

Lavender Playdough



Just having a tub of play dough to hand can act as a distraction, giving the young person something to focus on during difficult emotions they're having. They can squeeze it and stretch it to relieve tension.

You will need:

- 1 cup of hair conditioner
 - Purple food colouring
 - Lavender oil
 - 2 cups Cornflour
1. Place hair conditioner into a medium bowl and add a few drops of food colouring
 2. With a spoon, mix the colouring, and a drop of lavender oil through the conditioner.
 3. Add 1 cup of cornflour and stir. Then add the last cup of cornflour to the mixture.
 4. Constantly stir the mixture until it begins to form a thick blob.
 5. Turn the play dough out onto a clean surface and knead into a smooth ball with your hands. Add more cornflour if the play dough is sticky.
 6. Store in a plastic zip lock bag or air tight container.