

# Nature at home

Experience the magic of  
Forest School from home!

## Stinging Nettle String

*Make your own string from stinging nettles using this traditional technique. This is best done outside.*



Step  
One

First you need to collect your stinging nettles. Wear gloves and long sleeves! Look for straight stems which are long, strong and woody. Try to avoid nettles with flowers as these are good for wildlife. Cut the stem close to the ground. Cut two - three per person.

Step  
Two

Firmly run your hand from the bottom of the stem to the top to remove the leaves and stinging hairs. Cut off the top where it gets weak.

Work along the stem firmly crushing it between your fingers. Try not to damage the outside fibres. Split the stem and open it out flat. The inner part is very woody. Gently bend your stem so this bit snaps out and remove it.

Step  
Three



You are now left with the skin of the nettle, which is what becomes the string. Split the skin into finer strands. Take one of these finer strands and hold one end in each hand or hold one end each with a friend. Start twisting the ends. (If you're working with a friend, make sure you twist opposite ways). Twist until it becomes very tight. Then hold the middle of the string and let go of both ends. It will snap together into a strong braid.

Step  
Four

Repeat this with each strand. You can make your string longer by adding extra strands in as you twist. Traditionally, nettle string was used for catching fish and building structures.

You could use yours for a bracelet or as rope to make anything!



City of Westminster



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KENSINGTON  
AND CHELSEA