

# FLOWER POUNDING SLEEP SACHETS

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

Residents will harvest flowers & herbs from the Eldergrow garden to decorate and create herbal flower pounding sleep sachets and learn about the ancient practices of using herbs to promote a restful night's sleep. Eldergrow engages residents in a therapeutic and meaningful connection with nature – cognitively, socially, spiritually, emotionally, and physically. **This Lesson can be done even if you don't have an Eldergrow garden.**

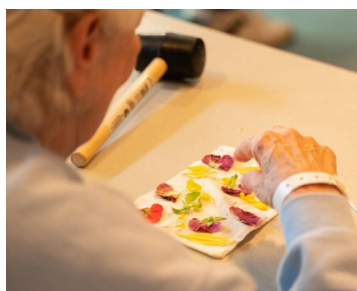
## Activity Objectives:

Objective 1: Resident will engage creative expression (CE)

Objective 2: Resident will engage sensory stimulation (SS)

Objective 3: Resident will engage motor skills (MS)

## MATERIALS:



- Muslim bag sachets [Link here](#)
- Lavender essential oil: [Link here](#)
- Masking tape or contact paper (Dollar Tree)
- Something heavy to pound with, such as a palm-sized rock, hand weights, a mortar from a mortar and pestle, mallet, etc.
- Box of tissue and cotton balls
- Eldergrow Garden or nature walk collected leaves and flowers (@ 6+ per resident) (Make sure the plant parts are approved by Eldergrow, so don't hesitate to ask!)
- Consider covering the table – also the pounding can get loud, so try rubbings for more sensitive ears.
- Talking Points: *The History and Uses of Plant Dyes & History and Benefits of Herbal Sachets*
- *Optional:* Bring in a plant of the day to share with your group! It could be lavender, pansies, violas, begonias or an herb to use parts for pounding.
- *Optional:* Magnifying glass for closer observations
- *Optional:* Dried herbs (Hang to dry two weeks prior. See Herb Drying Techniques in your EE Resource Newsletter's Daily Programming link. (aka Bonus Activities)

## PREPARATION:

- Move garden into central location so residents can gather around it - **brakes on!**
- Bring gardening tools over to the activity table.
- Present a finished demo product or photo to show residents what they will be making.
- Set out materials and Talking Points to the side until ready to use.
- Have garden journal ready for comments or observations. (Add three class highlights to class review form.)

## ACTIVITY DIRECTIONS – CHOOSE 1 OR ALL 3 PARTS:

### 1. GARDEN OBSERVATIONS & "SCRATCH & SNIFF" DEMONSTRATION:

- Gather around the Eldergrow garden so residents can make garden observations, introduce the "plant of the day" and possibly ask a garden journal secretary to take notes.
- Ask residents if they can find the herbs in their Eldergrow garden. Pinch off a leaf from an herb, hand to resident and ask sensory questions such as: *Can you describe this leaf? Does it have color or texture that might help identify it? What does the texture feel like? Now rub the leaf between your fingers and smell it. What does the smell remind you of?*

### 2. CONVERSATION STARTERS & TALKING POINTS:

- Encourage conversations as residents read the talking points out loud. Today we are going to make beautiful botanical sleep sachets, using a technique called "Flower Pounding"! But first, let's learn a little more about ways people have used plants to dye fabrics throughout history. Distribute the History & Uses of Plant Dyes Talking Points.
- *Who here is getting a good night's sleep? Who could use a little help getting more satisfying rest? Does anyone have any habits or rituals you like to do before you go to bed to promote a good night's sleep?*
- Have residents read the Talking Points out loud: History and Benefits of Herbal Sachets
- Scatter the flowers and leaves around the table for residents to look at up close as they take turns reading the various Talking Points. *Optional:* Bring a magnifying glass for closer observations.

### 3. MAKE FLOWER POUNDING SLEEP SACHETS

- Arrange the flowers/leaves on the sachet into the desired design.
- Put masking tape on top of each flower/leaf to cover completely. (Or you can use larger pieces of contact paper to cover all at once.)
- Using the dull ends of the Eldergrow garden tools, mallet or pestle, pound on top of the tape to transfer colors.
- Once you see the plant ink seep through the fabric, peel back the tape to reveal the botanical prints!
- When flower pounding design is complete, stuff the sleep sachet with cotton balls and Kleenex. (If you have dried herbs, have residents crumble them up – remove any twigs – and roll the cotton balls in it.)
- OR add 3 to 5 drops of lavender essential oil distributed around the cotton balls/Kleenex.
- Tie the sachet's drawstring shut and knead it to help further distribute the lavender.
- Lean back and rest the sleep sachet on your eyes for more relaxing benefits! All that flower pounding was exhausting!
- \*Please note that some leaves and flowers transfer their color easier than others, so experiment ahead of time.

