

**BC SRC 2017: Walk on the Wild Side!
Tween Program, Theme 7: Tales of Nature**

Gnarly Nature Notebook

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ACTIVITY

Create a scrapbook of recipes made from nature to cure cooties, banish bad breath, stop stinky feet or help with any other ailment, real or imaginary.

Have Fun! The recipes can be as real, funny, gross or scary as you can imagine, using ingredients such as aloe vera, dandelion root, belly button lint, toe jam, petals picked at midnight under a full moon, mushrooms from a deep dark cave, dew from a spider's web...

Add some interesting facts about plants or weird remedies people have used in the past.

SUPPLIES

The Cover:

Cardstock, construction or scrapbook paper.

The paper can be aged by wiping both sides with a wet teabag and allowing it to dry.

Decorations:

Flowers and plants; these can be dried, rubbed, sketched, captured between sheets of wax paper or cut out of magazines. Pebbles, shells, seeds, moss, raffia, jewels, stickers and glitter can add to the fun and the overall result.

Binding:

Ribbon, string, wool or length of leather

Additional supplies:

Scissors, hole punch, glue, tape, pencils, crayons or felt markers

RESOURCES

Kitchen Cabinet Cures; 1001 Homemade Remedies for Your Health by S. Ashtul

North American Folk Healing; an A-Z Guide to Traditional Remedies by the Readers Digest

How to Stain Paper with Tea Bags <https://www.youtube.com/watch?v=QgYigunpT94>

Wax Paper Leaf Craft https://www.google.ca/?qws_rd=ssl#q=wax+paper+leaf+craft