

ACTIVITY

Homemade Aromatherapy Playdough Recipe



Photo Credit: Alexas_Fotos Pixabay

Making aromatherapy playdough can be a soothing activity enjoyed by parents and children. Using calming essential oils such as lavender paired with the stress relief that comes with squishing playdough, parents and children can enjoy a relaxing activity together. No essential oils? No problem! [The Stay at Home Educator](#) offers an easy recipe with materials that are likely readily available in your home (or experiment on your own with spices and other fragrant items you have in the house).

For video instructions (with a slightly different recipe) click here: [HGTV](#)

Grade Level: Pre-K

Tags: Art, Sensory

Developer: Karena Rush

Credit:



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