

Nature Picture Frame

Original idea and photo from ehow.com and Jessica Begum



Here's what you need:

- Twigs
- Wood or Cardboard Picture Frame
- Glue
- Paint
- Flowers, Pinecones, Any Other Bits of Nature

Here's what you do:

1. Go on a walk and collect your bits of nature. Pray and meditate on the living world around you. What can it teach you? What do you notice?
2. Prepare your frame. If you have a frame you would like to use already you can skip this step. If you don't have a frame you can make one with cardboard or any other sturdy material. Glue the sides together but don't worry it's not perfect, when you glue the twigs on it will make the frame stronger.
3. Glue (any kind of glue you have will work) your twigs onto your frame.
4. after the twigs are dry glue on the other decorative bits of nature you have collected.
5. Once everything is dry, check for any loose bits and add a little more glue.

That's it, have fun!