

Keep Calm and Craft: Lavender Playdough

We are celebrating Open House 2020 with a calming craft! Take a deep breath, inhale the essential oils and learn how to make your very own non-bake lavender playdough...

Herb gardens, heritage and Hillingdon

As part of Open House 2020, we will be celebrating the wonderfully tranquil gardens of the borough. Lavender, which we're scenting our playdough with, grows in many of the gardens, adding colour and a wonderful smell. It's also very popular with bees!

Pictured here are two of our most beautiful and award-winning heritage sites. Not only are they both steeped in history but they also provide vitally important spaces for relaxation and enjoyment and are Green Flag Award-winning green spaces.

Manor Farm in Ruislip is a high-status Grade II listed Tudor building, with many original features remaining. It contains beautiful green space, including an orchard, a bowling green, a herb garden, the moat around the ancient motte and a duck pond!



Eastcote House Gardens is a tranquil green space, with Grade II listed buildings. It includes a historic walled garden, wildflower meadows, a topiary garden and the Jubilee Orchard, and is linked by a footbridge over the River Pinn to an ancient water meadow.



Time to craft!

What you will need:

Disclaimer: This craft uses essential oils, food colouring and boiled water. Please ensure that the oil and colouring is patch tested first and that an adult handles the boiled water.

- 120g plain flour
- 2 tablespoons oil (olive, vegetable or coconut)
- 4 tablespoons lemon juice
- 8 tablespoons of calming Epsom Salts (regular table salt will also work)
- Lavender essential oil
- Purple food colouring
- 235ml boiling water
- Dried lavender (you can buy dried lavender or, with permission, pick some from the garden!)

What you will need to do:


- With an adult's help, put the salts in a bowl and pour the boiling water over them. Wait for the salts to **dissolve!** *This means they will disappear.*
- Mix the flour, oil, and lemon juice in a separate bowl.
- Add both mixtures together and stir.
- Time to add the lavender oil! Carefully drop in as much as you prefer.
- Time to mix again! You may need to add more water if the mixture is too dry or more flour if it is too soggy. Once you have the perfect texture, put the mixture onto a clean surface and **knead** until it is playdough! *Knead means to squeeze and massage!*
- Using your thumb, make a small dip in the middle of the playdough mixture and add the food colouring.
- Knead it until you get the colour you want – the more you knead the more solid the colour will be.
- We added crushed, dried lavender for texture. Why not add some glitter too?

Well done! We hope you enjoyed making your calming lavender playdough. Please share your creations with us online!

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