



Explore and Create

A nosegay or posy



Nosegays were small bouquet of flowers or a sprig of sweet smelling herbs. They were used to keep unpleasant smells at bay and were held in your hand or pinned onto your clothes. Nosegays were popular at a time when running water was not a common sight in people's homes!




People would hold it up to their noses to sniff and stop them from smelling anything unpleasant...like other people!

Avoid bad smells, by making your own portable posy

You will need:

- Small handful of herbs and/or flowers (please pick responsibly)
- Scissors
- Piece of ribbon, string or twine

How to make:

1. Choose what herbs and / or flower you would like to use and put them together with their stalks at the bottom
2. Cut a piece of string / twine. 
3. Holding one end, tie this around the stems several times and tie the two ends together. 
4. For ease of access, you can either attached it loosely to your wrist, with the leftover string/twine or to your collar with a safety pin. 
5. You now have your own whiff deterrent to avoid unpleasant pongs!

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

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