



SUITABLE FOR AGES 2-7

SMELLS THAT MAKE YOU FEEL DIFFERENTLY

Lavender has known powers of calming and settling, perfect (we think) for children wound up due to anxiety or excitement. Make this ahead of time for your class and keep in an air-tight container until you need it.

You can substitute lavender for different smells to elicit multisensory results. Try oranges or lemons and see how these smells can make the children feel differently.

LAVENDER PLAYDOUGH

This playdough is multisensory which means it's calming to play with and to smell.

YOU'LL NEED

- A good handful of fresh or dried lavender
- 2 cups of plain flour
- ½ cup of salt
- 2 Tbsp of olive oil
- 2 Tbsp of cream of tartar
- 1-1 ¼ cups of boiling water added slowly

INSTRUCTIONS

- 1** Chop up the lavender stalks into small pieces and scrunch the flowers into small lumps and individual petals.
- 2** Put all ingredients into a bowl, then add in the water bit by bit to get the correct consistency. Add more flour if the dough becomes too wet.
- 3** The more you work the dough the more fragrant the lavender will become. Add more flowers if you feel you need more. You can also add a few drops of lavender essential oil.
- 4** This should keep in a container in the fridge for at least a few weeks.

