



Nature Potions

Materials:

- A small jar or bottle with a lid or a cork stopper
- Access to natural materials, like leaves, flowers, tiny pebbles, etc.

Activity:

1. Decide what your potion will be for. Will it make you fly? Turn you invisible? Make everything around you turn into chocolate? The sky's the limit here!
2. Go outside with your potion jar or bottle and gather the components of your potion. Flowers might be good for beauty, bits of tree bark for strength, pine needles for protection, etc. Tear each component into small pieces so they fit in your potion jar.
3. Fill the rest of your bottle with water from a natural source like a pond or a stream, or come back inside and fill it up at the tap. Shake it up and let the magic happen!

