

**SanArte Healing & Cultura Clinic**  
**CIRCULO DE REMEDIOS**  
**Semillas Curriculum**  
**(Suggested ages 3 - 11)**

**Ideas to help bring herbal conversations to families, parents and caretakers looking to expand conversations around medicine with their kids. Please see additional free youth offerings:**

**+ Storytime with Grandma Coyote & Manuel Davila  
(video at [www.sanartecommunity.com](http://www.sanartecommunity.com))**

**+ Coloring Sheets by Mary Agnes Rodriguez  
(Downloads Available at [SanArtecommunity.com](http://SanArtecommunity.com))**

**+ Citlalita Comic - 7 Guerreras Ancestral Foods  
(Download Available at [SanArtecommunity.com](http://SanArtecommunity.com))**

**Ideas for Youth Conversation:**

**Interview an elder, ask them what plant remedies do they remember. Using a phone look up images of the plants the elder spoke of and draw. Use drawings of herbal remedy to make a thank you card or a botanical print for others.**

**Paint flower pots with traditional names or symbols that relate to the plant world. Add small herb plants and track growth. Recommended herbs: Aloe Vera, Basil, Lemongrass**

**Take a plant walk in the closest green space near your home. Take pictures of interesting flowers and colors seen on your walk. Practice identifying plant relatives together.**

**Place fragrant dry herbs in a small bowl, invite youth to draw plants and describe what they see, touch and smell. Ask them what they feel when they smell the plant, or to compare it to the scent they may smell daily. Recommended herbs: Mint, Pericón, Sage, Lavender**

**Make a solar infusion tea with chamomile or chrysanthemum, make a chart including today's weather, movement of sun, herbal properties and time of solar infusion. Sweeten and chill tea, serve and reflect.**

**Make prints of herbs in your garden, after asking permission take a leaf or petal and cover one side with a little acrylic paint to make prints by pressing the painted side of the leaf to paper. Can write descriptions or properties of plants used.**

**Sharing with Creation! With an adult's help, draw the bugs or animals you see in the garden or natural space that you see interacting with plants. This is a good reminder that we are part of an ecology not taking whatever we want with nature. We ask permission and we share.**