

New Year Nature Potions



Did you know that historically humans have used plants to make potions they hoped would help fulfill wishes? What are your child's hopes and dreams for the new year? Making New Year Nature Potions is a charming way for children to celebrate the new year while exercising their imaginations, discovering the folklore of plants, and fostering social-emotional skills.

FLORA FOLKLORE

Plants, flowers, herbs, trees... Humans have assigned various meanings to them throughout history. When making your Nature Potions, you can draw upon this traditional folklore, or assign meanings of your own! The meanings you infuse your potion plants with are just as valid as ones assigned by cultures in the past. Here are some examples of plants and their traditional meanings: Allspice for success, spearmint for luck, rosemary for remembrance, sage for purification, chamomile for happiness, red roses for love, lavender for peace, fennel for protection, and pine for prosperity. If you have any of these at home, you can use what you like, but we also encourage you to go for a walk or find other household plants and give them meaning based on what they make you think and feel! Does a long green leaf make you think of money? Does a shiny rock make you feel happy? Do you have a favorite flower that you think is pure beauty? Are there any trees that make you feel calm when the wind blows their leaves? There's no right or wrong way to make a Nature Potion. Begin by thinking about what you'd like to bring into the new year, then let your imagination lead from there.



SUPPLIES

A Bowl
Natural Items
Water
Stirrer
Bottle
Food Coloring
Glitter

METHOD

1. Pour water into your bowl; Add food coloring if desired.
2. Gather your natural items, hold each one in your hand, and describe what it means to you, placing each into the bowl.
3. Add a pinch of glitter and begin to stir your potion, either thinking or speaking your wishes for the new year as you stir.
4. Pour your potion into the bottle and keep it nearby as a good luck charm throughout the new year!

Happy New Year!



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