



Hugh Griffiths, *Horizon*, undated,  
Towner Eastbourne

The chalk sea cliffs and shoreline form a special part of the South Downs National Park. On a visit to this stretch of heritage coast, you'll discover jagged cliffs, rolling flatland and the lapping tides, below.

Look at this painting by Hugh Griffiths. Try tracing the lines with your finger.

Can you notice other straight, curved and jagged edges around you? You could trace these in the air, or on your palm as well.

You could also try this in a tray of dried rice, or sugar.

On a walk along the coast, you might find some sand amongst the pebbles...

Try drawing in it with your finger. Do this while you listen to the sounds around you.

Can you draw these sounds with your fingers?



Are they jagged, rolling, lapping? Notice how quickly the marks disappear...

When you're close to the sea, you might **SMELL** the salt in the air, or even **TASTE** it on the tip of your tongue.

In warmer months, like July and August, we can also **SEE** the salt.

Try leaving a shallow dish of seawater out in the sun. Notice how the water starts to slowly evaporate,

gradually disappearing and leaving behind salty traces.

You can also try GROWING SALT CRYSTALS at home. You'll need

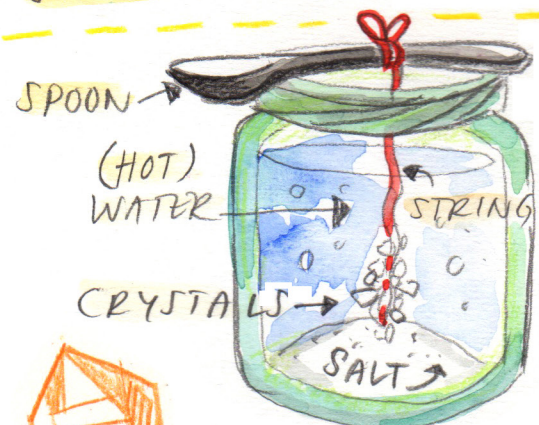
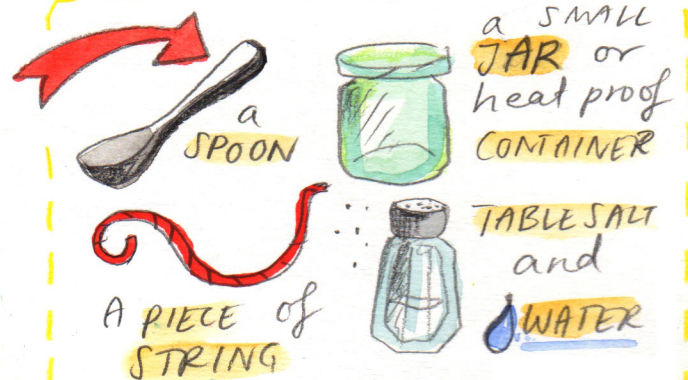
1) Place a spoon in your jar (to stop it cracking) and carefully fill with hot water, stopping at least 1cm before the rim. Get help if you need it and don't move the jar until it cools.

2) Slowly add table salt to the water. Stir using the spoon and stop adding salt when you notice it stops dissolving and begins to settle at the bottom of the jar.

3) Tie a short length of string to the handle of your spoon. Lay the spoon across the top of the jar and let the string dangle in the water.

4) To grow a clump of small crystals, leave your jar somewhere warm and sunny. To grow larger crystals, leave your jar somewhere cool and shady.

5) This experiment takes time. Check back after a few hours, a few days and again after a week.



YOU COULD TRY DRAWING YOUR CRYSTALS AS THEY GROW!

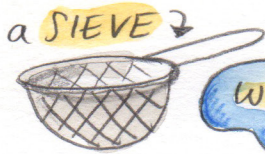
# MAKING SENSE

# Natural Pigment

# TOWNER Eastbourne

In the summer months, you'll probably notice all sorts of bright natural colours around you. You could try using some of these to make your own paints. They might fade and change as they dry so be ready to experiment!

You'll need  
a **PESTLE**  
and **MORTAR**  
(or a few large **STONES**)



**CONTAINERS**

**PAPER OR PAVING STONES**

**BRUSHES** →

AND

← **PETALS**  
← **BLACK BERRIES**  
← **CHALK**  
**ASSORTED FOUND NATURAL MATERIALS**

- 1) Go outside and collect your colours. You could also try frozen berries, or spices from the kitchen cupboard.
- 2) One at a time, grind them up to a powder or a paste (get help if you need to and work somewhere where mess doesn't matter!). Sieve out any large lumps left behind.
- 3) Put each paste/powder in a container and add water slowly, until you have a paint or ink like mixture.
- 4) Try painting with your colours. Use brushes, or sticks to make marks and try working on paper or outside. Some of your paints will wash away in the rain, but remember some might stain.
- 5) You might want to add some of your salt crystals to your paintings. Do you notice any changes to the marks as they dry?



Make sure you wash your hands well after you've finished and remember only work with natural things you know are safe, and have already fallen or are ready to be picked.

**ESTHER & WILLOW**



We'd love to see what you've been up to. You can share your experiments by emailing [esther.collins@townereastbourne.org.uk](mailto:esther.collins@townereastbourne.org.uk) or posting on Instagram and tagging @hello-Towner.