



**If only I may grow: firmer,  
simpler, quieter, warmer.**

Dag Hammarskjöld



### *Finger Game for Spring*

*My lady Spring is dressed in green. She wears a primrose crown. And little baby birds and twigs*

*Are clinging to her gown The sun shines if she laughs at all*

*But if she weeps the raindrops fall.*

*(gesture with hands to form a skirt) (gesture placing a crown on your head) (gesture small bird flying with hands) (fly your hand to a sleeve)*

*(gesture with one hand towards the sun in a half circle)*

*(gesture with the other hand rain falling with fingers)*



## Painting Day: Green

### Gather Your supplies

- f Watercolor Paper, edges rounded
- f Into a small jar add yellow and a little bit of blue
- f Paintbrushes
- f Painting Board to place under your paper (optional)

Green inspirations: spring, frogs, new growth

## **CANDIED FLOWERS**

**1 CUP FLOWERS\***

**2 EGG WHITES, LIGHTLY BEATEN**

**2 CUPS SUPERFINE SUGAR**

Use only clean flowers, which have not been sprayed with chemicals. Flowers should be freshly picked and dry. Small flowers such as violets should be candied whole; candy the individual petals of larger flowers. Using a soft brush, coat each flower petal with egg white. Dip the flowers in superfine sugar and place them on a rack to dry. If dipping does not coat the flower surfaces thoroughly, sift a little additional sugar over them.

### Edible Flowers to Use:

Clover, chrysanthemums, crab apple blossoms, day lilies, daisies, dandelions, elderberry blossoms, freesias, geraniums, gladioluses, lilacs, marigolds, nasturtiums, orange blossoms, pansies, primroses, roses and violets. Pansies are also edible. If you do not have these growing in your yard you can purchase some indoor plants and take the flowers from those. However, do not use cut flowers from the flower-shop as edible flowers as they contain a lot of pesticides.

**A link to a video tutorial of ten herbal recipes**

<https://earthschooling.info/thebearthinstitute/friday-freebie-ten-free-herbal-recipes-for-kids/#foobox-1/0/Ten%20Herbal%20Recipes%20for%20Kids.mp4>

