



Herbal Songs and Rhymes

Objective: Music, rhythm, and memory.

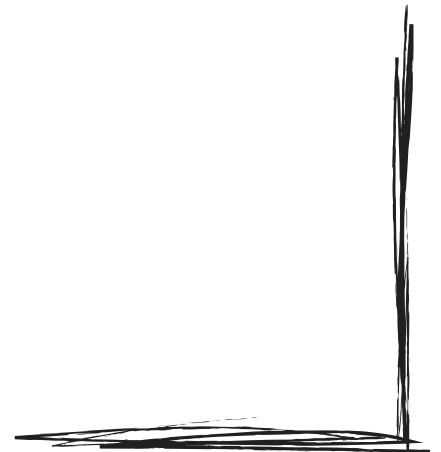
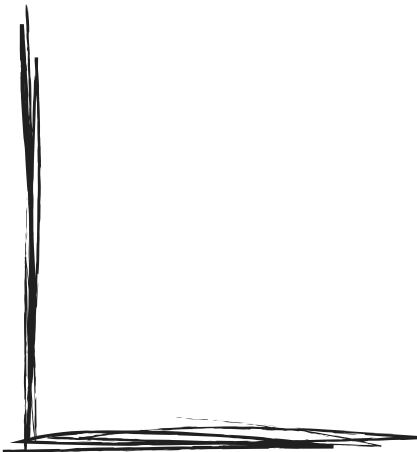
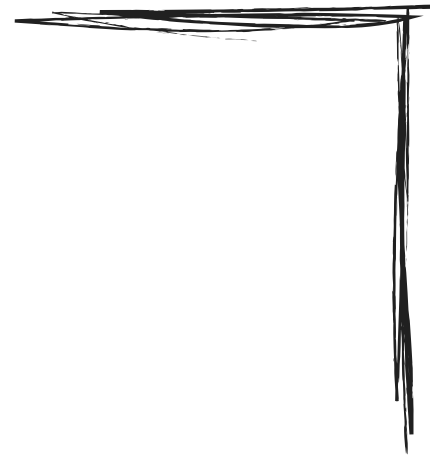
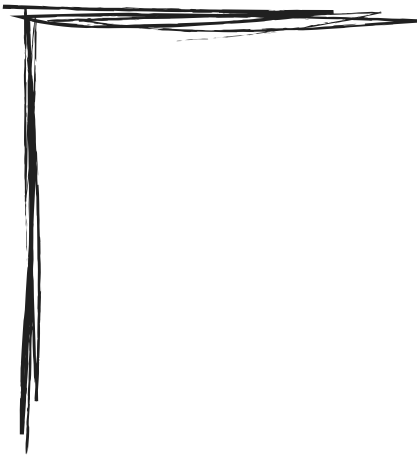


Instructions:

Sing this rhyme and clap along!

🎵 “Minty fresh, green and bold,
Good for coughs or when you’re cold!
Pick a leaf and smell it twice,
Herbs are magic, herbs are nice!” 🎵

Draw a picture of mint and what it smells like to you!





Meet the Herb – Chamomile

Objective: Learn about chamomile and its uses.

Instructions:

Read the fun fact about chamomile. Then color the flower and draw a tea cup with steam above it, or draw a picture of how you relax before bedtime.

Fun Fact:

Chamomile is known as the “sleepy-time herb.” It can help you relax and feel calm.



Plant Part Match-Up

Objective: Learn the parts of a plant.

Instructions:

Draw a line to match the part of the plant to its name.

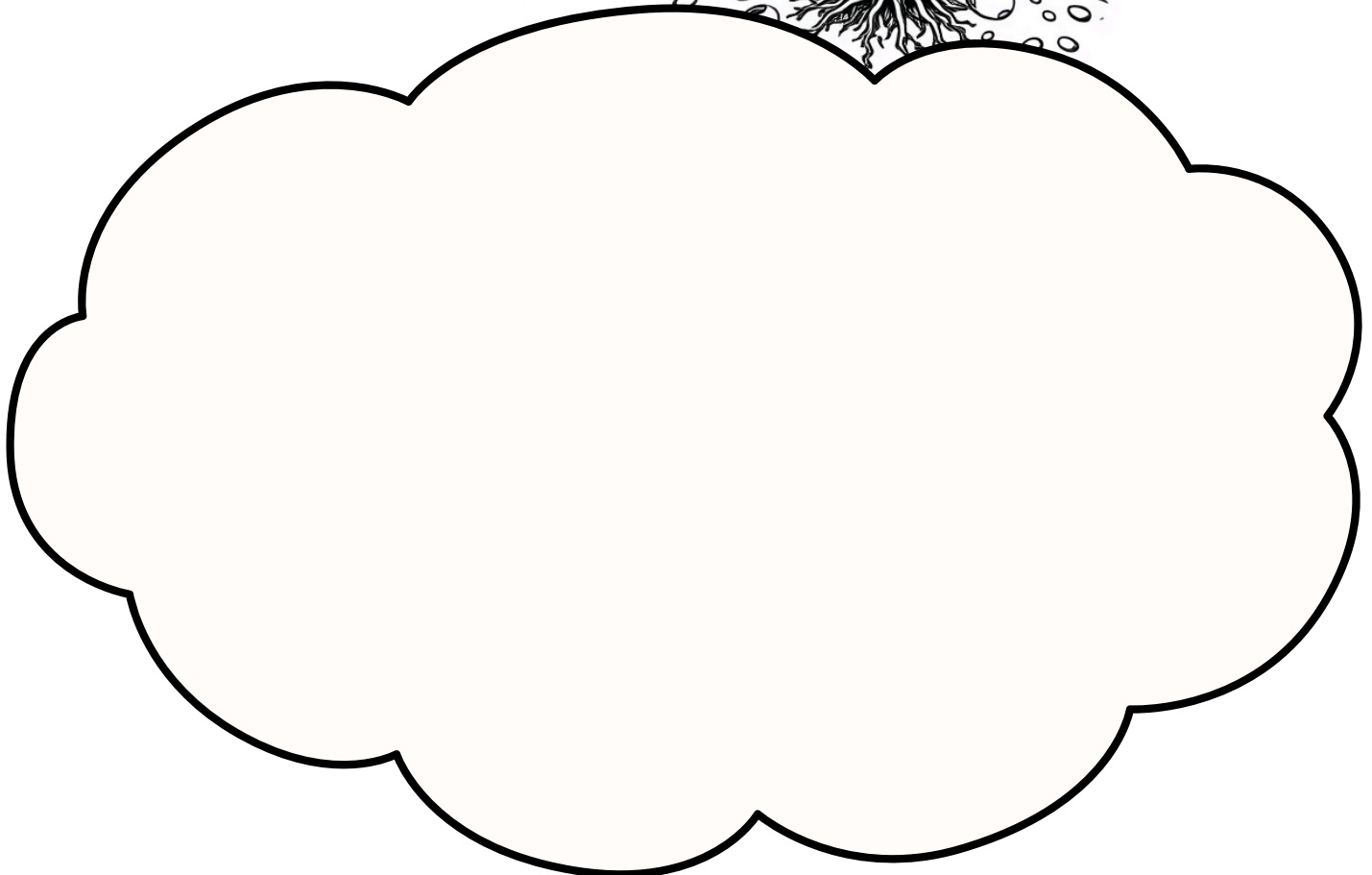
Match These Words:

Draw a Plant:

Now try drawing your own plant and label its parts!



- Leaf
- Root
- Stem
- Flower
- Seed





What's Growing in Your Yard?

Objective: Discover backyard weeds and plants.

Instructions:

Take a short walk outside. Look for 3 plants or weeds and draw them below.

Optional: Ask a grown-up if any of these plants are edible herbs!

Plant 1: _____

Plant 2: _____

Plant 3: _____

Now chose one and draw it below in the frame.

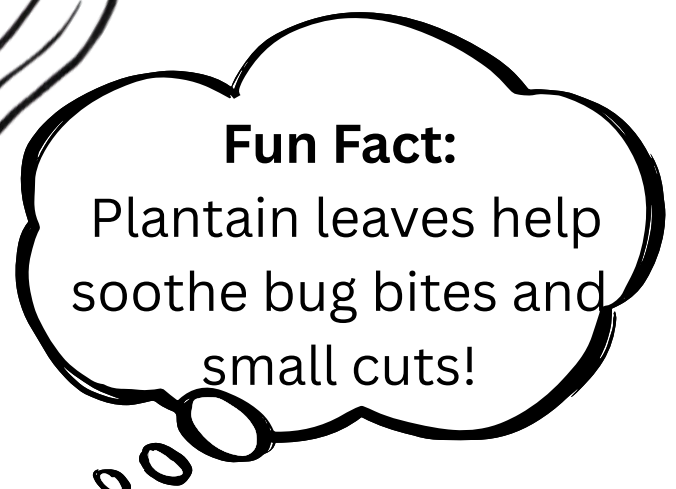
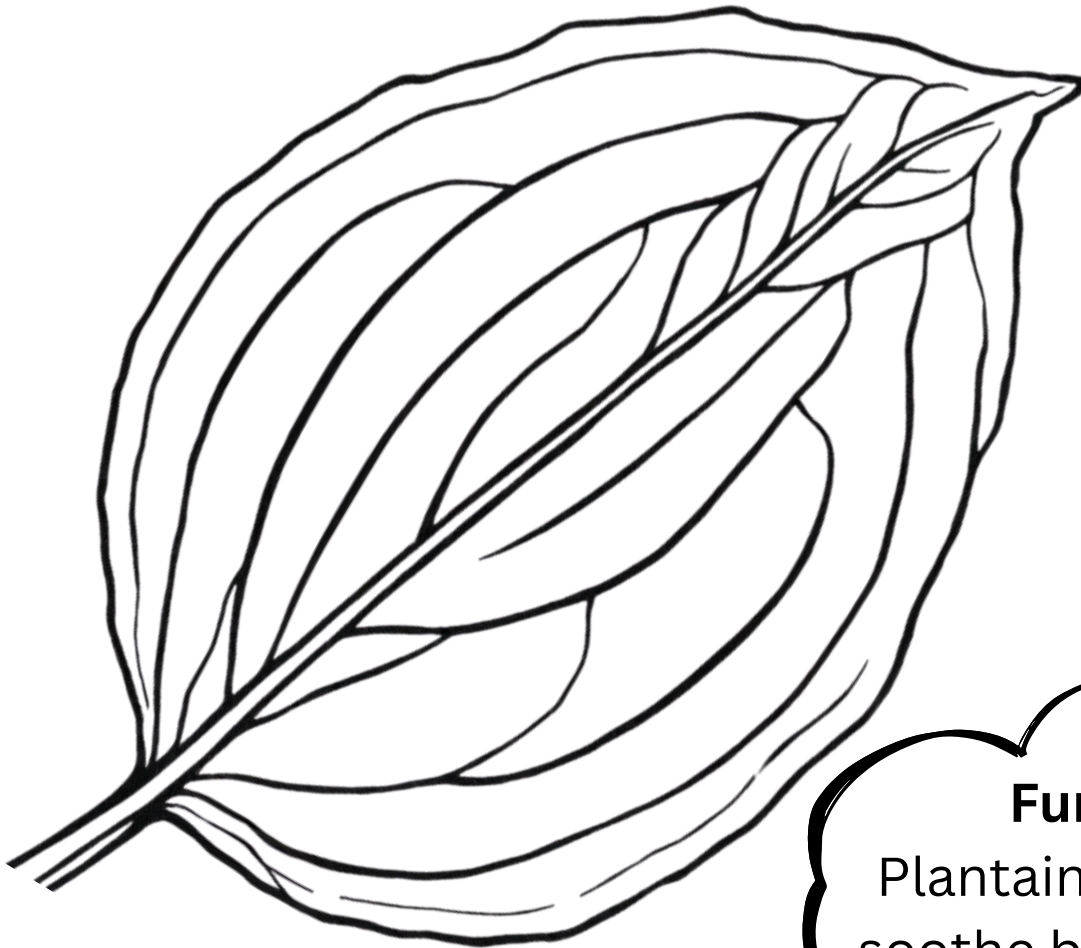
Plantain Leaf Power!

Objective: Learn about the healing power of plantain.

Instructions:

Color the plantain leaf. Then finish the sentence:

"When I get a cut or scrape, I can use plantain to..."



Parental Tip: This supports literacy and body awareness through storytelling.