



KS2 Home Learning

Messy Play activity- **Anti-stress lavender putty**

Here is an activity which not only smells nice but feels nice to. It can help you calm and ease anxiety.

Things you will need

- Flour (cup full)
- Salt (cup full)
- Cream of tartar
- Spoon of oil
- Lavender essential oil (few drops)
- Boiling water (adult supervision required)
- Food colouring
- Glitter
- Bowl
- Wooden spoon



Follow this link for a video tutorial if needed;

<https://hellogiggles.com/lifestyle/anti-stress-lavender-putty/>

Activity

This activity requires adult supervision as boiling water is used. The link above shows each stage of making the putty and what is required it may be nice to watch together before you collect the ingredients and go. Although the putty is purple you could use any colour which has a calming effect on your child or make several batches in different colours.

1. First collect all the ingredients and bowl and spoon to mix.
2. Add flour and salt to bowl.
3. Next add cream of tartar and oil.
4. Then add few drops of essential oil and the boiling water and mix.
5. When a dough consistency forms add a few drops of food colouring and mix again.

6. Now add glitter (not essential) and mix again.
7. Wait 20 minutes until cooled then enjoy.
8. store in a zip lock bag or a plastic container to preserve the length of use.