

Home Resources: Early Years Activity

PETAL POTION

Perfect for using up wilted cut flowers or natural items collected on spring walks or in the garden.



What you need

- Fallen leaves and/or other natural objects from the garden
- Cut flowers/flower petals
- Twigs and/or flower stems
- Water*
- A large container or mixing bowl
- Protective mat/towel if done inside
- Small containers/beakers and/or jugs
- Spoons of varying sizes

What to do

1. Collect up natural resources and set them along with the small containers.
2. Explore each natural object, ask your child(ren) what they can feel, smell, and see. Guide them in pulling apart petals and stems to support curiosity and hand eye co-ordination.
3. Help child(ren) to label the parts of the natural objects to increase their vocabulary and knowledge. Add these to the water and discuss what happens to them, for example: "Do they change colour, float, or sink?"
4. Encourage children to create their own narrative about the objects. For younger children, describe their actions to enrich their play, for example: "I can see you are peeling off the petals".

Safety Warning

*Always supervise children around water and never leave them alone.