

Boston School of Herbal Studies 3-Day Kids Herbal Camp August 25 – 27 2023

Day 1

10:00 – 10:30 Check-in, housekeeping, greetings, opening circle

10:30 – 11:00 Breathwork, singing bowl, movement, viewing the world

11:00 – 11:15 Snack time

11:15 – 12:00 Plant ID, respectful harvesting, how to harvest

12:00 – 12:30 Herbal ice pops

12:30 – 1:00 Lunch

1:00 – 1:45 Herbal crafts, bird feeder

1:45 – 2:12 Making Chapstick, preparing sumac aid

2:15 – 3:00 Tea time, movement, closing circle

Day 2

10:00 – 10:30 Check-in, housekeeping, greetings, opening circle

10:30 – 11:00 Breathwork, singing bowl, movement, viewing the world

11:00 – 11:15 Snack time

11:15 – 12:00 Making elderberry syrup

12:00 – 12:30 Enjoy ice pops, plant ID, complete elderberry syrup

12:30 – 1:00 Lunch

1:00 – 1:45 Herbal crafts, mobiles

1:45 – 2:15 Making herbal candy

2:15 – 3:00 Tea time, movement, closing circle

Day 3

10:00 – 10:30 Check-in, housekeeping, greetings, opening circle

10:30 – 11:20 Breathwork, singing bowl, movement, viewing the world

11:20 – 11:30 Snack time

11:30 – 12:00 Root harvest, endangered plants, plant ID

12:30 – 1:00 Journaling, plaster funtime

12:30 – 1:00 Lunch

1:00 – 1:40 Aromatherapy, making spritzers

1:40 – 2:15 Making salve

2:15 – 3:00 Tea time, movement, closing circle