

**PURPOSE** //

- Relax and de-stress
- Encourage sensory, calming Therapeutic Play

OBJECTIVE //

- Stimulating the sense of smell and touch

INSTRUCTIONS //**Materials**

- 2 cups flour
- 2 cups colored water
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- Lavender Oil
- Peppermint Oil
- Zip bags
- Printable Labels (Template below)

Assembly

1. Combine all ingredients, except for essential oils, in a large saucepan and stir until combined.
2. Once combined, put over medium heat. Using a spatula, continue to stir ingredients together until it forms a ball. Note: Don't overcook as it will lead to dry play dough.
3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favorite essential oil and knead until thoroughly combined.
5. You're done! Just store in an air-tight container in the refrigerator for months of fun.
6. Put play dough in bags and attach a label to give to students.

Application

- Offer students play dough to play with the dough to relax and de-stress
- Print the templates (Find them below)



Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:





Erika's Lighthouse®

Relax and de-stress. Enjoy this aromatherapy play dough from the Erika's Lighthouse Club.

If you're concerned about yourself or a friend,
talk to a trusted adult!



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