



Botanical Potions, Lotions, & Charms

3rd & 4th Grade

Here at Red Butte Garden, we believe learning is fun and can happen anytime, anywhere. To help continue the fun at home, we've included an outline of the topics we'll study this week at camp as well as a list of additional activities, books, and other resources related to this week's theme. We hope you'll use this to engage with your camper and keep the learning process happening all summer long! Thanks for coming to Summer Camp, and we'll see you soon at the Garden!

CAMP THEME

In this four-day camp we'll learn the magical powers of plants, and what ways we use different ones. Each day we'll focus on a different plant use, and explore several different Garden plants. Be sure to ask your camper about the following:

- **Tuesday** – How We Use Plants, Characteristics of plants
- **Wednesday** – Healing Plants, Essential Oils
- **Thursday** – Medicinal Herbs, mosquito repellent
- **Friday** – Edible Plants, mint, chives, lemon balm

ACTIVITY IDEAS

- Grow an at home herbal Survival Garden
 - <http://tinyurl.com/HerbalSurvivalGarden>
- Dye a t-shirt or other material with natural objects
 - <http://tinyurl.com/DIYNaturalDyes>
- Make a homemade, plant based bug spray
 - <http://tinyurl.com/DIYBugSpray>
- Volunteer at Wasatch Community Gardens and learn more about edible plants

ADDITIONAL RESOURCES

- *Plants Feed Me* by Lizzy Rockwell
- *Gardening Wizardry for Kids* by L. Patricia Kite
- *Medicinal Plants Coloring Book* by Ilil Arbel

