Aromatherapy Playdough

**Ingredients**
1 cup flour  
½ cup salt  
1 cup water  
1 teaspoon cream of tarter  
1 ½ tablespoons oil  
Food coloring  
½ teaspoon essential oil

**Instructions**
1. Mix all ingredients together in a pot (except for food coloring and essential oils- add later)  
2. Stir until combined. Add food coloring. Ensure it is mixed well (no flour clumps)  
3. Cook over medium heat for about 30 seconds to a minute.  
5. The dough will get clumpy and then start to pull away from the sides of the pan. Once it starts pulling together in a ball, it’s done. Take it out of the pan immediately.  
6. Place the cooked dough on wax paper and knead a few times until smooth.  
7. Store the dough in an airtight container so it won’t dry out. Storing in the fridge lasts longer  

*Note: Many essential oils have natural healing properties.  

Grapefruit Oil- increases focus and memory (orange or red)  
Lavender- Calming and relaxing (Blue or Purple)  
Eucalyptus – Stress and anxiety relief (Green)

Mind Jar

**Ingredients**
1 mason jar  
½ bottle of Elmer’s glitter glue  
4-5 sprinkles glitter  
2 drops dish soap  
Super glue  
hot water

1. Put ½ bottle of Elmer’s glitter glue into a mason jar.  
2. Fill ¾ up with boiling water (Use hot water if using a plastic container so it doesn’t melt).  
3. Mix well with a spoon until glue dissolves in water.  
4. Add additional glitter and fill the rest with water.  
5. Add 2 drops of dish soap (It breaks the surface tension of the water).  