

# Lavender Bags

*Creativity applied to anxiety (Activity 5/12)*

## DESCRIPTION: LAVENDER BAGS

Lavender is a wonderful herb used for thousands of years to help ease anxiety and promote calm and ease. The activity that follows can be done as a group or individually. Smelling lavender can have an instant soothing effect on our nervous system and senses. In this activity, we will be making lavender bags using dried or fresh lavender. When we touch lavender and work with it, it releases its healing aroma.

## OBJECTIVES

1. To calm and soothe anxiety.
2. To engage in an activity that involves dexterity and also has an end physical result with something to keep at the end (the homemade lavender bag, which releases the calming aroma when touched or even when nearby).
3. Can be a lovely calming yet interactive group activity or one-to-one.

## RESOURCES AND MATERIALS

1. Dry lavender (available in health food shops) or fresh lavender cut straight from a plant (can be easily grown in window boxes or pots)
2. Cotton muslin drawstring bags (e.g. you can buy 50 of these on Amazon for only 8 Euro)
3. Scissors
4. A small tray or bowl to chop the lavender into
5. Some hand wipes to wipe hands when finished
6. Some rice to add weight (optional)

## IMPLEMENTATION - INSTRUCTION

1. Decide if it's a group activity or a one-to-one activity.
2. Decide if you are using fresh or dried lavender.
3. If fresh, pluck the lavender heads off the plant and then chop them into small pieces.

## When you have the Lavender Prepared

4. Fill the little bags with the dried or fresh Lavender.
5. You can add in the rice if you would like to give the bags some weight.
6. Pull the strings to close the bag and Enjoy!

## POSSIBLE MODIFICATIONS

1. Flower heads can be put in whole if cutting with scissors is difficult.
2. A spoon or other scooping and pouring apparatus can be used if this makes it easier when you are using the dried herb.
3. If it's a group activity, some might like chopping, whilst others might like filling or some may be able for some parts and not others. Try to find a way that everyone can be involved.
4. Holding the bag open can make it easier to fill for some.

## EXPECTED RESULTS

We expect the elderly person's anxiety to lessen with this activity and with the help of this herb's aroma.

We expect the person to enjoy the social side of the activity and then to feel a sense of pride in having made the Lavender bag.

We expect the Lavender bags to be used as their own personal tool to give it a little squeeze whenever they feel anxious and to release the calming and soothing aroma.