



**Association
of Anaesthetists
Heritage Centre**

Pick & Mix: Create your own scented bag

Suitable for: 5+ year olds

Duration: 30+ minutes, depending on how much you want to collect!



Introduction

*Roses are red
Violets are blue
The rest is down to you!*

Learn about the healing powers of plants and create your own scented bag to shield yourself from nasty smells!

Context

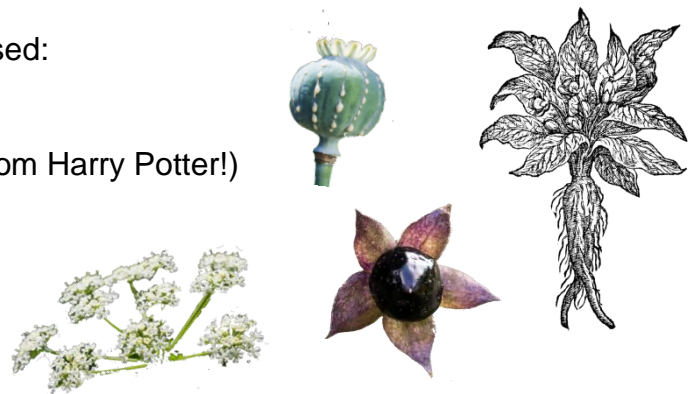
People have always known about the power of plants. Not only can they be very tasty, they can also help us feel better when we are ill.

Ancient peoples such as the Greeks and the Romans used plants in their medicines. Back then, when someone was unwell and needed an operation, there were no hospitals like we know them today. But people still had surgery!

Today, when we have an operation, we are being sent off to sleep so we do not see or feel anything. Thousands of years ago, people wanted the same, so they mixed together plants!

Here are some examples of plants they used:

- Opium Poppy
- Mandrake (you might know them from Harry Potter!)
- Henbane (Stinking Nightshade)
- Belladonna (Deadly Nightshade)
- Thornapple
- Hemlock



If someone ate or drank a lot of those, they would fall asleep and not feel pain.

Plants have had many other uses in medicine. For example, people used to believe that if you breathed in bad smells it would cause you to become ill. To protect themselves, people would carry a nice-smelling ball, containing flowers and herbs, to hold to their noses if they entered a smelly area.

Activity

Think about which plants smell nice, and if you have any of those at home or in your neighbourhood. Make sure they are not poisonous!

Here are some examples:

- Lavender
- Roses
- Peonies
- Jasmine
- Honeysuckle
- Freesias
- Hyacinths
- Basil
- Rosemary
- Sage
- Mint
- Thyme
- Cloves

You will need:

- The flowers, herbs, and other good-smelling plants you have collected. If you have collected flowers, you will need to dry the petals first!
- A piece of fabric (perhaps an old T-shirt you don't need anymore)
- A small plate
- A pen
- Pinking shears or scissors
- Some string or ribbon

Activity Instructions:

1. Place the plate on the fabric, and draw around it with your pen.



2. Cut out the circle of fabric.



3. Place your crushed herbs and dried petals in the middle of the circle.



4. Bring the fabric together in a bunch and secure with some ribbon.



5. Optional: you can leave the ends of your ribbon long and tie them into a hanging loop

Enjoy having a little piece of nature wherever you go!