

## Activity M5

# Magic Beans & Gratitude Bottle

Suitable for ages 3+ with adult help



Make your own little seed pots, plant some magic beans and shake up a magic potion to help them grow! This sheet is designed to accompany an activity pack but all the components are easily found, see over for more details and for care of your magic beans!



**Firstly**, we need to make little pots for magic beans using a loo roll and scrap paper. Simply cut strips of paper the width of your tube, roll it around leaving 3cm or so over the edge and then fold this extra bit up into the tube to create the bottom of your pot, slip your pot off the tube. Fill with compost and pop in a magic bean per pot, about 2cm down into the soil.



**Next**, you have to mix up your Growth Potion, to feed to your magic beans – you just need to add water to the bottle and shake, as the spell is already in there. You **can** add extra OOMPH to your spell by waving a magic wand over the potion bottle – see over for wand-making instructions. Each bean needs a little splash of Growth Potion every day until it runs out – after that, ordinary water will be fine. Place your pots on a sunny windowsill and you should see sprouts in a couple of days!

We're going to use our empty potion bottle to make a **Gratitude Bottle** - this is a lovely way to remember the little things every day that make us happy and appreciative, and all you need are some scraps of colourful paper! Try and think of something each day that you are glad of, write it on the slip, roll it up and pop it in the jar – all your happy memories are there to read for the occasional days when things aren't so fun! There's an extra label for you to personalise and attach to your Gratitude Bottle.

**Finally**, how creative can you get with the loo roll tube?! We've made Christmas crackers, animals, seed pots and cars with ours!

Pop over to [www.favecrafts.com/Green-Crafting/16-Uses-for-Toilet-Paper-Rolls](http://www.favecrafts.com/Green-Crafting/16-Uses-for-Toilet-Paper-Rolls) for some inspiration and don't forget to let us see all your creations using

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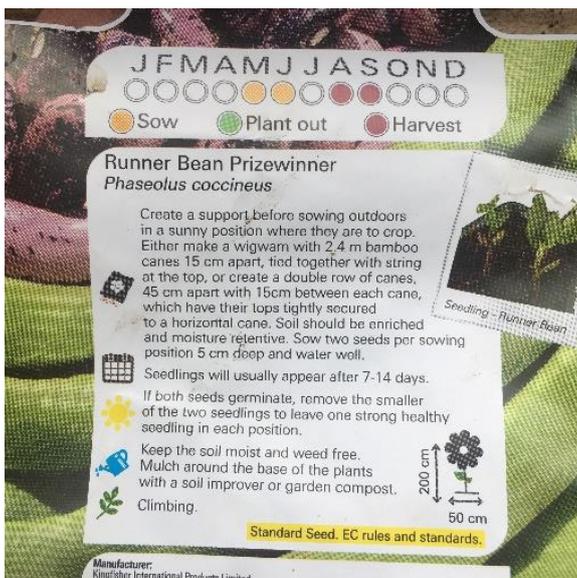
## ✦ Magic Wands ✦

Follow the picture guide to turn driftwood (or any decent stick you can get your hands on) into a weapon of mass wizardry! Add glue, glitter, feathers, sequins, string and ribbon to make it your own!

If you have a drill (and a willing helper, sufficient PPE and a wild streak) you can put a small hole in the handle end of your wand, where you can deposit a spell.



### Notes for adults:



- The magic beans are runner beans, they grow pretty rampantly, so once they start sprouting you will probably need to give them canes to climb up. But you should get some free veg come autumn!
- The Growth Potion is food colouring gel and cake glitter, so it's safe, biodegradable and you don't have to worry about microplastics getting into the water system or anywhere else.
- I used scrap paper from parcels to make the pots, so when the sprouts get bigger and you want to plant them out or put them in a bigger pot you can easily plant the whole pot and cover with soil, the paper will just break down.