

Week 2: Thyme – Courage, Cleansing

- **Lapbook:** Mini zine page: “*Thyme for Courage*” with folklore, uses, and a drawing of the plant.
 - **Practical:** Bake thyme & cheese scones
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Week 3: Lemon Balm – Joy & Calm

- **Lapbook:** Lemon balm "Mood Booster" flip-tab with happy memories and calming tips.
 - **Practical:** Make lemon balm & honey tea (or a chilled infusion) and/or make a lemon balm balm
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Week 4: Violet – Modesty & Heart Healing

- **Lapbook:** Illustrated "Language of Flowers" card for violet, with meanings and a small poem.
 - **Practical:** Make violet inspired heart shaped bath melts.
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Week 5: Woodruff – Forest Magic & Sweet Dreams

- **Lapbook:** Tiny “Dreams & Forest Lore” booklet with bedtime thoughts and a woodruff legend.
 - **Practical:** Make a dream pillow with dried woodruff and calming herbs.
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Week 6: Marshmallow Root – Soothing & Sweet

- **Lapbook:** Diagram page: “How Marshmallow Soothes” – drawing and short explanation of throat and skin uses.
 - **Practical:** Make marshmallow root & honey cough syrup or a soothing face mask.
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Week 7: Borage – Courage & Cheerfulness

- **Lapbook:** Courage shield craft: fold-out page with borage facts and personal symbols of bravery.
 - **Practical:** Create cheerful-coloured bath bombs.
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Week 8: Angelica – Protection & Strength

- **Lapbook:** Angelica folklore scroll with myths and protective uses (rolled and tied with ribbon).
 - **Practical:** Make protective room spray using angelica (or symbolic herbal blend) and essential oils.
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Week 9: Lemon Verbena – Clarity & Uplift

- **Lapbook:** “Clear Mind” list page: students write affirmations or goals around a drawing of the herb.
 - **Practical:** Brew lemon verbena tea and create lemon-verbena sugar scrub or bath soak.
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Week 10: Betony – “Good for Head and Heart”

- **Lapbook:** “Mind & Heart Map” with places betony has been used (headaches, stress, folklore).
 - **Practical:** Make a soothing herbal eye pillow filled with betony and lavender.
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Week 11: Cleavers – Sticky Healer of the Lymph

- **Lapbook:** "Sticky Facts" wheel – spin to reveal facts about how cleavers help the body.
 - **Practical:** Make a cooling cleavers facial toner or cleansing smoothie (blended with other greens).
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Week 12: Red Clover – Luck

- **Lapbook:** Lucky clover pop-up with uses and a myth/story about luck.
 - **Practical:** Make red clover lotion bar or decorate “lucky tea tins” with a red clover blend inside.
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Week 13: Class Herbarium & Garden Charm

- **Lapbook:** Herbarium foldout – include pressed samples or drawings of favourite herbs with notes.
- **Practical:** Create a garden charm or herbal wand using dried herbs, string, and intention tags.

