

YARROW OIL

Objectives:

Children will know: Children will learn about medicinal properties of yarrow.

Children will do: Children will make a yarrow oil infusion.

Essential Questions:

- What is yarrow?
- How do we use yarrow?

Standards:

L10. Follows directions.
SSC3. Asks questions and finds answers through active exploration of nature.
M3. Describes and compares measurable attributes.



Materials:

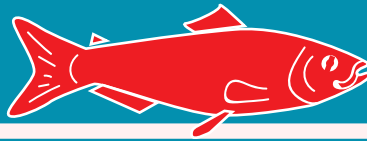
- Yarrow
- Picture of Yarrow
- Coconut Oil
- Vitamin E Oil
- Double Boiler
- Measuring cups/spoons
- Funnel
- Cheesecloth
- Glass dropper bottles
- Collecting bags (paper or plastic)
- Pitcher

Promoting Culture Self Assessment:

- 1. I display pictures, posters and other materials that reflect the cultures and ethnic backgrounds of children and families served in my early childhood program or setting.
- 6. I encourage and provide opportunities and experiences for children that support Alaska Native culture.
- 7. I plan trips and community outings to places where children can learn about their own cultural or ethnic history.

Alaska Native Values:

Learning by doing, Respect for the environment, Living a subsistence lifestyle



Engage

"Has anyone ever seen this plant before?" Hold up a picture of yarrow. "This is called Northern Yarrow. It's found all over the place, especially in gravelly areas. They have little white flowers that bloom at the very top and long stalks with tiny feathery leaves. Yarrow is a very important plant, it has many helpful uses. One way it can be used is a medicinal oil. Let's try to find some yarrow of our own to make into an oil."

Explore:

Activity: 20-30 minutes

Preparation: Choose a nearby spot with yarrow to take students to.

Take students to a spot with yarrow. Help students identify the yarrow. Point to its stalk, its flowers, and its feathery leaves. Have students pick the yarrow and put it in their bags. When everyone has collected some, return to the classroom.

Place the yarrow on a table. Set up an area where you can use the double boiler. Make sure you put enough water in the lower saucepan so as not to overheat the yarrow. Have students break up the yarrow by hand and measure 1 cup of yarrow in a measuring cup. Pour herbs into the top of the double boiler. Next have students measure out 2 cups of coconut oil (make sure it is melted). Then pour the oil into the top of the double boiler over the herbs. Bring water to a low simmer. Heat slowly for 30 minutes. You can heat the oil up to an hour if you would like, the longer the infusion the higher quality the oil. Have students take turns stirring the oil but remind them to be careful of the hot burner. When you are finished heating, let the oil cool and then strain it through a cheesecloth. You can have students hold the cheese cloth over a pitcher. Let them squeeze the cloth to get every bit of oil out. Line up the glass bottles. Have students hold the funnel over the bottles as you fill each one. Have students measure out 1/4 teaspoon of vitamin E and pour it into each bottle. Your yarrow oil infusion is now complete!

Explain:

"Yarrow has been used for generations for its many healing properties. It helps relieve swelling and can help with stomach aches and head aches too. The Alutiiq word for yarrow is Caisit. The Dena'ina word for yarrow is Bask'itl'uts'i. The Yup'ik word for yarrow is Punaiyulinu'kait, which means "bumblebee food." Why do you think it's called bumblebee food? The flowers! Just like bees and other animals find every part of yarrow useful, so do we. We used all parts of yarrow in our oil. We can use the oil in many things; we can have it in our tea or put it directly on what is causing us swelling. Has anyone in your family used yarrow before? Remember, yarrow is medicine, so you must always ask elders or family members if you can use it."

Center Set Up:

Whole Group:

Display essential questions. Display yarrow and bottles. Display pictures of willow.

Art Center: Set out paints and paper. Set out yarrow flowers. Have students use the yarrow flowers to make prints and then use them as a paint brush.

Sensory Play: Take three boxes or bags that you can't see into. Put yarrow flowers in one, the stalks in another, and leaves in the last. Have students smell and feel each part of the plant without looking at it. See if they can tell you which part of the plant is which.

EVALUATION

Emerging:

Student does not participate.

Developing:

Student participates in discussion but does not engage in activity.

Proficient:

Student participates in discussion, listens to directions, and completes activity.

Advanced:

Student participates in discussion, listens to directions, completes activity, and shares story.

