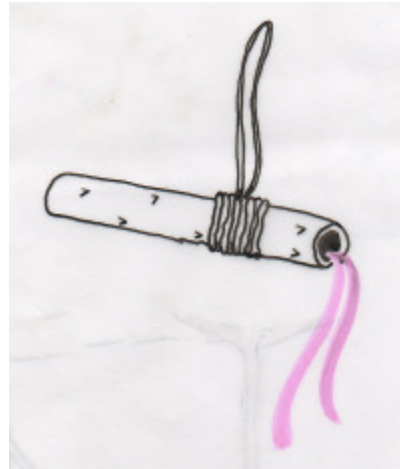


Elder Post Boxes Pam White

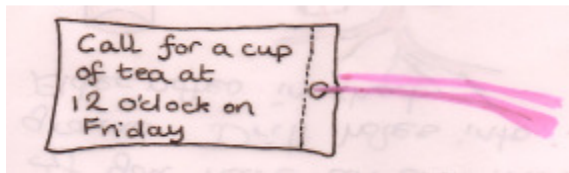
You will need:

- Elder twigs
- Secateurs
- Wire / skewer for pithing
- Peeler / penknife
- Card, hole punch, sellotape
- Ribbon, string
- Paints / Crayons to decorate (optional)



What to do:

1. Cut Elder twigs into short lengths (8cm approx). Decorate by peeling off bark patterns. *NB do this before pithing to reduce risk of crushing tube.*
2. Use wire or skewer to push out the pith. *NB make sure you pith downwards onto a log, not upwards near your eyes!*
3. Use cards to make the notes you wish to leave for others to read.



Reinforce end with sellotape before punching hole. Thread ribbons through holes and tie off leaving ends at least 10cm long.

4. Roll your card up and slip it into the elder tube, leaving the ribbons hanging.
5. Tie string around the end of your elder post box and hang it on a tree for others to find.

If you have an old trunk dig it into the ground. Drill holes into it and post your Elder notes in that.



Notes:

Incorporate into the morning routine for early years or special needs students; more able students may want to make trails of notes for each other