

THE HERB GARDEN

PLANTS WITH A PURPOSE

Some of the plants here can be used for health and healing, others for cooking and preserving, cosmetics, decoration or spiritual rituals.

This is a great place for children to use their sense of smell and look for different textures.



ACTIVITY IDEAS

- Quietly watch the bees collecting nectar from flowers. Look for the yellow or brown 'pollen baskets' on their legs.
- When they return to the hive, bees do a 'waggle dance' to tell other bees where the best flowers are. Ask children to make up a dance and lead the way to their favourite flower.
- How many different smells can your children discover in the garden?
- Use the sundial to tell the time.

KEEPING YOUR TAMARIKI SAFE

- Please do not pick or taste any of the plants, even the herbs that you know.
- Remind children that if a bee or wasp lands on them to stay calm and still.
- There is a patch of stinging nettles in the garden because they have many uses. Please ensure children do not touch them.

DID YOU KNOW?

- Soaking stinging nettles in water or cooking them removes the stinging chemicals. The leaves can then be eaten or made into tea that has traditional healing properties and health benefits.
- You can even make nettle wine!
- The fibrous stems of the nettle can be used to make cloth.
- Admiral butterflies love nettles.



A SONG TO SING

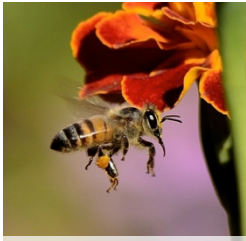
Tune of I'm a Little Tea Pot
Use fingers for actions



I'm a little bumblebee yellow and black
I fly around the garden with pollen on my back
I drink flower nectar to take back to my hive
Watch me buzz around as I dip and dive!

Please ask children not to walk on the garden beds – this will help to protect delicate plant root systems.

HERB GARDEN BINGO



Bee



Artichoke



Rhubarb



Blackbird



Speaker



Rose



Lavender



Fish mosaic



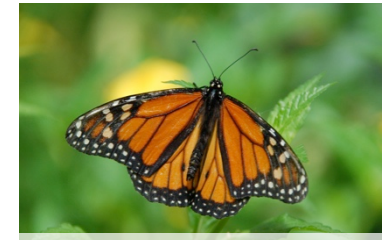
Marigold



Lime Tree



Sundial



Butterfly

HOW MANY COLOURS CAN YOU MATCH TO THE FLOWERS AND LEAVES IN THE GARDEN?

