![Forestry England logo] **Forestry England**

Crafting can alleviate the symptoms of **anxiety, depression, loneliness** and even **dementia,** according to research.
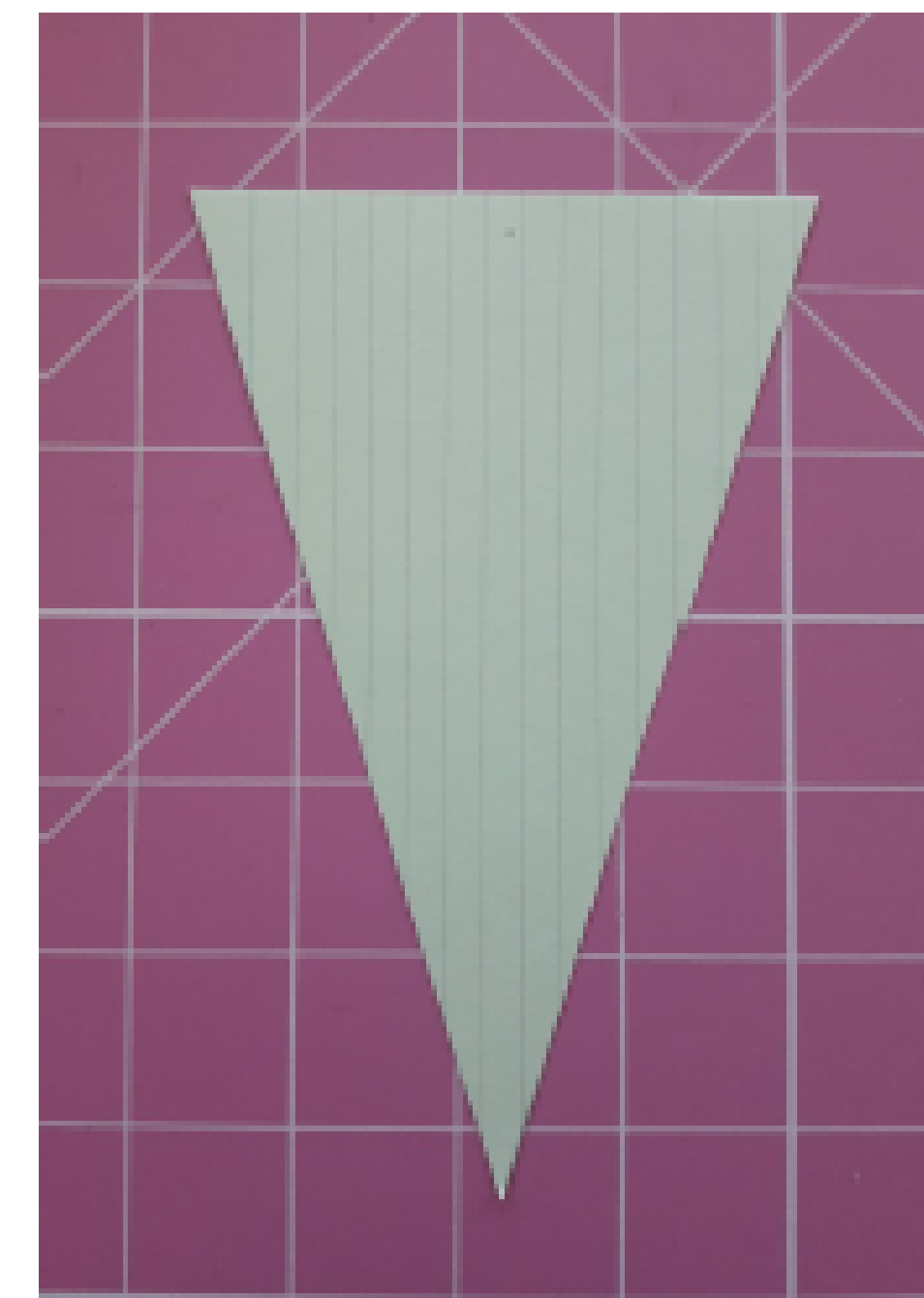
Creativitree # 25

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Create your own botanical bunting!
You'll need: Tissue or baking paper, thin piece of cardboard, pencil, glue, hole punch, string, scissors, natural objects.
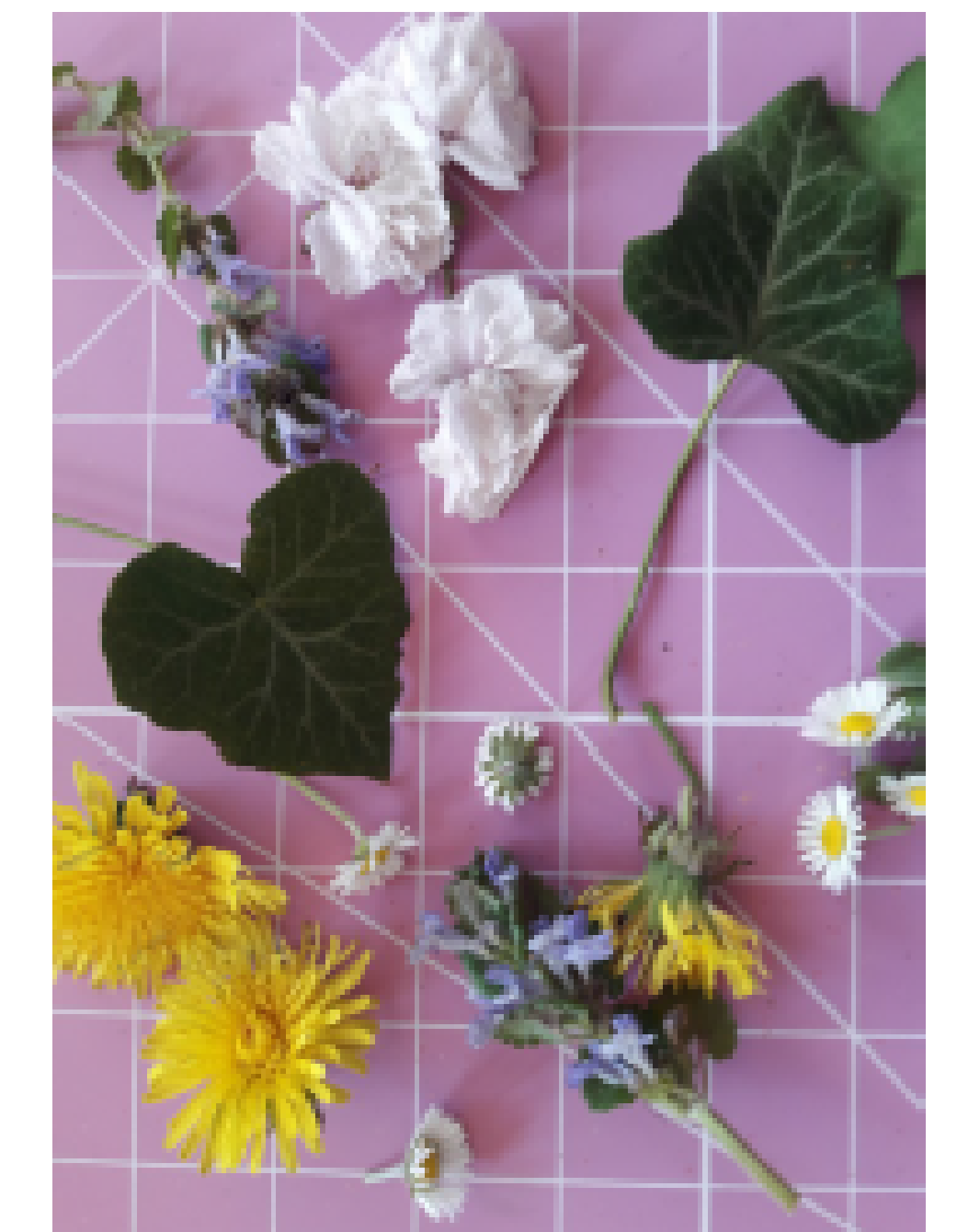
Step 1.

Draw a triangle onto card to make a template and cut out.
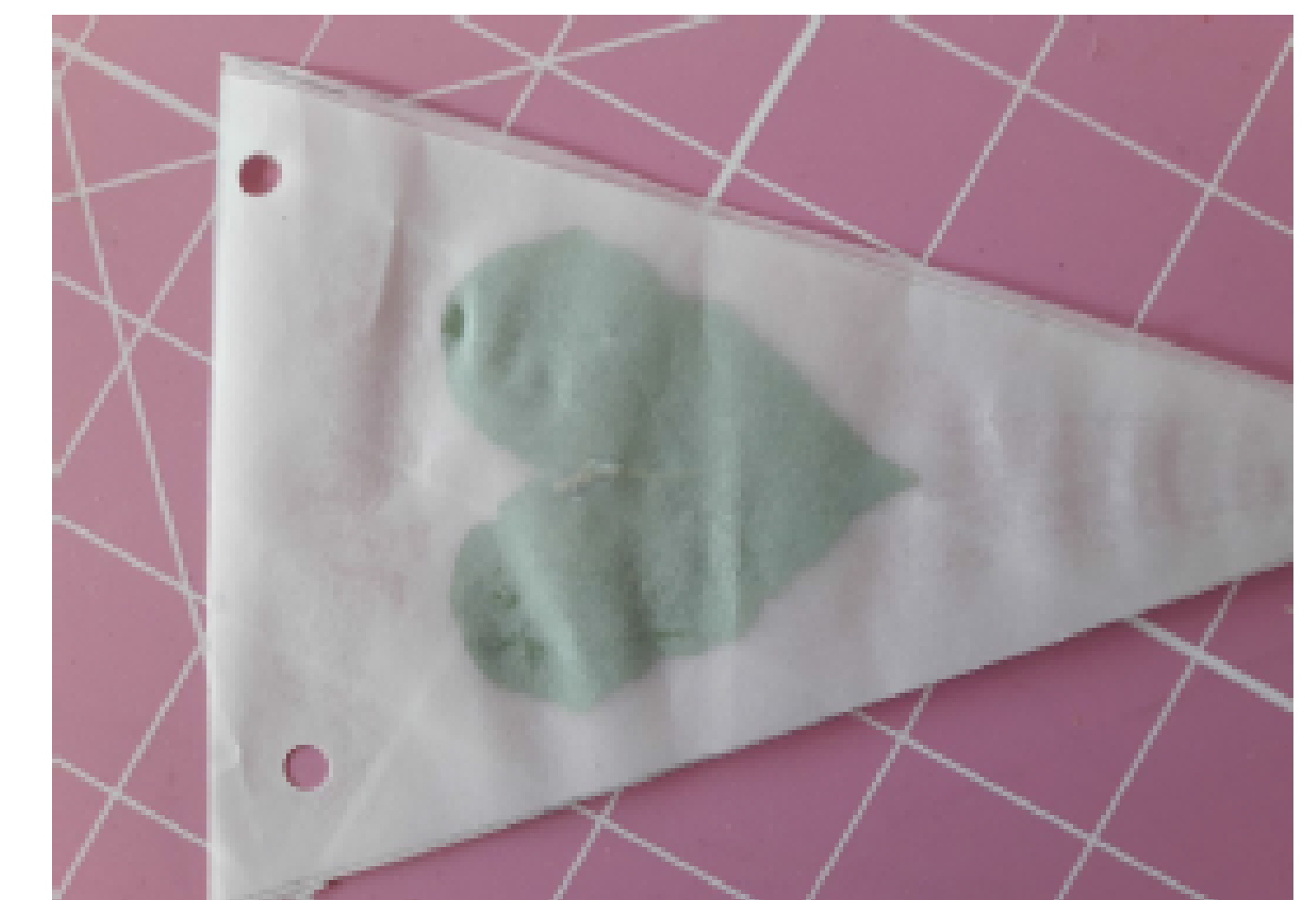
Step 2.

Use the templates to make an equal number of triangles from the tissue or baking paper.

Step 3.

Collect your natural objects.

Step 4.

Cover a triangle with glue, position a natural object on the triangle, then place a second triangle on top and press down.

Step 5.

Make a hole in the top of each corner and thread the string though the holes. Repeat with each paper triangle until the desired length of bunting. Hang up to display.

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