



Plantain's Healing Recipe

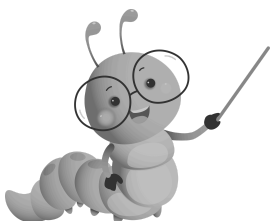
Objective: Explore simple herbal remedies

Task: Follow a basic recipe for a Plantain poultice
(no real plants needed, just pretend)

Mash leaves + Add water = Poultice!

Writing Prompt: If you made your own remedy, what would it be used for?

Optional: Draw a real or fictional plant you'd like to grow



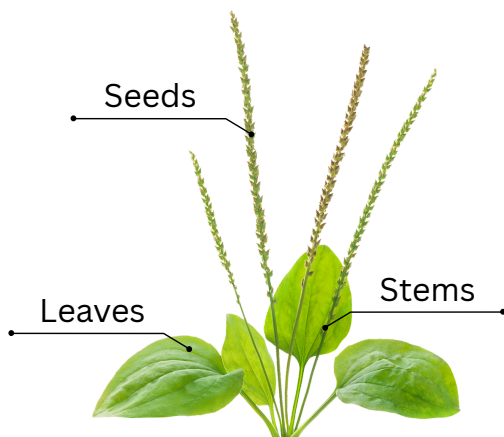
Parental Tip: Basic safety reminder for parents—do not try herbal recipes without proper adult supervision or research.

The Herbal Detective

Objective: Learn how to research a plant

Activity Prompt:

Draw your plant in the box provided and label 3 parts of it.



Task:

Choose any plant, (like Plantain) and fill in the following:

Name of plant:

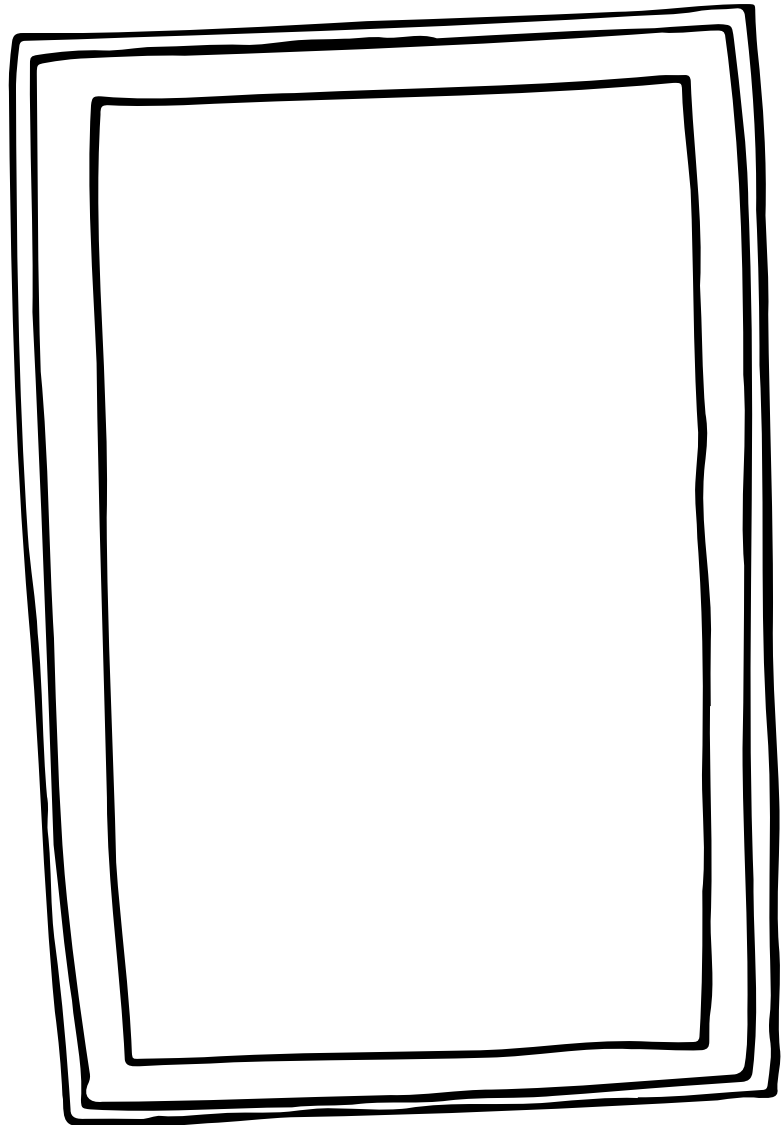
Where it grows:

What it's used for:

A cool fact about it:

Bonus Challenge: What kind of habitat do you think this plant prefers?

Circle one: Dry / Moist / Shady / Sunny





A Day in the Life of a Plant

Objective: Practice creative storytelling and imagination

Prompt: Pretend you're a plant in the forest.

Write a short story about your day. What animals visit you? Do you get sunshine or rain?

Draw your plant's "home."



Herbal Match-Up

Objective: Memory matching and knowledge building

Task: Match the plant name to its use. Cut out the plant words and paste them to the correct uses. ✂.....

.....
(a) Soothes
bug bites

.....
(b) Helps
you sleep

.....
(c) Stops
bleeding

.....
(d) Calms
skin

Lavender → ____

Plantain → ____

Yarrow → ____

Chamomile → ____



Build Your Own Nature Journal Page

Objective: Practice observation and recording

Prompts to fill in:

Today's date:

The plant I found:

What it looked like:

Where I found it:

What I think it can be used for:

Art Box: Draw the plant and any insects or animals near it.

A large, empty rectangular box with a hand-drawn black border, intended for drawing a plant and any insects or animals near it.