

# YARROW SALVE

## 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.

M3. Describes and compares measurable attributes.

SSC3. Asks questions and finds answers through active exploration of nature.

## Materials:

- Yarrow Infused Oil (1 cup)
- Beeswax
- Benzoin Oil
- Vitamin E
- Double Boiler
- Tin containers
- Measuring cups/spoons
- Pitcher

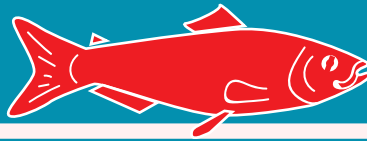
## Alaska Native Values:

Living a subsistence lifestyle, Learning by doing, Traditional arts

## 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.





## Engage

"WE learned a lot about yarrow in our last lesson. Can you remember what yarrow looks like? Yarrow has a long stalk with feathery leaves and small white flowers. Where can yarrow be found? Yarrow is found in gravelly disturbed areas. We learned that yarrow is useful in many ways. What did we make with yarrow? The infused yarrow oil we made will help us with our project today. Today we will make a salve. A salve is made to rub on your skin. Let's make our own with yarrow oil."

## Explore:

**Activity: 20-30 minutes**

Preparation: Csterilize the tins by boiling them in water beforehand.

**Prepare 1 cup of yarrow infused oil. (Any infused oil can be used for this recipe.) Have students measure out 2 tablespoons of beeswax. Add water to the pan below the double boiler and then ass the beeswax to the top of the double boiler. Melt the wax and then add the 1 cup of infused oil. Students can help you pour the mixture in so long as they are careful around the heat. Stir until the oil and beeswax have melted together. One they are melted, have students measure 1/4 teaspoon of vitamin E oil and pour it into the mixture. Have students hadd 4 drops of benzoin (made from tree sap) oil as well. Mix together for a few minutes and then pour into a pitcher. Have students help you carefull pour the mixture into the tins. Allow the mixture to cool before putting th lids on. Then take labels and label your salve.**

## Explain:

"We just created a yarrow salve. This is a great way to help itchy bug bites or rashes on your skin. Dena'ina people also used it to help with burns, cuts, and scrapes. Another traditional way yarrow was used was a poultice. Alutiiq, Dena'ina, and Yup'ik people would much up the leaves and flowers, put them on their skin where they were hurting, and then cover it with a bandage. This would reduce the pain and swelling of their skin. This salve can do the same withng with the yarrow oil. Have you ever used yarrow on a bug bite before?"

## Center Set Up:

### Whole Group:

Display essential questions. Display yarrow, beeswax, and tin containers. Display pictures of willow.

**Art Center:** Have students use a fine pointed pen or marker to draw yarrow. Then have students press down with the leaves and stems to make a green mark over their drawing.

**Sensory Play:** Take a box and fill it with all different leaves in the area, including yarrow. See if students can tell which are the yarrow leaves by feeling for their feathery texture among the other leaves.

# 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.

