



Equipment

- 2.5 cups of all-purpose flour
- 1 cup of salt
- ¾ cup of warm water
- 5 tbsp of vegetable oil
- Food colouring
- Essential oils






Scented Playdough

Instructions

- Mix flour and salt in a bowl
 - Add water
 - Add food colouring if wish
 - Add vegetable oil
 - Add 2-4 drops of essential oils
 - Lavender- relaxation, orange and lemon- uplifting, chamomile- relaxing, pine needle- purifying and centring, rosemary- uplifting
- (note: this oil is not recommended for children younger than 5)
- Knead mixture until it becomes a dough
 - Store in a plastic container with a sealed lid or clingfilm

Senses

Visual	
Olfactory	
Touch	
Proprioception	