



# Medieval Monks

## Make a Lavender Bag



Medieval monks grew their own food and herbs.

A monk called an Almoner looked after the herb gardens. Monks used herbs in medicines and took care of the sick.

Lavender (Latin word *Lavendula*) would have been used to calm nerves, help sleep and cure headaches. It was also used to wash and mask bad smells -quite common in medieval times!

Have a go at making your own medieval lavender bag.

### You will need:

- A square of material
- A piece of twine string
- Some dried lavender
- A spoon

### How to make:

1. Lay your piece of material flat.
2. Carefully scoop 2-3 spoons of lavender into the middle of the material 🦉
3. Lift the four corners together and gather to make a bag.
4. Ask someone to help you tie the twine tightly around the opening 🦉
5. Take your medieval lavender bag home, you might like to hang it by your bed to help you sleep.

Watch out for this sign 🦉 - it means adult help is needed for this step  
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