

# Herb Therapy

FIFTH GRADE

Herbs are known to have calming properties due to their distinct and strong smells. Students will dabble in aromatherapy by making scent packets. Students will collect herbs in this activity, give them a week to dry out, then return to make their packets. They can put them under their pillows, carry them during stressful times, bring them to an exam or give them away as a gift.

## SUBJECT

ART

## TIME

30 MIN  
+  
30 MIN one week later

## MATERIALS

Fresh herbs from the garden: lavender, chamomile, rose petals, rosemary, mint, thyme.

Scissors, 1 pair per student

Twine

Paperclips

8" fabric square, 1 per student

## DIRECTIONS

- Go for a walk in the garden to harvest herbs for the project. Point out to students the herbs they will harvest and instruct them to cut about a 6-inch length of each branch. Students should collect approximately enough herbs to fill a handful.
- Have students close their eyes and focus on the smell of each item they pick. Ask why they think certain plants smell so strong. (for some, it is to attract pollinators, for others, it's a defense mechanism). Next, ask if they know what herbs might be used for besides adding flavor to food? Did students get any particular feeling when they smelled the various herbs? Some people think that keeping mint or rosemary inside the classroom can help stimulate thinking and thus may be helpful when it's time to take tests. Ask whether certain smells remind them of people, places, or experiences they've had.
- Explain to students that they will be making aromatherapy packets. In order to do this, the herbs must be dried prior to packaging. The best way to dry herbs is to make a bundle and then tie the stems together at the bottom with a piece of twine. Unbend a paperclip and hook one end on the twine and use the other end to hang the bundles upside down in a dry location, away from direct sunlight. Let the herbs dry for about one week.
- To make the aromatherapy packets, have students place their dried herbs in the center of a fabric square. Gather up the four corners of the fabric and tie tightly with twine.

## SOURCE

*Adapted from:*

- The Spruce | [How to Make Sachets](#)

