

Lavender Sachet Activity for Seniors : Embrace Relaxation

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Materials Needed:

1. Fabric squares or handkerchiefs (6x6 inches or preferred size)
2. Dried lavender buds or Rice grains
3. lavender scented oil
4. Funnel or spoon for filling
5. Ribbons or elastic bands (for decoration)
6. Scissors
7. Fabric glue or fabric adhesive dots

Step-by-Step Guide:

Step 1: Gather the Materials

Start by preparing two fabric squares of the same size, ideally 6x6 inches. Choose soft and breathable fabrics that will hold the scent well. You'll also need fabric glue or adhesive dots and decorative ribbons for later.

Step 2: Glue the Edges

Apply fabric glue or adhesive dots to three sides of one fabric square, leaving the top side open. This will create a pouch to hold the dried lavender buds or rice grains.



Step 3: Fill and Scent the Sachet

Once the glue has dried, carefully fill the pouch with dried lavender buds or rice grains. If you desire a stronger fragrance, add a few drops of lavender scented oil directly into the pouch. Gently squeeze the sachet to mix and evenly spread the scented oil.



Step 4: Seal and Decorate

After adding the lavender or rice and scented oil, seal the open top of the pouch with fabric glue, ensuring the contents are securely enclosed. Get creative and add a personal touch by using decorative ribbons to embellish your lavender scent sachet. Tie a bow or create your unique design to make the sachet even more charming.



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