

Perfume and potion making

Making perfumes and potions is such an easy but fun way for children to explore their senses and the outdoors.

Learning aims

- Maths and measurement
- Literacy and language
- Physical development.

Resources

- Blank recipe book to add in your perfumes recipes
- Pestle and mortar
- Bottles
- Labels
- Water
- Flowers, herbs, soil and mud.



Activity outline

This can be introduced into your mud kitchen area or general outdoor area:

- Get the children to smell and feel the different flowers and herbs, if you have your own garden or wild area ask the children to choose and pick their own ingredients
- Use the pestle and mortar to grind the herbs and flowers into a paste. Scrape this out and pop it into a bottle
- Add water to the bottle and shake to mix it up. How much water do you need to add? Use trial and error to get the correct amount ensuring it has enough liquid, but not too much to dilute the scents
- Mix the perfume and then sift it to remove the paste/fragments, but leave this a few days for the scent to fuse into the water
- For boys that may not wish to make perfume, they can opt to make potions instead. This could be the same process but they may want to add mud, stones and sticks as well into a large cauldron or bowl
- Ask the children to label their perfumes and potions and write or draw their instructions into the recipe book for others to use and share. You could take pictures and print and stick these into the recipe book too, to show the process
- This activity could then form part of your continuous provision in the outdoor area and you may choose to add new ingredients each day to engage children in this play and learning opportunity.

Working with Babies

Create plenty of opportunities for sensory development in your babies' and toddlers' play. Plant some sensory plants in the garden to enhance their play outside, e.g. lavender, herbs, long reed grass that make different sounds and soft grass for them to feel under their feet.

Talk to the children about what they can see, smell, feel and hear in the garden and introduce a new language or reinforce existing knowledge and language development.