

Sensory Lavender Rice & Chamomile Dough for Dementia

Here are some calming sensory activities that are particularly suitable for residents living with dementia. They include familiar scents, kneading and shaping.

Chamomile Play Dough recipe

Ingredients

- 2 cups plain flour
- ½ cup salt
- 2 teaspoons oil
- 2 Tablespoons of cream of tartar
- Up to 1.5 cup of water
- 2 bags of chamomile tea
- 3 drops of essential rose oil

How to make

- Boil 1.5 cups of water and brew the two chamomile tea bags for 5 minutes.
- Remove the tea bags and wait for the water to cool.
- Mix the dry ingredients plus the two oils and pour in the chamomile water, mixing as you go. The mixture will be sticky just like bread dough.
- Turn onto a surface and knead for 10 minutes until it becomes smooth, pliable and non-sticky - if needed add a half teaspoon of flour.

Sensory Lavender Rice Tray

Ideal for those with special needs to experience the calming scent of lavender and improve motor skills by scooping, turning, filling, squeezing, and separating.

Ingredients

- A wooden/plastic/metal tray
- Paper towels
- 2 kg Rice

Sensory Lavender Rice & Chamomile Dough for Dementia

- A bowl to dye the rice
- 8 teaspoon of white Vinegar
- ¼ teaspoon blue food colouring
- Fresh or dried lavender flowers
- Wooden spoons, small bowls, cups
- 3 or 4 drops of essential lavender oil

How to make

- Line the tray with paper towels.
- Place the rice in the bowl and add ¼ teaspoon of blue food colouring plus 3 or 4 drops of lavender essential oil /
- Mix well to distribute the colour (put a little more food colouring as desired).
- Pour the rice onto the lined tray and spread out for fast drying
- Place tray in the sun for a couple of hours or leave it overnight for drying.
- Give residents the lavender flower branches to pick and mix with the rice.

NOTE: Supervision is necessary at all times for safety reasons.