

Autumnal Potpourri

Introduction

This is a lovely sensory activity that has the benefit of making your home smell absolutely lovely. Potpourri is also a great gift to take to individuals who aren't able to come out of their rooms.

This craft is a great opportunity to get out on a country or park walk and see what you can find. Make sure items are clean and insect free before use. Other items can be bought at most supermarkets or florists.



What To Do

In a shallow bowl, jar or small basket arrange a combination of any of the following: small fir cones (larch cones are ideal), dried flowers, lavender, woody herbs (such as rosemary and thyme), cinnamon sticks, star anise, cloves, small bits of dry bark and dried leaves that are not likely to crumble up. Then sprinkle over a few drops of essential oils.

Essential oils add a glorious smell. You only need a few drops, but you can add more each week to keep the potpourri smelling nice. There are many different ones to choose from, such as lavender, peppermint, orange and eucalyptus. These oils are also a useful addition to an activity coordinator's cupboard for when you are doing sensory activities.

Add a few dried orange and lime slices to your mix for extra colour and scent. You can buy these from florists or make them yourself. To do this, slice the fruit into 1 cm thick slices. Arrange on a metal grill above a roasting dish. Dry in a cool oven (about 65 degrees) for approximately four hours until dry.

The Sensory Experience

Chat one-to-one about the smells from the potpourri. What words come to mind? Or for those with little verbal communication, what pleasant responses are there?

