



**Activity name:** MEET THE HERBS

**Class:** 1

**Date:** 20-04-2022

### Description:

#### HERBS

Playing with herbs is a great way for children to connect with them. Herbs are not only important in cooking and seasoning healthy dishes, but have also been used in traditional medicine.

Teaching kids about herbs—how to cultivate them, and how to use them is an important part of their learning knowledge. Here are 3 ways to explain about herbs to children.

1. Allowing children to play with herbs
2. Let them smell herbs
3. Designing Garden with them

Children pasted mint and coriander leaves on an A4 size paper and they also took the feel of Bay leaves another herb plants. Children enjoyed the herb activity and heard 'The herb story' through a video clip.

### Glimpses:



