

Herbalism for Beginners Topics

(age guide 9 – 16)

Autumn 1:

Herbal Beginnings and Lore

Lapbook of herbal lore, Herbalists through history, Introduction to infused oils and teas, Myth and folklore of herbs, Herbal first aid kit, Paper luminaria, Aromatic plant wand

Spring 1:

Skin, Body & Self-Care

Herbal body lotion and balm, Face mask, Facial toner or mist, Shower steamers and chest rub, Bath melts and moisturising bath bombs, Soothing eye pillows, Winter hand balm

Summer 1:

Aromatherapy & Relaxation

Herbal bath bombs and salts, Candle or roll-on making, Room spray, Herbal sleep sachets, Seasoning blends and massage oils, Scented decorations, Spell jars

Autumn 2:

Herbs in the Kitchen

Bergamot shortbread, Coriander falafel, Dill and chickpea salad, Coriander juice, Dill mocktail, Star anise rice pudding, Star anise winter drink

Spring 2:

Creative Herbal Crafts

Seasonal wreaths and garlands, Herbal bundles and fire starters, Spicy decorations, Melt and pour soap, Herb drying rack, Collage and herbal art, Garden charm making

Summer 2:

Plant Studies & Garden Learning

Thyme, Lemon balm, Violet, Chamomile, Red clover, Nettle, Mugwort, Fennel, Yarrow, Calendula, Plantain, Chickweed, Wild garlic, Sorrel, Meadowsweet, Dandelion, Elderflower, Echinacea, Lavender, Rosehips, Daisies, Hawthorn

Please note that while we follow a planned theme each term, specific ideas may change or expand in response to the children's interests.