travelled to space!

Grow your indoor GARDEN

Salad babies

Make a simple wick system hydroponic growing pod to grow your salad babies in:

Hydroponics is a way of growing plants without soil. They need lots of light, a growing 'medium' and water. You'll also need to feed them regularly. A sunny windowsill is a great place to grow them.

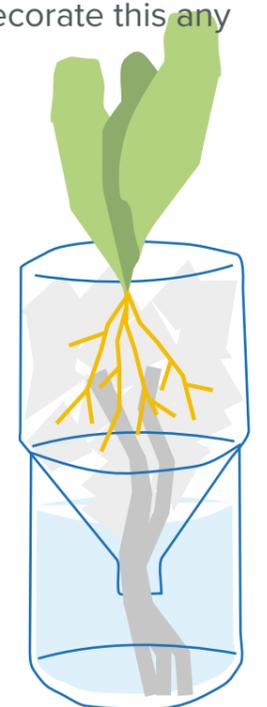
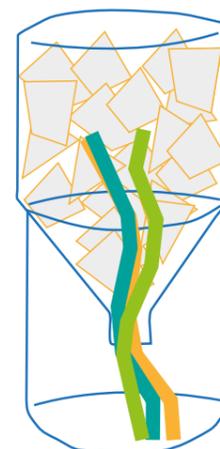
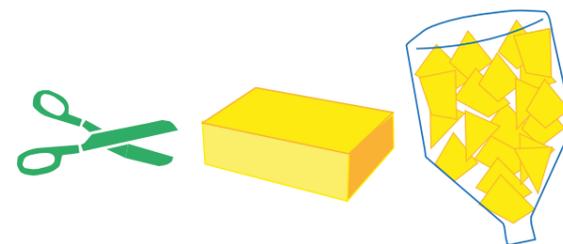
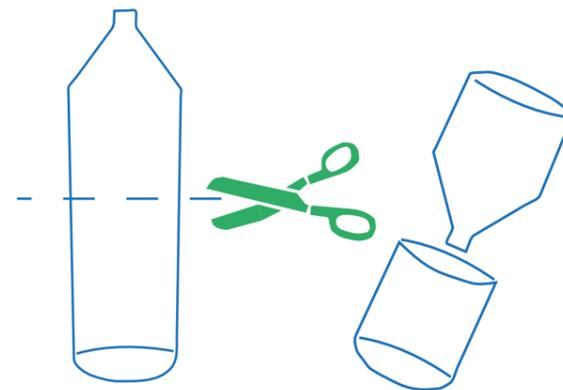
What you'll need:

- 1 x large water bottle
- Scissors
- An old t-shirt, tea towel or any other soft cotton fabric
- A large kitchen sponge or if you can find it, small gravel, perlite or vermiculite.
- Thick paper, card or foil
- Liquid houseplant food for nutrients. You can buy this at the local supermarket or shop e.g. Babybio.

What plants to use:

- You can take cuttings from softer herbs like basil, coriander, parsley. (See more about salad plants on the next page)
- Pinch off a stem and remove a couple of the lower leaves. Leave in a glass of water to root before transferring to your hydro pod.
- In supermarket herb pots, sometimes what looks like one plant is actually lots of little seedlings, so you can carefully peel a few off, wash off the soil and plant them in the foam.

These indoor gardening tips were suggested by Sue who has been doing lots of home gardening during lockdown



How to make

- Take an old t-shirt or other cotton fabric and cut three strips about 20cm long.
- Plait these together for about half of their length to form a wick.
- Take a large water bottle and cut as shown.
- Insert the wick through the hole of the funnel and let it rest on the bottom of the bottle and in the top part they will be spread out amongst the foam pieces.
- Fill the bottom part with water, only 2/3rd full as shown
- Cut up the kitchen sponge into small pieces and fill the funnel to the top, making sure they are firm.
- Cut a piece of paper or card to wrap the whole pot. The darker the better, as a shaded pot will stop algae from growing. You can decorate this any way you want.

Make sure everything stays damp at all times.

GARDEN

Small, but perfectly formed. If you get the chance to plant out in a pot or windowsill, watch this salad grow before your eyes. Nurture them for a happy future.

Not only good to eat, but healthy too.

Salads are great for many reasons, and if you don't fancy a bowl drizzled in dressing, there are other ways of using them to aid health and wellbeing.

Lettuce - *Lactuca sativa*

A relative of the sunflower, calms nerves and is full of vitamins including A, C and E, and also good for wind. The leaves can help soothe pain of a sprain or bruise, soothe sunburn or ease tired eyes - a couple of leaves folded and gently pressed on tired eyes will cool and soothe. Lettuce is also known as a sedative.



Chive - *Allium schoenoprasum*

Similar flavour to, but weaker than, garlic. Rich in vitamins A and C, calcium and iron. A little goes a long way. Good for coughs and colds or a compress of chopped leaves on a spot or boil.



Basil – *Ocimum basilicum*

Warming and digestive. Rich in vitamins A and C and minerals such as iron, potassium and magnesium. Sprinkle a few torn leaves into a salad or pasta. Great for eyes and for strong and healthy hair and skin.



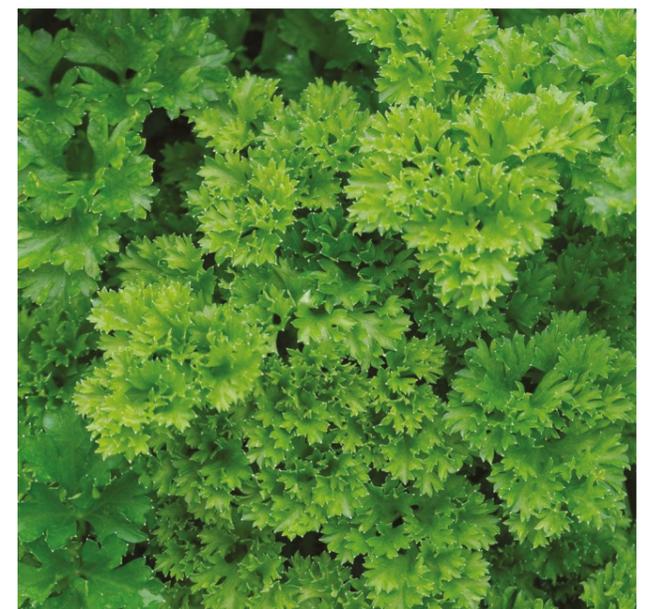
Coriander – *Coriandrum sativum*

Warming and full of vitamins including vitamin C and K, it is also full of antioxidants and can be used to help flush toxins from the body



Parsley – *Petroselinium crispum*

Parsley is rich in vitamins A, B and C but also minerals including potassium, iron, copper and manganese.



Lettuce and chives will need to be grown from seeds, put a couple of layers of folded kitchen or loo paper on top of the foam in the hydro-pod and scatter seeds across it.

Creative

ACTIVITIES

for all ages...



Make your own sundial

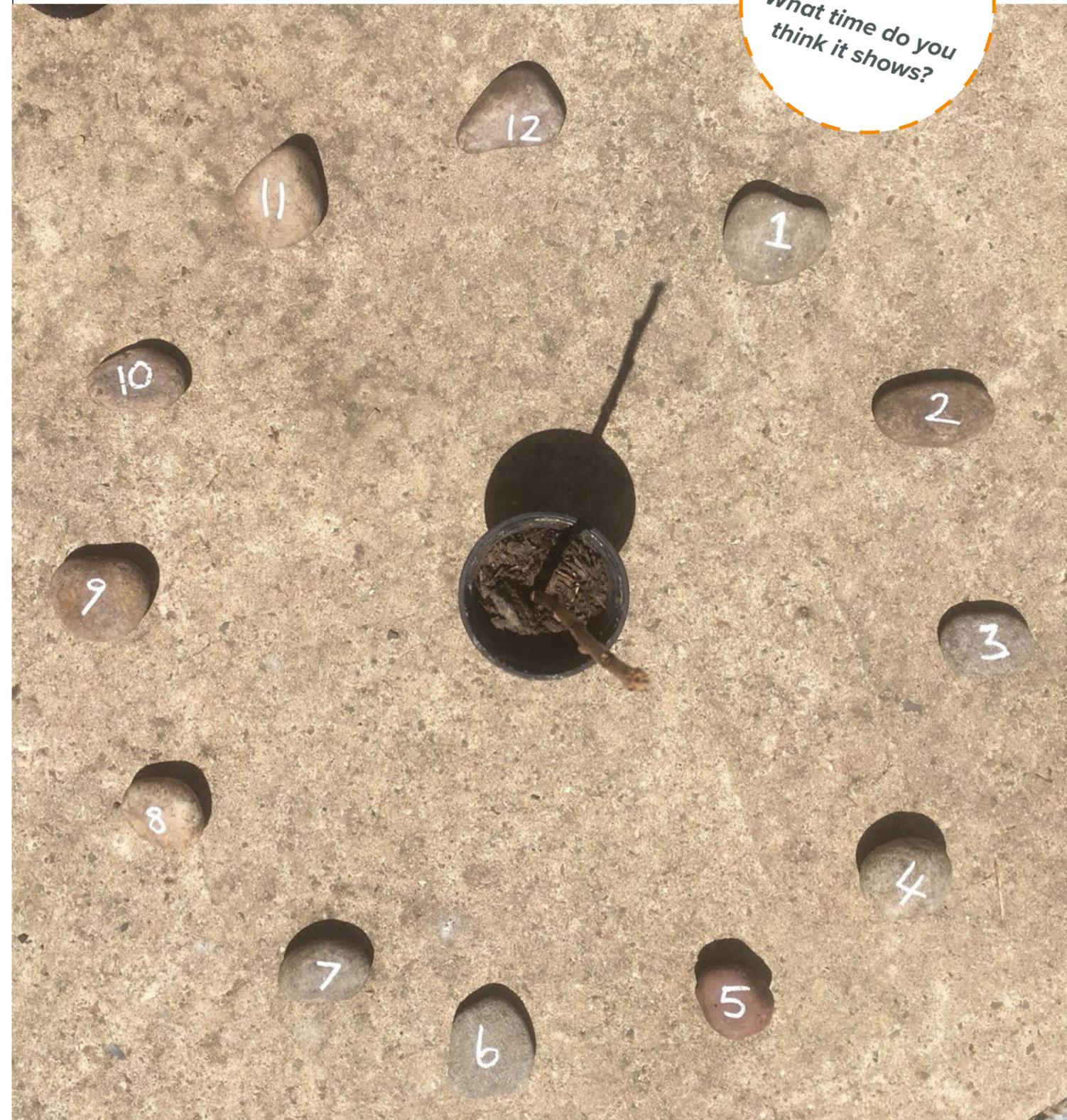
A sundial is a device that uses the position of the sun to reflect the time. An upright stick, called a gnomon, is positioned to cast a shadow onto a pre-marked sundial face. As the sun moves across the sky, the shadow also moves.

What you'll need:

- A long and straight stick
- Some stones or paper
- A pen or pencil
- The sun!

Method:

- 1** Find a sunny spot, and put your stick up right in the ground. I used some soil in a pot to hold my stick.
- 2** On 12 stones write the numbers 1-12.
- 3** Start at a certain time, for example 9am and then every hour place the stone with the matching number exactly where the shadow of the stick falls, so that you end up with a circle.



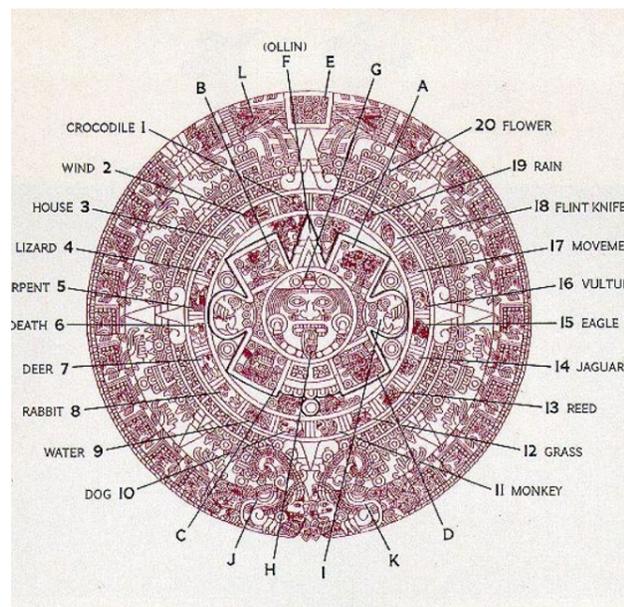
Emma made this sundial in the Paper Garden.
What time do you think it shows?

ACTIVITIES



Design a 'Sun-Stone' inspired by the Aztec's

The Aztec's were an indigenous civilization of modern day Mexico, sadly their culture was lost when the Spanish colonised the land. We thought to honour part of their wisdom we would make our own Aztec style Sun Stone designs. The Aztec's carved their Sun Stone in the 1500s. Some think that is filled with animals and symbols to mark the different times of the Aztec year. The stone contained two interlinked calendars, one for the agricultural year, and one for the sacred year (the rituals and celebrations around the gods). Other people believe the stone was carved as a ceremonial container or altar linked to the Aztec sun god, Tonatiuh, and festivities dedicated to him.



1 Have a go at designing your own Sun Stone. Draw some large circles, placing a few inside each other.



2 In the different sections draw things that are important to you. You might choose to draw some animals and plants in your sun stone. Or some friends and family. I chose to fill mine with leaves and flowers!



3 The stone has lots of detail, you can use lines to build up the decoration of your stone in Aztec style. Add some bright colours!



/ CHALLENGE you....

Create your own Sun celebration

Across continents, across cultures, across time, animals and plants have looked to the sky. They have seen the sun beaming down, rising and falling, bright and red. The Sun, our closest star, has inspired people to navigate the world, create rituals and celebrations, to look out to the wide space above, and to investigate the green cells in the leaves of the Earth's plants.

Inspired by the activities in this edition of the Stay At Home Garden, I challenge you to come up with your own celebration of the Sun...

In recognition of the longest days of the year why not find yourself thinking about the marvellous yellow ball of fire in the sky. You could...

- Create a story about where the sun comes from every day when she rises and where she goes when she sets
- Find out about the sun in space - what is the sun made of? What animals on earth navigate using the sun? Can plants "see" the sun?
- Create a collection of things that remind you of the sunniest days to take with you as the nights get longer. Place them in a special place in your home or garden.

This photo
is from the 2019
Summer Solstice
celebration in the
Paper Garden



CHALLENGE



Make a Sun-Crown to help celebrate

Why not make a beautiful summer crown to wear at your sun celebration?

Jane made this summer crown with flowers she gathered from the Story Garden



1 If you have willow soak it in the bath overnight, mellow and gently curve it with your fingers so it bends easily. Make one circle and try and tie it into itself, otherwise use some natural coloured string. Then weave in the second and third circle. Make sure it is not too big or it will be a necklace. Don't worry if you don't have willow, rolled up and plaited newspaper, tied together with masking tape works really well too.



2 Now comes the exciting part. Go exploring in a garden, a park or even along the side of the road. It is ideal to do this in the morning when flowers like to be picked. Notice what you are attracted to, spend time with each of the plants before you pick their flowers or leaves. Be gentle and don't take more than one flower from each plant. Find a combination of colours, shapes and textures, combine flowers and leaves. If you have a newspaper crown use large leaves as a base to hide the newspaper or you might like to paint it. If you have no willow or newspaper to make a crown you can use any long stemmed wild-flowers like mugwort which you will find growing in wild corners.



Ania in the Story Garden picking summer flowers to make her crown. This lovely photo was taken by her mum Jadilla

3 As the crown will only last a day make sure you enjoy it, give it as a gift or you could make herbal tea out of it when you get home. The crowns below include fennel, roses, honeysuckle, lime leaves, lavender, chamomile, sage, salvia, marigold, nasturtium and more. Some of the many wonderful flowers that thanks to the power of the sun grace our gardens at this time of year.



Fatma in the Listening space garden at Caversham Medical Practice, with the summer crown she helped make

Fun RECIPES

to keep you healthy...

This recipe has been suggested by Charlotte who loves tasty, healthy, colourful salads!



Apple, beetroot and carrot summer salad

This is a great salad to have on the side of meals or stuffed in sandwiches. I like to put this salad with feta cheese in a sandwich or pita bread! It's a forgiving recipe and you can put more carrots in if you love carrots and less beetroots. Play around with what you like!



Ingredients:

To feed 4 people:

- 2 raw beetroots
- 2 large carrots
- 1 large apple
- Zest of half an orange or lemon or lime
- 1 tsp cumin seeds

Optional: Fresh herbs: ones that work well are parsley, coriander or mint

Method:

- 1 Peel and coarsely grate the carrot and beetroot and place in a bowl.
- 2 Grate the apple with the skin on and mix all the grated ingredients together.
- 3 Using a small non stick frying pan, gently toast the cumin seeds on the hob making sure not to burn them and add them to the bowl.
- 4 Zest your citrus ingredient into the bowl and squeeze the juice of half of it adding it to the bowl.
- 5 Mix everything together and finish by chopping up your fresh herbs and adding it!



Millet and veggies 'meat' balls

This recipe is from Giorgia our community chef who has made these lots of times for big celebrations and parties. Perfect food for sharing!

These veggie 'meat' balls are great as part of a sharing buffet for any celebration! Both adults and children will love them, and they are a great way of packing lots of vegetables into a delicious party snack.

Ingredients:

- 300 gr millet, rinsed
- 1 onion, diced
- 1 carrot, diced
- 150 gr mixed leftover veggies, diced
- 50 gr hard cheese, grated
- 1 egg
- 1 tsp curry powder (optional)
- Salt and pepper to taste
- Breadcrumbs



Method:



- 1 Cook millet according to package directions.
- 2 Preheat oven to 170C. Line a baking tray with baking paper.
- 3 Heat 2 tbsp olive oil in a pan over medium heat. Add the onion and carrot. Cook until translucent, around 8 minutes. Add your chosen vegetables and season generously with salt and pepper. Add the curry powder.
- 4 In a bowl mix the cooked millet and vegetables. Add the egg and the grated cheese.
- 5 If the mixture looks wet add a handful of breadcrumbs.
- 6 Form 30 gr "meatballs" and roll each in more breadcrumbs.
- 7 Place on the baking tray, drizzle with olive oil and bake for 20/25 minutes.



RECIPES



Coconut, cardamom and apricot bars

Another sharing favourite. These apricot bars are full of flavour and a great sweet treat, whilst also being packed full of goodness from the nutritious apricots, coconut and oats.

*Inspired by Anna Jones
Makes 20 bars*

Ingredients:

- 150 gr spelt flour (or all purpose flour)
- 150 gr oat flakes
- 150 gr + 1 tbsp sugar
- 150 gr butter or coconut oil
- 400 gr fresh apricots (can use berries)
- ½ tsp cardamom
- 2 ½ tbsp coconut
- Squeeze of orange juice

Method:

- 1** Preheat oven to 180C. Line a 20x30 cm baking tray with greaseproof paper and rub with a little butter.
- 2** Chop the fruits small and mix with 1 tbsp sugar, cardamom, coconut and orange juice.
- 3** Melt butter (or coconut oil) in a saucepan over medium.
- 4** In a bowl mix the flour, oat flakes, sugar and a pinch of salt. Add the melted butter (coconut oil) and give a good mix. Leave 6 tbsp to the side.
- 5** Press the mixture into the baking tray. Spread the apricots over the base and sprinkle the reserved crumble over the fruits.
- 6** Bake for 40/45 minutes until golden brown and bubbly. Let the bars cool before cutting.



RECIPES

Cocoa tahini balls



Adapted from BonAppetit



Ingredients:

- ½ cup almonds
- ¼ cup pistachios, shelled
- ¼ cup cocoa powder
- 4 dates
- 3 tbsp honey (or maple syrup)
- ¾ cup tahini
- Pinch of salt
- ½ tsp turmeric powder

Method:

- 1 Blitz the almonds and pistachios in a food processor.
- 2 Add the cocoa powder, dates, honey, tahini, salt and turmeric powder and process until a dough forms around the blade.
- 3 Roll the dough into 10 x28gr balls.
- 4 Put 1 tbsp of cocoa powder in a bowl. Finely chop 1 tbsp of pistachios and 1 tbsp of sesame seeds and put in another bowl.
- 5 Roll half the date balls into the cocoa powder and half of them into the seedy mixture.
- 6 Keep in the fridge for up to 7 days.



STORIES

from the natural world... 

This story
has been
written by Emma,
the Paper Garden
Manager.

The language of plants and people

Once, a long time ago, there was a High Lord, who looked after the people and the land. He was a kind man, and he loved his children, and he was very generous to the people of the country and towns. He was a curious man, courageous, and he listened to his people.

For a long time the High Lord had pondered on how to make his kingdom a better place, a place where his people were happy, and yet where they could work at their best and hardest to make sure they provided food and shelter for their families. He watched his people carefully, and he soon began to see that when they were working in the fields, or in the woods, that they were easily distracted from their work, they were becoming idle and had too many celebrations. So much so he began to believe that not enough food was being produced and there were even rumours that children roamed the streets looking for food.

He had seen his people playing the woods and the fields, picking the colourful flowers. Picking petals, making rhymes. Making daisy chains, cordials, wreaths, and garlands. All decorated with the colours of the flowers. "I know what we should do!" He told his advisors. "We should remove all of the bright colours from the land. Then there will be no such distractions for my people, and they will be happy growing their food, looking after their homes and children. The deep and light greens of the forest and the grasslands shall stay, but I order you to collect all of the colours and we shall lock them away and see what happens..."

The High Lords advisors, impressed by his ability to find solutions to problems, exclaimed that they thought this was a fantastic idea, and they sent their workers out to collect all of the flowers.

"Oh, and..." said the High Lord, "We shall collect all of the seeds too, to

make sure the colours do not come back. Lock them in the caves deep below our hills! Lock them away!" The High Lords kingdom looked very different after that. The people worked hard, and they kept themselves to themselves, not have reason or rhyme to bring them together for celebration days without the colours of the flowers. Many years went by. The High Lords advisors told him that the people were quiet. The quiet was mistaken for peacefulness. And so the flowers, and their seeds remained locked away in the caves.

Deep in the caves the seeds watched their flowers dry out and pass away. They refused to lose hope that one day they would find their glorious sun once again. They decided that there must be someone high above in the sun, some person, who missed their colours and smells and songs. But how to find them?

They held a gathering, and chattered amongst themselves. Soon, the small humble sweat pea seed had an idea. If they were to move their seed bodies all at once, back and forth, in short sharp bounces, then perhaps their movements would echo through the caves. And if they sent their magical smells through the land, then perhaps someone would smell their colours. The pea led the seeds in a dance of magic, of song, movement, of creation. They were an orchestra of colour for years and years. They refused to lose hope.

The people were still quiet and land dark. All, apart from the small loud whispers spreading through the hills of a small girl born in the age of green



These
beautiful, sun-
like, calendula
flowers are growing
in the Paper
Garden

STORIES

who knew of the colours of the past. The advisors went to the High Lord with their concerns.

“High Lord, we have heard there’s a girl who refuses to work. She says she has feelings through the earth, and she has been told to colour the land. It is said she has been making paintings of colour from the earth. People are gathering to see her, and the whispers are that she would like to see you.”

The High Lord, being curious, went to visit the small girl who lived on the hill. She talked and talked to him, she talked of the voices she had heard through the earth, and the colours she had found in the greens and soils. He listened, but he did not really understand, or believe.

So, she asked him to follow her deep into the woods. There, she showed him the earth and asked him to take off his shoes. She buried her feet deep in the soil, and he followed. And there it was! He could feel something tickling his feet. He could feel the sound of the colours of the flowers.

The small girl said to the High Lord, “The people are quiet, but they are not at peace, the flowers brought my grandparents so much joy and food. We were foolish, and forgot to tell the plants how much we loved their colour, we forgot to care for them. And now they have been banished to the caves!”

The High Lord, seeing how the girl spoke of the flowers though she had

never seen the colours of them in her lifetime, thought that perhaps, just maybe, there was more to the plants than he and others had realised. Perhaps, people needed the flowers, all of them! Together they gave the seeds to the people of the land, and they sowed them in every space they could find.

When the flowers grew, they grew with more colour than before, and they shone to all of the insects and the humans. And they smelt so much stronger than before. And they sang their sounds across the land. The sung to the sun, they watched her rise and fall with more delight than ever before. No one would ever lock them in the darkness again. And now, if you ever see a sweet pea, be sure to look for all of her colours, for she is too humble to tell you about them until you look close enough.

The photo opposite is of the colourful flowers growing outside the classroom in the Story Garden



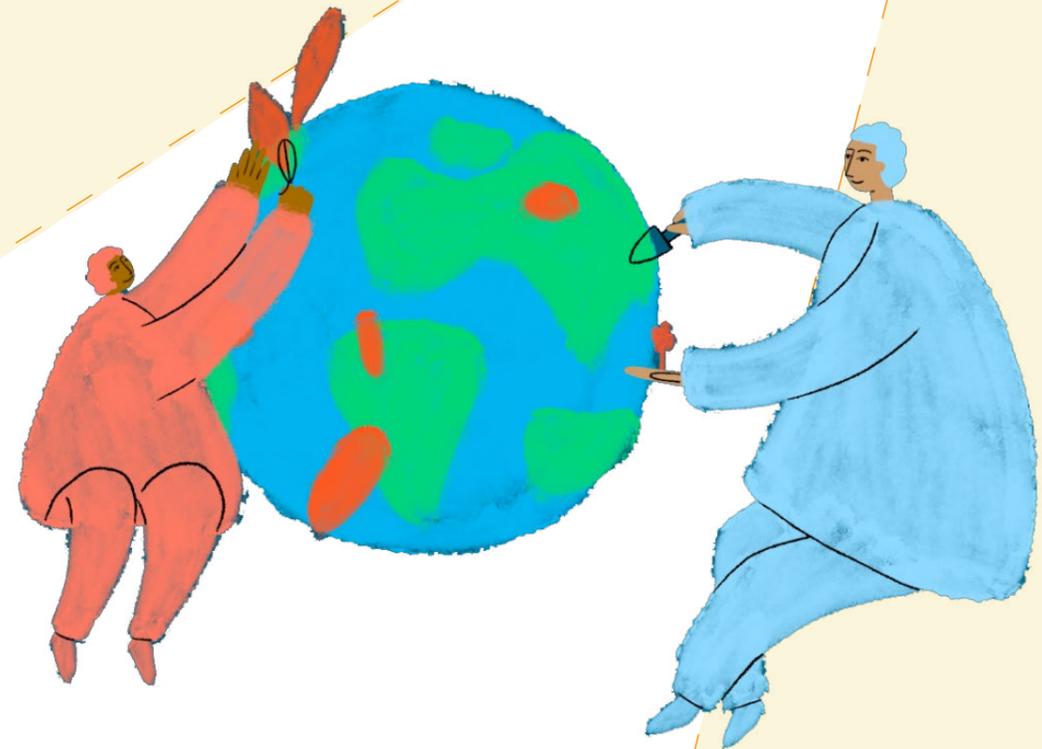
STORIES

The gigantic change

narrated by.. Whoopi Goldberg

This important story, and hopeful message, is a celebration of life itself, and a message from Extinction Rebellion of what we all need to be doing to protect it.

[Watch here](#)



CALMING

our bodies and minds...



Inner sun visualisation

For this activity you'll need one person to read aloud.

This could be done at the very start of your day or when you all need to take a break. You could think of this as an inner pause.

Another suggestion is to record yourself reading aloud this guided visualisation on your phone so you can also enjoy the experience.

As usual get comfy in a seated or lying down position. Spend a few moments wiggling around finding a position that feels good for you today.



Ready to begin:

Close your eyes and take a deep breath in, open your mouth and let out a sigh.

Breathing in nice and slowly (pause) open your mouth and let out a sigh.

Notice how your body feels sitting or lying down.

Can you feel your toes, can you feel your fingers, can you feel your heart beating?

As you lie or sit here nice and relaxed, roots start to grow from your feet, they are strong long roots and they grow and travel all the way down into the earth where they come to the centre of the earth. At the centre of the earth your roots meet a big ball of fire but this fire is warm and glowing and safe. It doesn't burn and your roots suck up all the warmth from the centre of the earth and this warmth travels up your roots through your feet and into your tummy.

Breathe in, breathe out.

At the centre of your tummy is a glowing golden ball of light.

Breathe in, breathe out.

As you breathe in this golden ball of light grows a little and as you breathe out this golden ball of light starts to fill your whole body with warmth like an inner sun.

Just lie here or sit here breathing in and breathing out feeling your inner sun glowing within the centre of your body. It is very safe and very comfortable and very enjoyable. This inner sun sparkles and shines and glows.

Breathe in, breathe out.

Start to wiggle your toes and fingers as you gently come back to the room, blink your eyes open and take a moment to see what the room you're in looks like. What can you smell, what can you see?

As you open your eyes and come back home remember this inner sun, the glowing ball of light is always there within you, you can always return to it.



Make a sun mandala



First of all what is a mandala?

A mandala is a spiritual and ritual symbol in Asian cultures that connects our inner world and outer reality. It can be viewed externally as a visual representation of the universe or internally as a guide for meditation and prayer.

Mandala is a Sanskrit word that means "circle". Hindus and Buddhists believe that if you look towards mandala's centre, you will be guided through the cosmic process of transforming the universe, from one of suffering into one of joy and happiness.

In art:

Mandalas are usually circular in form, they have a centre point from which emanates a range of repeating symbols, shapes and forms. If you practice doing this, not only can you feel relaxed but your efforts will turn into a stunning result.

A little advice: do not think too much about how it is going to look when you will finish it. Treat it as a meditation session for yourself, be comfortable and in a quiet place. You might want to play some calming music.

What you'll need:

- paper
- coloured pens/pencils
- Ruler
- Rubber

Method:

- 1** Sketch a big circle by using a compass. Then, make smaller circles inside each other. The smallest one represents the sun, it might have a floral shape, like a sunflower.
- 2** Draw inside the other smaller circles with geometric patterns. While you are doing this notice if you feel a rhythm or see a pattern?
- 3** Check if all symbols, shapes and forms are following the pattern and rhythm.
- 4** Go over the drawing again in black ink
- 5** Colour in the Mandala
- 6** Make sure to leave some white spaces



INSPIRING links...

Click for more...

To help you find more inspiring resources we've put together some useful links:

Videos about the sun and the solstice:

https://www.youtube.com/watch?v=d_S6DKqcU9M

https://www.youtube.com/watch?time_continue=4&v=d_S6DKqcU9M&feature=emb_logo

<https://www.youtube.com/watch?v=btcTfor-j-c>

<https://www.youtube.com/watch?v=pxfiRpbe9il>



Don't forget to message us with what you've enjoyed, what you'd like to see next and to share your stories and creations!



martina@globalgeneration.org.uk



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Layout and design
by the Story
Garden Community
Build Manager
Martina