

# FLOWER POUNDING SLEEP SACHETS: BONUS ACTIVITIES

Here are more activities, games, movies and poems to help strengthen memories and to and connect to our Flower Pounding Activity throughout the month!

## Quick Printable Activities

- **Flower Mandala coloring** can be very relaxing: [Link Here](#)
- **Flower Word Search:** [Link here](#)

## Creative Corner

- Decorate the room with Tissue Paper Flowers: [Link here](#)
- **How to Dry Herbs:** [Link here](#)
- Now that you know how to pound flowers, create an endless amount of projects such as **flower/leaf pounded t-shirts, banners, pillowcases, bags and more!** (Please note, if creating a washable item, soak the piece in a vinegar and water solution for 15 minutes to an hour to help set the plant dyes.)
- Just like the **lavender honey we discussed in our lesson**, now you can make your own Herbal Infused Honey [Link here](#)

## Movie Matinees

- Take a virtual Neighborhood Walk in Berkeley, California, to **Learn about Ethnobotany and Natural Fabric Dyes** in this video with Deepa Natarajan [Link Here](#)
- Watch the Magical Video, **"In Search of Indigo"** [Link Here](#)
- Ever wonder, **"How Printed Fabric is Made?"** [Link Here](#)
- Learn about **15 of the Most Unique Flowers:** [Link here](#)
- **Relax to 3 hours of Beautiful Flowers** ~ Planet Earth [Link here](#)

## Fun Flower Themed Games:

- **Flowers of the World Game:** Play this video and see if you can name the flowers before the answer is given! [Link here](#)
- Or if you prefer to have a timed game with buttons to click, here's another way to play **"Name That Flower"** [Link here](#)
- **Guess that flower emoji game:** [Link here](#)
- **How many words can you make with the word "flower"?** [Answers linked here](#)

## Songs & Poems

- Folks might enjoy **flower pounding to the beat of these familiar songs:** You are my Sunshine!, Over the Rainbow or This Land is My Land!
- **1940s Songs with Lyrics:** [Link here](#)
- **10 of the Best Poems about Flowers** from different periods of English literature: [Link here](#)