

ACTIVITY 12



Ponky Potions

Season	All
Site	All
Age Group	All
No. of Children	Any

Equipment Needed: Pots, such as yoghurt pots; and a water sprayer if desired. This can have food colouring added to make it look more magical.



Safety Notes

Remind children not to pick anything that may be poisonous i.e. berries or harmful i.e. nettles, dog fowl, prickly plants. Ensure the children know the boundaries of the activity and do not wander too far. When smelling the potions do not put the nose too close as this can cause items to be inhaled.

Site conservation notes – Do not collect wildflowers or seed heads. Only take small amounts of items to include in the potions.

Instructions

1. Hand out the pots. Explain to the children that they are going to make ponky potions.
2. Explain what they can and cannot collect. Items to be added include leaves, sticks, petals (not full flowers) seeds, mud etc.. Remind them not to collect man-made litter, dog fowl, berries or whole flowers / seed heads.
3. Allow time for the children to collect items to fill their pots.
4. Ask them to stir and crush the items in the pots with sticks to release the aromas.
5. Use the water squirter (optional) to add to the potions to release the aromas further.
6. Encourage the children to give their potions a name, describing their potions.
7. Encourage the children to smell each others' potions and tell each other what they have named them.

