



Lavender Sachets



Lavender Sachet Activity



Objective: Kids will make a lavender sachet to keep under their pillow, helping them learn about the calming properties of lavender and create a soothing sleep-time accessory. This activity combines sensory experience, creativity, and relaxation, making it a wonderful addition to your Snoriezzz bedtime ritual.

Materials Needed:

- Small fabric squares (cotton or muslin works well) about 6x6 inches* [HERE](#) is a to an inexpensive option or see below for a sachet from your house!
- Dried lavender buds (enough for a small handful per sachet) [HERE](#) is an inexpensive option
- Fabric markers or stamps (for decorating the fabric)
- Ribbon or string to tie the sachet
- Optional: a few rice grains (to add weight to the sachet)
- Optional: Lavender Essential Oil

*To create a sachet from things at home, you can use a small piece of fabric like an old handkerchief, a cut-up sock, or even a piece of pantyhose

A decorative wreath of lavender flowers and buds arches over the title. To the right, a stem of lavender with several large, light purple flowers and green leaves extends upwards.

Instructions:

- 1. Decorate the Fabric:** Let your child use fabric markers or stamps to decorate one side of the fabric. They can draw stars, hearts, or even their name. This is a chance to get creative!
- 2. Fill the Sachet:** Place a small handful of dried lavender buds (and a few rice grains, if desired for weight) inside your sachet.
- 3. Seal the Sachet:** Add the Ribbon: Tie a ribbon or string around the sachet for an extra decorative touch and to seal the bag.
- 4. Place Under the Pillow:** Now it's ready to place under their pillow! Encourage your child to take a deep breath smelling the lavender before bed to help them feel calm and relaxed.

Fun Facts to Share:

Lavender has been used for thousands of years for its relaxing scent and to help with sleep. Lavender is a flowering plant in the mint family and has beautiful purple flowers.



Share your Lavender Sachets with us @snoriezzz

Be sure to place them under your pillows like your Snory Godmothers!!

