

# Fun Friday Fledglings Craft

## A Scent of Adventure

### Sensory Herb Soup

This activity is inspired by The Merl's lavender bed and herb garden. Explore your sense of smell with herbs. Make some sensory herb soup.

You may have some herbs growing in your own garden.

Please take care to identify the plants you are picking and that you do not have an allergic reaction to certain plants.

#### You will need:

- Fresh herbs from the garden\*
- Bowls, different sizes
- Clean water
- Twine
- Rolling pin and chopping board
- Scissors

\*always ask permission before picking plants.



#### Method

1. Collect materials. This activity uses Rosemary, Lavender, Bay leaves, Mint and Sage.



2. Sensory Herb Soup. Put some water in a bowl. Crush the herbs lightly with the rolling pin to release the scent from the plants and cut up the herbs. Pick off individual leaves from the stems and roll them between your fingers to release the scent, add herbs to the bowl of water. Make a mini wreath with the lavender and twine to float in the water. Can you smell all the different herbs?



3. Make some smaller individual bowls. Close your eyes and smell each bowl, can you tell which herb you can smell from each bowl?



Have A Scent Sense of Adventure, learn the names of different herbs, and have fun identifying the different smells. Which is your favourite?

