



LAVENDER DOUGH IMPRINTS

Materials you need:

- A batch of playdough using your favourite recipe. You might like to try this [easy microwave recipe](#).
- Purple food colouring or edicol paint dye
- Lavender essential oil
- Lavender flowers from the garden if you have them or just use some leaves, flowers, bark or twigs from the garden- anything that will make an imprint in the dough when pressed firmly.

Setup for play:

- When making the dough add a couple of drops of colour and lavender oil to the mix (not too much or it will become overpowering).
- If you have access to lavender flowers knead some of the petals into the dough – let the children do this when the dough has cooled a little.
- Show the children how to knead and flatten the dough with their hands then press leaves and other items into the dough to create imprints. If you can get some lavender flowers or stems it really adds to the experience and you can help them connect the smell to the plant and textures.

What are they learning with this activity?

As they play with the dough the children are learning to:

- Use descriptive language to describe textures, materials and actions.
- Compare and identify textures, smells, and colours
- Increase eye-hand coordination and dexterity skills needed to manipulate objects
- Manipulate objects to explore cause and effect
- Strengthen fine motor muscles and control
- Explore and manipulate the various textures and mediums
- Express themselves creatively while investigating and experimenting
- Identify, name and mix colours
- Use their senses to explore natural materials

Extending the play:

- Try using the different medium of DIY white clay [using this recipe](#) to create imprints then harden the creative efforts in the oven.
- Plant some lavender in a pot or in the garden along with some other fragrant flowers or herbs to create a mini sensory garden the children can explore.
- Make some [lavender perfume](#) in little bottles.

