



Caladenia



Hello Everybody,

The smell of Lavender is beautiful. This week you're in luck, you'll get to smell it to, in this activity pack.

Have a great week!

Take care,

The Caladenia Team



History & Facts

The origin of Lavender is believed to be from the Mediterranean, Middle East, and India. Its history goes back some 2500 years. Lavender is a flowering plant of the mint family known for its beauty, its sweet floral fragrance, and its multiple uses.

The ancient Greeks called Lavender Nardus, after the Syrian city of Naarda and was commonly called Nard. Lavender was one of the holy herbs used to prepare the Holy Essence and Nard, or 'spikenard' is mentioned in the bible in the 'Song of Solomon' among other places.

Lavender derives its name from the Latin 'lavare' meaning 'to wash'. The Romans used Lavender to scent their baths, beds, clothes and even hair. They also discovered its medicinal properties.

Today Lavender continues to be cultivated across its countries of origin as well as Europe, Australia, New Zealand, North and South America. Its widespread presence is understandable due to its beautiful flowers, its alluring scent, and its extensive uses.

Medicinal, Therapeutic & Practical Uses

Lavender is grown commercially for extraction of its oil from its flowers and to some degree from its foliage. The oil is obtained through a distillation process.

The oil is used as a disinfectant, an antiseptic, an anti-inflammatory and for aromatherapy. An infusion of Lavender is claimed to soothe and heal insect bites, sunburn, and small cuts, burns and inflammatory conditions and even acne. Lavender oils are also used for internal medical conditions, among others indigestion and heartburn.

Lavender oil is said to soothe headaches, migraines and motion sickness when applied to the temples. It is frequently used as an aid to sleep and relaxation.

Dried Lavender flowers are used extensively as fragrant herbal filler inside sachets - to freshen linens, closets, and drawers. As an air spray, it is used to freshen in practically any room. Dried lavender flowers have also become popular for use at weddings as decoration, gifts and as confetti for tossing over the newlyweds.

Culinary Uses

As a member of the mint family, Lavender has been used for centuries in the preparation of food either by itself or as an ingredient of Herbs de Provence – an herb combination which captures the flavours of the sunny south of France.

Lavender delivers a floral, slightly sweet, and elegant flavour to salads, soups, meat and seafood dishes, desserts, cheeses, baked goods, and confectionery. For most cooking applications it is the dried flowers that are used although the leaves may also be used. Only the buds or flowers contain the essential oil of Lavender which is where the scent and flavour are best derived.

Wherever and however, Lavender is used in food preparation it extends beyond its familiar fragrance to a rich yet delicate flavour to host of recipes only limited by the imagination.





Gardening

B J E M L Z H E S O R N A W
 V O R D X T U P G M Y I K O
 H L Z I S C N J B E D F Q R
 U X G R O W E A H K R A P M
 Q D Y T N I D O L C S E E D
 M H E J B F R G U P K L R X
 Y P C A Y S A Z N I T V E J
 E W K Q D M G B H O R F W U
 L I O S T C E J O Y A P O N
 G L Y W K U N R A D Q Z L I
 P T O S E H S U B R M C F X
 I Z N K R E L Q W A T E R O
 M D I G U X D P E Y C H T B
 R W T A F O V S Z N L Q J S

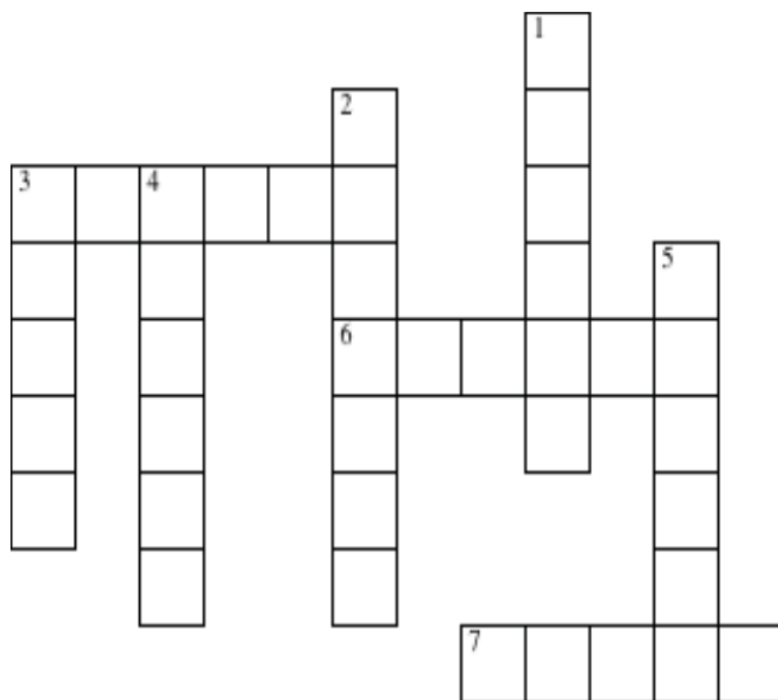
BED	GROW	SOIL
BUSHES	HOE	STEM
DEAD	LEAF	WATER
DIG	PLANT	WEEDS
DIRT	ROOT	WILT
FLOWER	ROSE	WORM
GARDEN	SEED	YARD



This is a new activity to try. Let us know if you like it, is it too hard? Enjoy!

Complete the crossword puzzle using what you know about the parts of the flower.

Refer to the word bank if you need help.



Word Bank

pistil
stamen
ovary
sepals
stigma
anther
blossom
petal

Across

3. Pollen travels through this tube
6. Provides support for the pollen maker
7. Contains the egg cells

Down

1. Traps pollen
2. Reproductive structure found on many plants called a flower or this
3. Attracts insects and birds
4. Protected the flower bud before it opened
5. Makes pollen

Art for Relaxation



LAVENDER

The Benefits of using Lavender

What Are Possible Health Benefits of Lavender?

- May Help Improve Sleep. ...
- Could Help Treat Skin Blemishes. ...
- May Offer a Natural Remedy for Pain. ...
- Reduce Blood Pressure and Heart Rate. ...
- Could Relieve Asthma Symptoms. ...
- Lessens Menopausal Hot Flashes. ...
- Help Combat Fungus Growth. ...
- Potentially Promotes Hair Growth.
- What is the best way to use lavender?
- Essential oils can be a great addition to a bath, helping to calm, soothe, and relax while in a lavish setting. Add a few drops of essential lavender to a bath and soak away to enjoy its benefits. You can either keep it simply lavender scented or use a combination of oils, such as lemon or orange.
 - Does lavender help you sleep?
- Sleep and Lavender. Lavender has been suggested as an excellent natural remedy to treat insomnia and improve the sleep quality.
 - What can lavender cure?
- Lavender is commonly used for anxiety, stress, and insomnia. It is also used for depression, dementia, pain after surgery, and many other conditions, but there is no good scientific evidence to support many of these uses. In foods and beverages, lavender is used as a flavour component.





Lavender cookies are a buttery shortbread mingled with aromatic lavender and rolled in a sparkly sugar crust. They're perfectly soft, slightly sweet, elegant, and incredibly fragrant.

Step 1: Crush the lavender

Crush the dried lavender in a mortar into smaller bits. If using fresh lavender, carefully wash the florets and chop them on a cutting board.

Step 2: Cream sugar and butter

In a large mixing bowl, beat the sugar and butter with an electric mixer until pale and fluffy, for about two minutes.

Step 3: Add flour and lavender

Sift the flour into the bowl. Add the lavender and whisk until crumbly. Add 1 to 2 tablespoons of ice-cold water and knead until just combined. The dough should be soft but not sticky. If the dough seems too sticky, add 1 tbsp flour add a time until it just starts to come together.

Step 4: Shape the dough

Place the dough on a piece of plastic wrap/cling film or wax paper. Shape the dough into a log about 2 in / 5 cm in diameter and 8 in / 20 cm long.

Step 5: Chill

Wrap the log in plastic wrap/cling film and put it into the freezer for 30 minutes to 1 hour.



Flower Power



ASTER

CROCUS

DAFFODIL

DAISY

GERANIUM

HONEYSUCKLE

LAVENDER

LILAC

LILY

MARIGOLD

ORCHID

PANSY

SUNFLOWER

TULIP

VIOLET

- Each of the numbers goes either horizontally from left to right (\rightarrow), or vertically downwards (\downarrow).
- Can you spot all of the numbers in the grid?

7	7	1	4	3	2	2	5	1	5
2	4	8	0	1	8	3	3	9	0
5	4	8	7	4	5	3	6	7	4
2	6	6	9	6	3	7	8	8	7
4	1	7	3	8	7	0	9	8	0
2	8	1	4	2	2	2	5	5	7
7	6	7	2	0	0	2	0	3	5
2	0	5	3	5	8	0	1	3	2
1	5	6	3	7	2	5	5	0	8
9	7	2	2	6	0	4	0	7	5

~~1432~~
 1738
 1978
 2002
 2337
 3307

4075
 4801
 5242
 5637
 6057
 6717



7075
 7934
 8013
 8537
 9501
 9722




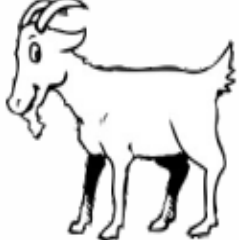
Picture Puzzler


If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____

2. Find a letter that is in  but not in  _____

3. Find a letter that is in  but not in  _____

4. Find the letter that is in  but not in  _____

5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

RIDDLES

Q1: MARTHA AND GEORGE DIED, THERE WAS GLASS AND WATER ALL AROUND BUT NO BLOOD. HOW DO THEY DIE?

Q2: HOW MANY SECONDS ARE THERE IN ONE YEAR?

Q3: TEN COPYCATS WERE SITTING IN A CAR, ONE CAME OUT. HOW MANY ARE LEFT?

Q4: WHAT IS THE SMALLEST SENTENCE WITH ALL LETTERS IN THE ENGLISH ALPHABET?

Q5: A PLANE CRASHED BETWEEN THE BORDER OF CANADA AND AMERICA. WHERE DO YOU BURY THE SURVIVORS?

Q6: WHAT KIND OF MUSIC DO RABBITS LISTEN TOO?

Q7: WHAT DO YOU CALL A BEAR WITH NO TEETH?

Q8: WHAT CLEANS BUT NEVER EVER GETS DIRTY?

Q9: I AM ALWAYS IN FRONT OF YOU BUT YOU CAN NEVER SEE ME. WHAT AM I?

Q10: WHAT DID ZERO SAY TO EIGHT?



Fun Riddle #1

*One by one we fall from heaven,
down into the depths of past
And our world is ever upturned
so that yet some time we'll last*

To answer this riddle, follow the steps below.
Once complete, the unmarked words will reveal the answer.

- Cross-out 6 words that rhyme with 'tall'
- Tick 6 types of trees
- Circle 6 words ending with 'Z'
- Underline 6 names of cities
- Scribble through 6 types of animals
- Shade 8 car manufacturers



Mall	Waltz	Melbourne	Beech	Squirrel	Jazz
Berlin	Sand	Mouse	Toyota	Fall	Birch
Cedar	Ford	Hyundai	Shawl	Topaz	Bilby
Whiz	Eucalyptus	Raccoon	In	Elm	Denver
An	Mazda	Chintz	New York	Subaru	Ball
Brisbane	Call	Honda	Corvette	Hourglass	Porsche
Hare	Cypress	Jakarta	Wall	Rabbit	Kibbutz



My daughter asked me why there are a lot of soaps that smell like lavender.

I said, "It's just a popular smell that a lot of people like, like sweet orange, lemongrass and rosemary." She paused and then nodded and replied:

"Yes, that seems like common scents."

*

If I had to smell like two things for the rest of my life, I'd pick lavender and citrus.

But that's just my two scents.

*

Made pancakes yesterday and the whole house smelled like lavender

Used the wrong flower

*

I went to the health food store and asked for lavender oil. They said they didn't have it.

I said, "But it's essential."

*

While making soap, my wife joked me hard.

Preparing to make some soap from scratch:

Me: "What do you want for a smell?"

Wife: "Lavender wasn't very powerful last time, so not that."

Me: "We did add a lot, too."

Wife: "Yeah, it didn't make sense."



Gardening

B J E M L Z H E S O R N A W
 V O R D X T U P G M Y I K O
 H L Z S C N J B E D F Q R
 U X G R O W E A H K R A P M
 Q D Y T N I D O L C S E E D
 M H E J B F R G U P K L R X
 Y P C A Y S A Z N I T V E J
 E W K Q D M G B H O R F W U
 L O S T C E J O Y A P O N
 G L Y W K U N R A D Q Z L I
 P T O S E H S U B R M C F X
 I Z N K R E L Q W A T E R O
 M D I G U X D P E V C H T B
 R W T A F O V S Z N L Q J S



Flower Power

F I E L K Z U S Y E N O H
 N P B S A G Z Q T T P F Y
 G B N L R Z I Q D A I S Y
 P O J F G O Y F E L O I V
 R L G D I H E R O J B Q
 H E A E L Q B U G X I B X
 H Y W Y R O V Q S Q Y L I
 Q S F O E A G M P F S Y X
 U L U S E N N I R Q N X A
 M R Q W X T D I R O A C S
 L T U L I P N E U A P E T
 C K V C E X S U R M M X E
 D A F F O D I L S D M S R



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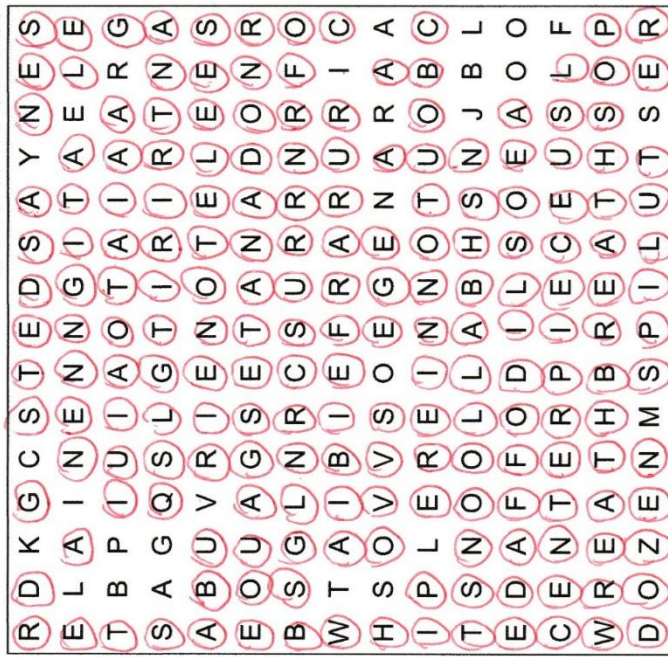
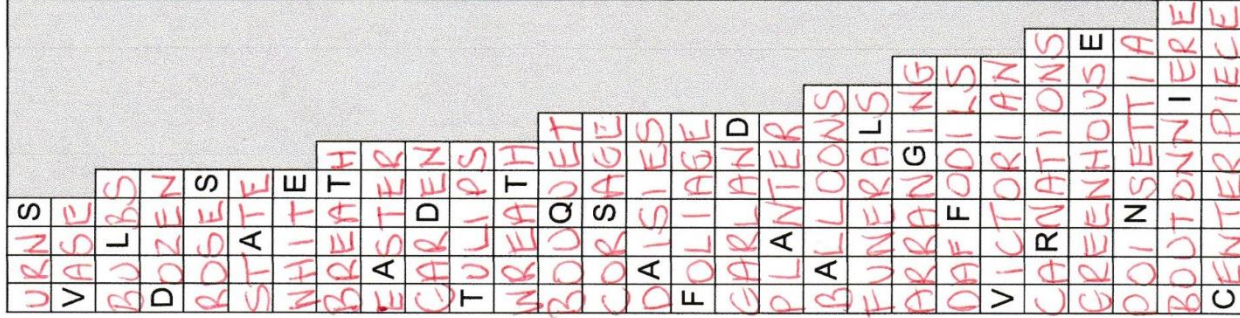
Mall	Waltz	Melbourne	Beech	Squirrel	Jazz
Berlin	Sand	Mouse	Toyota	Fall	Birch
Cedar	Ford	Hyundai	Shawl	Topaz	Billy
Whiz	Eucalyptus	Raccoon	In	Elm	Denver
An	Mazda	Chiptz	New York	Suzuki	Ball
Brisbane	Call	Honda	Corvette	Hourglass	Porsche
Hare	Cypress	Jakarta	Wall	Rabbit	Kibbutz

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4	1	7	3	8	7	0	9	8	0
2	8	1	4	2	2	2	5	5	7
7	6	7	2	0	0	2	0	3	5
2	0	5	3	5	8	0	1	3	2
1	5	6	3	7	2	5	5	0	8
9	7	2	2	6	0	4	0	7	5

Sand in an hourglass

FLOWERS!

- Flower filled ___ can be moved from a wedding to the reception
- A ___ can be made of crystal, glass or plastic - depending on budget
- Orchids, gladioli, lilies and dahlias are grown from ___
- A ___ red roses is a sign of love and devotion
- In 1400s the English Yorks and Lancasters fought the War of the ___
- Every ___ and Province has a specific flower as a symbol
- The color ___ stands for purity in love
- Baby's ___ is a common addition to floral displays
- The ___ Lily: white trumpet shaped flower that blooms in the spring
- Turn an area of your yard into a flower ___
- Thousands of people travel to Amsterdam to see the ___
- This arrangement can be seen at funerals or during the holidays
- Brides toss these at the end of their reception
- A small flower arrangement that can be worn on the wrist
- Dandelions or ___ can be woven together to make a fetching crown
- Green ___ of different sizes adds to a arrangements allure
- A ___ is a rope of flowers and leaves that can adorn pews or staircases
- A large ___ of flowers can be placed on a deck, balcony or windowsill
- To make a gift more festive attach Mylar ___ to the bouquet
- Send flowers for congratulations, new babies, Valentines and ___
- People can take classes in flower ___
- Jonquils are often confused with ___
- In ___ times each flower and its color had a unique meaning
- ___ come in many colors - you can even dye them yourself
- Where flowers are grown if the weather is too harsh
- This tropical flower is a popular gift over winter holidays
- Grooms wear one of these in their lapel
- A floral arrangement meant to be set on a table



Enter unused letters from puzzle, in order:

K C Y E L I E B P R

A G N T I S O N R A

L J B L O O F M S

Copy boxed letters to form your hidden message:

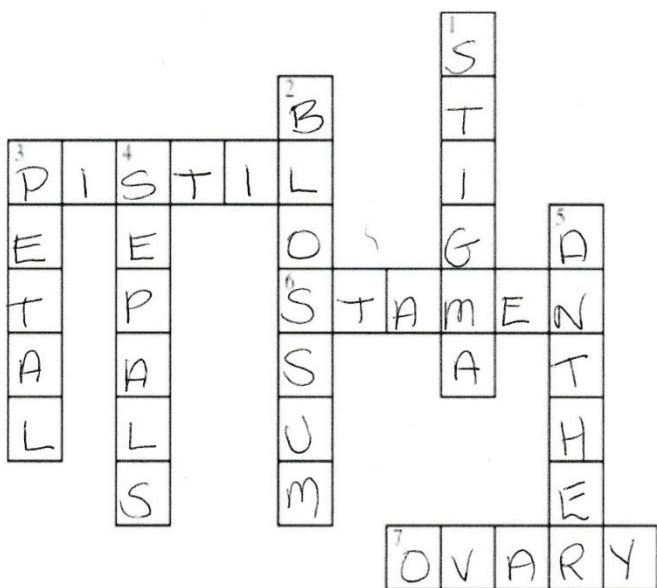
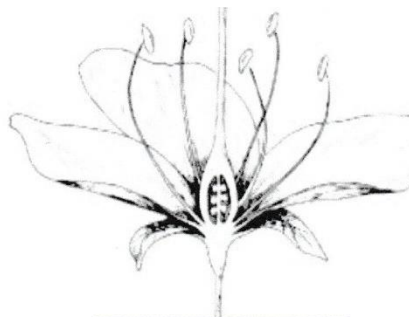
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Word Bank

pistil
stamen
ovary
sepals
stigma
anther
blossom
petal



Picture Puzzler



If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  S

2. Find a letter that is in  but not in  M

3. Find a letter that is in  but not in  I

4. Find the letter that is in  but not in  L

5. Find a letter that is in  but not in  E

Write your letters again here to spell a happy word: Smile