



Live Your Why – Afterschool Edition

Make a frozen sun catcher.

Instructions: Find materials from nature like leaves and pine needles. Pour water into a container such as plastic lids, paper/plastic plates, or pie tins; put the materials in the water, and let it freeze

For more pictures and detailed instructions go to:



Photo and activity used with permission from creator

Scan this:



runwildmychild.com/frozen-suncatchers

How did you decide what materials to use?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy