

Calming Crystals Club

Find your center! Create art, make herbal remedies, practice mindfulness, discover the power of crystals, share stories, all the while learning about the world around us at this hands-on club!

All materials are supplied. Please let us know you're coming so we have enough materials!



Meets Thursdays at 3:00 PM

Open to all in grades 6 -12

www.woodburylibraryct.org



PLANT LIFE

MARCH 23: Plant Care & Propagation

Join Library staff member Katie Baker and delve into the world of plants. You'll learn about a variety of plants and plant care. Paint a flower pot and plant seeds of intention for future you, along with a live, tiny plant to nurture and take home.

MARCH 30: Beeswax Candle Making

At this meeting, make a beeswax candle to take home. While you're making yours, learn about the endangered honey bee and plants you can put in your backyard to encourage the return of pollinators while enjoying a cup of peppermint tea (with or without a honey straw!).

SPIRIT ANIMALS

April 6: Leela & the Forest of Light

Join author Lin Northrup for a visit into the magical world of Leela. Leela is visited by Raven, the bringer of magic, who leads her into a mysterious forest to meet Fox, guardian of the world between worlds. Fox warns her that the animals, forests and oceans are in great danger because humans have forgotten their place in the circle of life. Learn about ancient wisdom, writing and storytelling in this meeting.



APRIL 13: A Visit with Familiars

Club member Aurora Rose will show the group some of her familiars including a chicken that likes to walk on a leash! She will also talk about the animals she connects with. Familiar spirits are commonly small animals, such as cats, rats, dogs, ferrets, birds, frogs, toads and rabbits. In some cultures, they are believed to be guardians or helpers. An individual may summon their familiar when they need protection, guidance, or healing. In other cultures, they are viewed as a source of power, wisdom, or divination.

MINDFULNESS

APRIL 20: A Jar of Inspiration

Using affirmations can support your creative self, and mindfulness allows you to be present in the moment. You'll decorate a jar and fill it with positive thoughts and a few crystals. Draw an affirmation from the jar when you feel you need a reminder of your strength and abilities.

APRIL 27: Mandala Stones

Mandala stones are meditative symbols that are created by painting smooth river rocks with intricate patterns of dots. The art and practice of creating the mandala is a form of meditation, a soothing ritual that allows the painter to express their creativity and find a sense of calmness. Using special 'dot' tools create beautiful stones for your personal space or the world outside.

BIBLIOPHILE

MAY 4: Tiny Book Making

Learn a little about the different styles and the history of book making and then create your own tiny book to take home. All recycled materials will be used to make it!

MAY 11: Beaded Bookmarks

Take a little time to share your favorite books with the group while creating a bookmark using beautiful beads and charms of your own design. Enjoy a cup of herbal tea, too.

TREE HUGGER

MAY 18: Wind Chimes

Wind chimes have been around for thousands of years. Clearly our ancestors knew what we know today – wind chimes bring a unique, soothing musical presence to outdoor spaces. Hand paint a wind chime for your backyard while listening to soothing music.

MAY 25: Earth Art

Weather permitting, we will head outside and create with nature. We will make nature prints using objects we find outside such as feathers and leaves. We'll also create stone cairns (and learn about what they are & where they originated!) placed in quiet spots around the library.

