

Nature at home

Experience the magic of
Forest School from home!

Natural Dyes

Humans have been using these techniques for thousands of years to dye clothes and paint. Create your own natural colours and design your own ancient artwork!

Any age although parental help/supervision necessary for using sharp knife and boiling.

Step One

First, make sure you wash the material you want to dye (without fabric softener).

Step Two

Chop up your vegetables/fruits into small pieces, you may want to crush some of them. If you have time, cover with cold water and soak them overnight (each colour individually).

Kit List

- Sharp knife (get an adult to help!)
- Material to dye – calico squares/old sheets etc
- Measuring jug(s)
- Strainer
- A large pot
- A few brightly coloured vegetables – beetroot, red onions, dark berries turmeric, lemons, carrots, tea, spinach etc
- Baking soda



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Step Three

Pour your mixture into a pan and bring to the boil, simmering for an hour. Add more water if needed.

Step Four

Strain the dye through a sieve and leave the liquid to cool. Add one tablespoon of baking soda per litre of water (this helps it to stick better).

Step Five

Put your fabric into the pan and bring back to a simmer until the fabric turns to the colour you want. You can try experimenting with string and wool to make tie dye or create different hues with combinations of colours.



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