

BRILLIANT LABS

WALK IN COLOURS



About

Join Brilliant Labs and “I Move...I Learn” teams for Walk In Colours, June 10th!

“Walk in Colours” is a health and wellness walk for people of all ages! This year participating Atlantic Canadian classes can help their native ecosystems by planting their province's official flowers.

To register for Walk In Colours and receive your provincial seeds visit BrilliantLabs.ca/NaturalMakerspace or click [here](#).

Activity Guide

In this Walk In Colours Activity Guide you will find tips for tree planting, making a seed ball and how to make natural dyes to create tie-dye t-shirts or other items for your walk!



“ TAKE POSITIVE ACTION TODAY TO HELP FIGHT CLIMATE CHANGE! ”



brilliantlabs.ca/naturalmakerspace



HOW TO

PLANT A TREE



Did you know?

Every breath you take, you inhale CO₂ and exhale even more of it! Trees and plants have an incredible power called photosynthesis which allows them to absorb CO₂ and sunlight to make their nutrients and produce oxygen. They can cool your home by providing shade.

Definitions

- Root ball: The mass formed by the roots of a plant
- Sapling: A young tree
- Mulch: Material (such as decaying leaves, bark, or compost) spread around or over a plant to enrich or insulate the soil

Step 1

Find a location for your tree to grow freely, make sure it is away from power lines and building foundations. Research what the needs of your specific tree will be.

Dig a hole as deep as the root ball and twice as wide.

Step 2



Step 3

If you have your sapling in a container, remove it and place the root ball in the hole. Make sure that the top of the root ball is at soil level.

Fill in the hole. Make sure that the soil covers the root ball and is level with the surrounding surface.

Step 4



Step 5

Very gently, step down on the soil around the sapling to remove air pockets. Removing air pockets will stop the roots from drying out.

Water your sapling well. Add about two inches of mulch, such as shredded tree bark, around the sapling. Continue to water regularly for the first three years, until the tree is established.

Step 6



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HOW TO MAKE A SEED BALL




Did you know?

The purple violet is a perennial which flowers from May through July. It is stemless, with leaves and flower stocks growing directly from rootstocks. The flowers of the purple violet have been used in jams and syrups, and are supposed to have properties to soothe the digestive tract and suppress a cough. The flower was adopted as the New Brunswick floral emblem in 1936, at the request of the provincial Women's Institute, the Lieutenant Governor and New Brunswick schoolchildren. (www2.gnb.ca)


Definitions

- Stem: The main body of a flower
- Stemles: Flower and leaves grow directly from the roots
- Perennial: Can live for as infinite amount of time and can survive winter
- Germinating: When the seed develops and gives birth to a new plant
- Rootstocks: The underground part of the plant


 **Step 1** In a large bowl, mix together 1 part flour, 10 parts soil and 1 part water.


Once your mixture is a little bit wet, not runny, gently add in your pack of purple violet perennial seeds.

Step 2 

 **Step 3** Take a small amount of your mixture and roll it in your hands to form a ball.

Place your ball on a parchment paper and leave it to dry overnight. The seeds will not start germinating until there is more water.

Step 4 

 **Step 5** Bring your seed balls with you when you go for a walk. Throw it gently in a no traffic area that is also not going to be mowed.

Remember where you threw your seed ball. In a few weeks, go back to check it out. Did it grow?

Step 6 

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HOW TO

MAKE TIE-DYE



Did you know?

Natural dyes use a plant material and a mordant to help the fabric hold the dye - use salt as a mordant for berries, and vinegar for other plants.

What can you use?

- Beets will make a light purple/pink colour
- Powdered turmeric can be used to create a vibrant yellow colour
- Onion peels will make an orange colour with hints of brown
- Avocado pits will make a light pink colour
- Different berries can create many shades of red, blue, and purple

Step 1

Thoroughly wash your cotton fabric

Soak the cotton fabric in mordant (salt water or vinegar water) while preparing the dye.

Step 2

Step 3

To prepare your dye, boil your ingredient in water for about 10 minutes.

Tie the fabric and soak it in the dye

Step 4

Step 5

For best results, boil the fabric in your ingredient for about 10 min., if you want to prepare the dye ahead, you can also let the boiled mixture cool and soak the fabric in it later

Remove the ties, let the fabric dry, heat treat it (optional), and rinse it to remove excess dye.

Step 6

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