

## Lavender putty

**Lavender putty can be a great tool to use to support children's well-being. Find out how to make it with our recipe and activity guide.**

Lavender has been closely linked to relaxation and some studies suggest it helps with anxiety and fear.

Exploring play dough, putty and clay are all ways to get the fine motor skills moving and this Lavender putty guide will get senses tingling too!



### Learning aims

- To use the playdough/putty to explore different textures and smells
- To develop fine motor skills, experimenting with different grasps and movements
- To use descriptive language whilst sharing the activity with others.

### Resources

- 1 cup of flour
- 1/2 cup of salt
- 3 tbsp cream of tartar
- 1 tbsp oil
- 1/2 cup of boiling water
- 10 to 20 drops of lavender essential oil
- Purple food colouring (or another colour that calms you)
- Biodegradable glitter (optional).

### Activity outline

1. Combine the flour, salt, cream of tartar, oil, boiling water and lavender essential oil in a mixing bowl
2. Stir until mix is a putty-like texture
3. Add the food colouring and stir again
4. The best part! Add glitter to your mixture. If you choose not to add glitter, you may need to add more flour, so the mixture isn't too sticky
5. Wait about 20 minutes until your putty is cool
6. Encourage children to squeeze and squish the putty between their fingers
7. Talk to them about how it feels and smells.