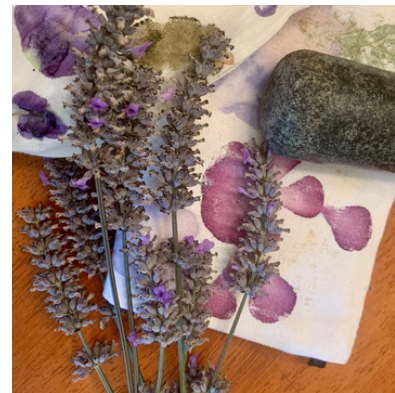


FLOWER POUNDING SLEEP SACHETS

***Special materials budget = \$15 + tax**

Harvest flowers & herbs from a garden or on a nature walk to decorate and create herbal flower pounding sleep sachets! Also learn about the ancient practices of using herbs to promote a restful night's sleep as well as the history of plant dying fabric. Eldergrow engages people in a therapeutic and meaningful connection with nature – cognitively, socially, spiritually, emotionally, and physically.



MATERIALS NEEDED:



ACTIVITY DIRECTIONS:



Create one “Activity Kit” per person (in a large baggy or tray) with the following supplies:

- 3-5 drops of lavender oil on a cotton ball sealed in a small plastic baggy (Essential oil: [Link here](#))
- **Muslim bag sachet** [Link here](#)
- **Collect a variety of fresh colorful leaves, herbs and flowers** – from a nature walk or ask your local florist for left over bouquet plant trimmings) (@ 10+ plant pieces per person) – lavender, pansies, violas, aster, begonias, rose petals and mint, etc.
- *Optional:* 1 Tbsp **dried herbs** (or prep ahead extra herb drying activity – Eldergrow Portal)
- **Tape** (can store on wax paper) or paper towel
- **Something heavy to pound with**, such as a palm-sized rock, hand weight, mallet, hand garden tools, hammer, a pestle from a mortar and pestle, etc.
- Couple large handful of **cotton balls / tissue**
- **Ballpoint pen**
- ~8 x 10” Piece of **cardboard** to pound on
- **Paintbrush or toothbrush**
- Printed and stapled **hand outs** (Eldergrow Portal)
- *Optional:* Magnifying glass and note gift card

1. **Distribute Activity Kits**
2. Remove **dried herbs from stems and crumble leaves only. Roll cotton balls in crumbled herbs.** Set aside.
3. **Place cardboard on table with sachet on top.**
4. **Arrange fresh flowers/leaves** on the sachet into the desired design.
5. Put **masking tape or paper towel** on top of flowers/leaves to cover completely.
6. **Flip sachet over.**
7. Use the dull end of garden tools, dowels, mallet or pestle etc., and **pound (or rub) on back of fabric** to transfer colors.
8. Once you see the plant dye seep through the fabric, **peel off tape/remove towel** to reveal the botanical prints! Add to the design as desired.
9. **Brush/pick off plant pieces.**
10. When flower pounding design is complete, **stuff the sleep sachet with cotton balls.** Add more lavender oil if desired.
11. **Tightly tie sachet's drawstring shut** and knead it to help further distribute the lavender oil.
12. **Add blank card inside** of sachet before pounding to make a matching gift card!

NOTES & DISCUSSION POINTS

Take a deep smell of the lavender oil on the cotton ball, dried herb or live herb plant. *Describe the smell and write down what it reminds you of and how it makes you feel:*

After reading the handout, "The History and Benefits of Herbs & Sachets", *write down or discuss with your group any habits or rituals you like to do before you go to bed to promote a good night's sleep?*

After learning about ways people have used plants to dye fabrics throughout history in the hand-out, "History and Uses of Plant Dyes", *discuss with your group or write down your thoughts about a favorite thing that you learned today:*
