



## Getting Started:

Do you like making potions in the garden? This activity will ignite your inspiration to level-up those garden potions!

- Smelly plants from the garden. Anything from roses to rosemary, lemons to lemon myrtle!
- Safety gear such as masks and gloves.
- Water and a burner or stove top for your adult to boil water for you.
- Spray bottle, you can upcycle from your local op-shop!

Top Tip  
The best smelling flowers are going to be fresh flowers!

## What To Do:

1. Gather your favourite smelling plants from the garden, consider adding a lemon to your recipe!
2. Ask your adult to fill a pot with 500 mls of water and bring to a boil.
3. Simmer your potion for 10 minutes then let it cool and stew. The longer it stews the sweeter it smells!
4. Carefully strain your potion into an upcycled spray bottle and enjoy your personalised potion!

