



## Therapy Dough

### Great for fidgety hands!

- 3 cup white rice flour
- 3 cup corn starch
- 1 1/2 cup table salt
- 3/4 cup cream of tartar
- 6 cup water
- 6 tablespoon avocado oil (or fatty oil of your choice)
- 12 drops dye-free gel food coloring
- 20 drops of Young Living essential oils per 1/2 Cup of dough

Whisk the dry ingredients together in a saucepan. Add the avocado oil and food coloring to the water and stir.

Pour the wet ingredients into the saucepan and whisk to combine.

Over medium heat, stir constantly with a rubber spatula until all the liquid has absorbed and a ball of dough appears. About 5 minutes.

Remove from heat and place dough on a piece of parchment paper to cool.

When cool enough to handle, knead the dough until smooth. Divide dough into separate containers and add essential oils to each batch, and store in airtight glass or stainless steel containers.

Lasts approx. 6 months



This dough is helpful to kids and adults alike! Some children find it easier to pay attention in class if they have something to do with their hands. And even adults find it soothing during times of stress or nervousness.