



Magic Potion

Go for a nature walk and collect these items :

- Petals of 5 different flowers
- star or heart shaped leaves
- seeds of plants
- A piece of bark
- A piece of moss or lichen
- A sprinkle of sand or Soil
- 2 different coloured stones
- Something that smells nice
- Something fluffy or soft
- Something shiny
- A piece of spider web or a feather

1. Half fill a bowl or jar with water.
2. Add the magic ingredients that you found on your nature walk.
3. Mix together with a stick while saying three things that you are grateful for.
4. Stir the opposite way and say three things that you are good at.
5. Tip the potion under a tree and set yourself a goal to strive for!

