

Aromatherapy Playdough

Ingredients

1 cup flour
½ cup salt
1 cup water
1 teaspoon cream of tarter
1 ½ tablespoons oil
Food coloring
½ teaspoon essential oil

Instructions

1. Mix all ingredients together in a pot (except for food coloring and essential oils- add later)
2. Stir until combined. Add food coloring. Ensure it is mixed well (no flour clumps)
3. Cook over medium heat for about 30 seconds to a minute.
4. Add a 1/2-teaspoon of essential oil. Continue cooking, stirring constantly.
5. The dough will get clumpy and then start to pull away from the sides of the pan. Once it starts pulling together in a ball, it's done. Take it out of the pan immediately.
6. Place the cooked dough on wax paper and knead a few times until smooth.
7. Store the dough in an airtight container so it won't dry out. Storing in the fridge lasts longer

*Note: Many essential oils have natural healing properties.

Grapefruit Oil- increases focus and memory (orange or red)

Lavender- Calming and relaxing (Blue or Purple)

Eucalyptus – Stress and anxiety relief (Green)

Mind Jar

Ingredients

1 mason jar
½ bottle of Elmer's glitter glue
4-5 sprinkles glitter
2 drops dish soap
Super glue
hot water

1. Put ½ bottle of Elmer's glitter glue into a mason jar.
2. Fill ¾ up with boiling water (Use hot water if using a plastic container so it doesn't melt).
3. Mix well with a spoon until glue dissolves in water.
4. Add additional glitter and fill the rest with water.
5. Add 2 drops of dish soap (It breaks the surface tension of the water).
6. Super glue lid on.