Nature "Potion" Making
for Ages 5–12

Making nature potions is a fun way to get stirring, exploring, and learning to make predictions!

ITEMS YOU WILL NEED:
A bowl that can get dirty, water, paper, drawing materials, a stick or old spoon for stirring, and an outdoor space

OPTIONAL EXTRAS:
Cornstarch and parchment paper

1. Decide what kind of potion you will make. What color and texture do you think it will be? Draw a picture of it!

2. After deciding what you want your potion to look like, find “ingredients” in nature and a good stirring stick to mix those nature ingredients together in a bowl with water. Does your potion look like how you thought it would? Compare it to your picture. Keep finding new things to add and seeing how they change the potion! By making these comparisons, children learn to make hypotheses and inquiry-led investigations.

3. For extra fun, add some cornstarch to your potion until it thickens up into slime! You can dump it out onto parchment paper to play with it more and notice how it feels when you touch it.

4. Remember that not everything in nature is edible, so only use your eyes and nose to check on how your potion is doing. Try making more potions using different ingredients and noticing how each one looks different!

TO FURTHER EXTEND THIS ACTIVITY:
Continue searching for fun things in nature using a nature bingo card like the one found here and see how many things you can spot.