

HAND -SQUEEZED LEMON TEA WITH HERBS: DAILY PROGRAMMING

Activities, games, movies, and articles will help strengthen memories and connect to our Hand-Squeezed Lemon and Herb Tea: Daily Programming activity with programming throughout the month!

Quick Activities

- How many words can you write down that have the word “herb” in it? [Link Here](#)
- “Cooking with Herbs” word search: [Link Here](#)

Sensory and Memory Evoking Tea and Herb Activities

- Don your big floral garden hats and **create a fun spring "High Tea" event**: [Ideas linked here](#)
- **"Herb Matching Game"**: Here's a challenging activity to help with herbal plant identification. Take a leaf/flower/sprig from several herbs in the garden. Hand one to a resident and do a “Scratch and Sniff” sensory stimulation exercise. Next, see if they can find the matching plant in the garden. Repeat until all herbs are identified.
- Someone can simply **feel and explore herb leaves** in a bowl.

Articles to Read Out Loud

- **For The Best Sun Tea, Forget The Sun**: [Link here](#)
- **Six Benefits of Cold Brew Tea**: [Link here](#)
- **As American As Iced Tea: A Brief, Sometimes Boozy History**: [Link here](#)
- **American Tea History: Who Sipped Iced Tea First?**: [Link here](#)
- **The Health Benefits of Lemons Are Far from Sour**: [Link here](#)
- **Herbal Tea Blending**: [Link here](#)

Miscellaneous Things to Do with Lemons and Peels

- **Color Changing Lemonade**: [Link here](#)
- **Lemon Volcanoes- Sizzling Science Experiment**: [Link here](#)

Poetry Corner:

- **“The Lemon’s Lament” by Mary Fons**: [Link Here](#)
- Teacher Mr. Little asked his students to **suck on lemons in class and then they came up with this cute poem**. Perhaps you may be inspired to write poetry this way as well? Here’s the poem, “A Lemon Is”: [Link Here](#)

Movies and Music

- **LEMON- How does it grow?** Tour an amazing lemon farm on the Italian coast : [Link here](#)
- Take a virtual tour of **“Healing Spirits Herb Farm”** in New York. [Link Here](#)
- Join Herbalist Julia Behrens for a **tour of her wild herb garden and living medicine cabinet**. Julia explains the medicinal properties of many everyday plants and herbs such as sage, nettle, ground ivy, dandelions and rosemary and shows how to use herbs to cure illness and promote good-health: [Link Here](#)