



## NATURE PLAY RECIPE CARD

# Camouflage

### INGREDIENTS:

- Nearby plant material
- Face paint or mud



### METHOD:

- Cover your skin in a base layer. (You can use mud, or face paints or ochre).
- Use different colours. This will break up the forms of your body and help you blend in to the environment.
- Use leaves, grasses, earth to help you blend in.
- Move very slowly. Avoid stepping on branches and stones. This will hurt and probably make sound.
- Cover up your head. Or put all kinds of natural materials in it.
- Don't use flashy colours. They will stand out. Look around for which colours are naturally available.
- Use the camouflage as part of a hide and seek game



### SAFETY AND CARE:

- Don't use scratchy, spikey or poisonous plants
- Check for insects or spiders on the plants before applying

### Did you know?

This kind of human camouflage has been used for centuries during hunting parties in some parts of the world.

