

18. MAGIC POTIONS

Meaning:
celebrate the mystery,
signs and cycles of
nature

Linked to
emotion and
Compassion.

Objective:

To find natural materials that are special, mysterious and beautiful and use them to create a magic potion that will help one thing in nature.
Optional: create a 'spell book page.'

Resources

Essential:

Water
Mixing bowls (to mix the ingredients)
Mixing utensils (sticks, stones)
Small containers to spread the magic potion

Optional:

Potion bottles
Sticky labels/parcel labels
Kitchen utensils
Plain paper
Pens and pencils

Hints & Tips

You could write instructions to go with your potion (mash two leaves, stir in water, add a sprinkle of soil etc)

You could provide bottles and labels for children to decorate. The potion can be bottled to take home.

During Step 4, the children could create a magic spell book page. Ask them to choose two of their favourite items to draw and describe their magical powers to help nature.

Plenary/Wrap Up

Once everyone has made their potion, ask them – one at a time – what one thing they hope to see more of.

Follow-on activities: Wildflower foray (no 6) and Ticky prickly (no 8).

Instructions:

1. Ask the children to find five special items. Try not to suggest any items – you want them to find something special to them, not you. Examples could be nibbled nuts, a strange stick, a pretty feather or leaf etc.
2. Call the group back and ask each child to pick one item and tell the rest of the group why it's special and mysterious to them.
3. Now ask the children to think of magical powers each of their special items may have that could help nature. An object could magically multiply something, enlarge or shrink something, make something colourful or help something grow. For example, a stone could have the magical power to make a tree strong, or a feather the power to make more birds.

Time to make our potions!

4. Use the mixing and mashing utensils to extract the magic from the items, then mix them together in a bowl with a cup-full of water. You can add more if needed. While doing this, ask them to think about the one thing they'd like to see more of in nature.
5. Using a small container, scoop some of the magic potion out. Find a special spot and pour the magical potion over it. The magic seeps into the ground and spreads through the roots, up to the shoots so all the animals and plants have a little bit of magic.

RSPB Wild Challenge

Plant a Tree
Make a Butterfly Garden
Plant a Mini-Meadow



18. HYLIFAU HUD



Ystyr:
dathlu dirgelion ac
arwyddion byd
natur.

Cysylltiedig
ag **emosiwn**
a **thosturi**.

Amcan:

Darganfod deunyddiau naturiol sy'n arbennig, dirgel a hardd a'u defnyddio i greu hylif hud a fydd yn helpu un peth ym myd natur. Dewisol: creu 'tudalen llyfr swynion.'

Adnoddau

Hanfodol:

Dŵr

Powlenni cymysgu
(i gymysgu'r
cynhwysion)
Offer cymysgu
(priciau, cerrig ac
ati)
Cynwysyddion bach
i daenu'r hylif hud

Dewisol:

Poteli hylif
Labeli
gludiog/labeli
parseli
Offer cegin
Papur plaen
Papur a phensel

Awgrymiadau

Gallech ysgrifennu cyfarwyddiadau i fynd gyda'ch hylif hud (gwasgwch ddwy ddeilen, ychwanegwch ddŵr, a mymryn o bridd, ac yn y blaen)

Gallech ddarparu poteli a labeli i'r plant eu haddurno. Gellir potelu'r hylif hud i'r plant gael mynd ag ef gartref gyda nhw.

Gallai'r plant greu tudalen llyfr swynion hud a lledrith. Gofynnwch iddyn nhw ddewis dwy o'u hoff eitemau i dynnu llun ohonynt a disgrifio'r pwerau hud sydd ganddyn nhw i helpu natur.

Grŵp llawn / crynodeb

Ar ôl i bawb wneud ei hylif hud, gofynnwch iddyn nhw – un ar y tro – pa un peth maen nhw'n hoffi gweld mwy ohono.

Gweithgareddau dilynol: Blodau gwyllt toreithiog (rhif 6)
Coslyd pigog (rhif 8)

Cyfarwyddiadau:

1. Gofynnwch i'r plant ddod o hyd i bum eitem arbennig. Ceisiwch beidio ag awgrymu unrhyw eitemau – hoffech iddyn nhw ddod o hyd i rywbeth sy'n arbennig iddyn nhw, nid i chi. Gallai'r eitemau hyn fod yn gnau wedi'u cnoi, darn rhyfedd o bren, pluen neu ddeilen ddel, ayb.

2. Galwch y grŵp yn ôl a gofynnwch i bob plentyn godi un eitem a dweud wrth weddill y grŵp pam ei bod yn arbennig ac yn llawn dirgelwch iddyn nhw.

3. Nawr gofynnwch i'r plant feddwl tybed a oes gan eu heitemau arbennig bwerau hud a allai helpu natur. Gallai gwrthrych luosogi rywbeth drwy hud a lledrith, gwneud rhywbeth yn fwy neu'n llai, gwneud rhywbeth yn lliwgar neu helpu rhywbeth i dyfu. Er enghraifft, gallai carreg fod â phŵer naturiol i wneud coeden yn gryf, neu gallai pluen fod â'r pŵer i wneud mwy o adar.

Amser gwneud ein hylifau hud!

4. Defnyddiwch yr offer cymysgu a malu i dynnu'r hud o'r eitemau, yna cymysgwch nhw gyda'i gilydd mewn powlen â chwpanaid o ddŵr. Gallwch ychwanegu mwy os oes angen. Wrth wneud hyn, gofynnwch iddyn nhw feddwl am yr un peth y bydden nhw'n hoffi gweld mwy ohono ym myd natur.

5. Gan ddefnyddio cynhwysydd bach, codwch ychydig o'r hylif hud. Chwiliwch am le arbennig a thywalltwch yr hylif hud drosto. Bydd yr hud yn treiddio i'r ddaear ac yn ymledu drwy'r gwreiddiau, i fyny i'r tyfiant fel bod pob anifail a phlanhigyn yn cael ychydig bach o hud.

Sialens Wyllt RSPB

#CAERDYDD GWYLLT
#WILD CARDIFF

Plannwch Goeden
Creu Gardd Glöynnod Byw
Creu Dôl Fechan

