

# Mix Up a Fairy Potion

**THE IDEA:** Create a magic fairy potion with items from nature

For this activity, you'll need:

- Plastic jars or paper cups
- Water
- Food colouring (optional)
- Flower petals and other items from nature
- Magic stirring stick



## NOTES FROM THE FIELD

Discuss that fairies live everywhere – on the beach, in the woods, in parks, even hidden on streets.

Sometimes they need a bit of help with their magic and you can help!

Collect *natural* objects for your fairy potion. As many fairies fly, they love feathers, dandelion seeds and any thing else connected with flight.

They also love earth, sand, flower petals (but only wild ones like daisies and dandelions, not daffodils or ones from gardens!)

They love leaves, seeds, pine cones, grass – anything natural.

Collect as many natural objects as you can. There is no rush with this – the more objects, the better the fairies will like it.

Once you have enough, find a stick to stir. Add water and food colouring if you like. Dream up a spell or a magic word. Say it out loud or in your head.

Find a place where fairies live – in trees, rockpools, flowers, grass – anywhere natural.

Pour your potion out and make a wish – don't tell any one!



The little explorer preferred to mix up his creation with a magic pine needle.

When the boys were done making their potions, they set them out to show the forest fairies, who thanked both of them with a small magic gem the following morning.

### **TAKE-HOME TIPS**

This activity is a wonderful way to bring imaginative play and nature together. For best results:

- **Enjoy the gathering process.** Don't rush this part – it's time for kids to connect with nature. Search for the perfect ingredients for the potion and don't worry if you've gathered too much. You can always make more than one potion!
- **Add colour and scent for fun.** Drops of food colouring turn routine potions into something almost otherworldly. Adding petals from scented flowers like jasmine or lavender will make the potions aromatic, too.