**Nature Potions:** \*This is an art project ONLY – not for eating or drinking.

**Materials:**

Several Medium Sized Bowls

One Spoon for Each Bowl

Pitcher of Water

Clear Plastic Glasses (any size)

Petals, berries, and leaves \***Do not pick any leaves or berries without adult help as some may be poisonous\***

Two Medium Sized Rocks (You can collect these outside!)

**Directions:**

* + 1. Collect several assorted colors of petals, berries and / or leaves in bowls. **Make sure you work with an adult when picking plants and berries.** Give each type of plant or color its own bowl.
    2. Choose one color plant material and crush it between two rocks.
    3. When finished crushing, pour the crushed material into a cup and add water. Stir and see what color your mixture becomes.
    4. Continue in same manner with the other plant materials one at a time.
    5. See if you can make a rainbow of potions! Name your creations and make labels for each one!

**\*Many types of plants and berries have been used to make fabric dyes throughout history. In Tudor England, red was an expensive color to make. It was made from the cochineal insect. This insect is still used today to make red dye!**\*

*Nature Potions*

<https://squashedtomatoes.wordpress.com/2010/08/11/making-potions-from-nature/>