

# Relaxing Play Dough

This is a helpful activity which can help children and young people find a sense of calm. The Play Dough uses lavender essential oil which is known to aid feelings of relaxation. The tactile sensation of the dough also helps children and young people to relax and process their thoughts and worries.

Making things can be a brilliant aid to conversation. This activity could be used as an opportunity to talk through the worries or anxieties your child or young person may have.

## What you'll need

- 1 cup of flour
- 1/2 cup of salt
- 2 tbs of cream of tartar
- 1 tbs of oil
- Food colouring (we used Purple)
- 1 cup of boiling water
- 1/2 teaspoon of Lavender Oil



## What to do

- Mix all ingredients except the boiling water together into a large mixing bowl.
- Combine the purple food colouring and the Lavender Oil into the boiling water \*this is a job for adults\*
- Make a well in the centre of the dry ingredients and pour in the water, mix well and then turn onto some baking paper to cool.