

FRAGRANCE PROJECTS

- * Bring Back Memories
- * Promote Responses
- * Benefit the Withdrawn & Confused

FRAGRANCE PROJECTS FOR SENSORY STIMULATION was developed for confused, disoriented or non-responsive persons.

It was originally designed to be used by the therapist with assistance from the resident and on a one-to-one basis. However, these projects CAN be completed by those who can work on their own.

ALL activities can be accomplished quickly and easily.

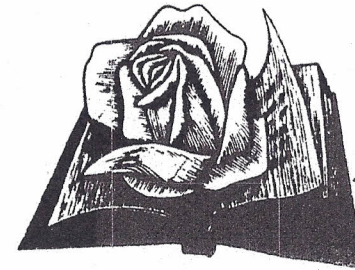
FUN FOR EVERYONE



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FRAGRANCE PROJECTS FOR SENSORY STIMULATION



by
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DRYING FLOWERS

Drying flowers, weeds and herbs may or may not be an activity some will choose to do. For those of you who would like to gather and dry your own materials, we offer five different methods. You may find that dried flowers, etc., can be useful in many other activities besides those suggested in this book. Be creative!

NATURAL DRYING

Materials

String or rubberbands
Flowers, weeds or herbs

Procedure

1. Collect small flowers, weeds, herbs from yards, fields, roadsides or gardens.
2. Tie into small bunches and hang upside down in a well-ventilated area out of the sun.
3. Use when thoroughly dry.

Types of flowers that dry well this way are:

baby's breath	yarrow
weeds	goldenrod
grasses	dock
seed pods	statice

SAND DRYING

Materials

Clean, dry sand; the finer the better
Box to hold sand

Procedure

1. Collect flowers
2. Line the bottom of the box with an inch or two of sand.
3. Blossoms should be resting lightly on the sand. Cover them carefully by sifting sand over the flower and between the petals until the entire flower is covered.
4. Place in a warm, dry place to dry for about one week.
5. Remove the sand and flowers very carefully as the petals will be brittle. Extra sand clinging to petals can be removed with a soft paint brush.

Types of flowers that dry well this way are:

marigolds
pansies
zinnias

SILICA GEL

This product can be purchased in craft shops. It is the easiest method of drying flowers but it is quite expensive. It can be reused by drying out the crystals in a warm oven, 250° F., for about ½ hour.

Materials

Plastic container with lid
Silica gel
Floral stem wire
Floral tape

Procedure

1. Remove stem from flower and insert floral stem

wire through the center of the flower. Be sure to bend wire where it goes through the flower to keep it from falling out. Wrap the artificial stem with florists tape, beginning at the base of the flower and continuing down the stem. This will help to hold the flower together.

2. Put one inch of silica gel in bottom of container.
3. Set flower in container and cover completely with silica gel.
4. When covered, place in cool, dark place for one to four weeks.* (See note below)
5. Remove carefully and use.

*This method is recommended for:

roses, daisies, carnations (2 weeks)
daffodils (3 weeks)
orchids (4 weeks)

It will also work with flowers already mentioned in other methods.

BORAX METHOD

The amount of humidity in the air affects drying time. The higher the humidity, the longer the drying time.

Materials

Borax (found in laundry section at grocery store)
Corn meal
Box in which to dry flowers

Procedure

1. Make a mixture of one part dry borax to ten parts dry cornmeal.
2. Cover bottom of box with one inch of this mix.

3. Put flowers in box face up and cover carefully.
4. Place in dry, dark area until dry, about one week.
5. Remove carefully and use.

This method can be used for flowers mentioned in the sand drying method:

marigolds
pansies
zinnias

MICROWAVE METHOD

Flowers can be dried in the microwave. Each method is different depending on the make of the appliance. General directions are as follows, but please check the microwave instruction booklet or write to the manufacturer before trying to do this.

Materials

Microwave container
Uncolored kitty litter or silica gel (both can be reused)

Procedure

1. Cut flower stems $\frac{1}{2}$ " long.
2. Spread a one-inch layer of drying agent in microwave container.
3. Place flower, bloom up, in container.
4. Carefully spoon additional drying agent over flowers.
5. Place the flower container and a 16 ounce glass measuring cup filled with water in the microwave.

6. Heat on power level 9 (about 190° F.) a few minutes depending on kind of flower.* (See note below)

7. Let stand for 8 hours or overnight.

8. Remove flowers and use.

It is best to choose brightly colored flowers which are half open and firm. White or pastel flowers may turn brown or gray. Deep reds may turn black. Yellow, rust and blue flowers look the best.

*Drying times:

Daisies.....	$\frac{1}{2}$ — 1 minute
Carnations.....	2 -- $2\frac{1}{2}$ minutes
Mums (small).....	2 -- $2\frac{1}{2}$ minutes
Roses.....	2 -- 3 minutes

SACHETS

Sachets are usually thought of as small squares of fabric stuffed full of lavender and then put into drawers to impart their fragrance. The following instructions describe a sachet that combines the use of readily available materials with the popular craft of candlewicking. The instructions demonstrate an easier way to achieve the candlewicked effect.

Materials

3 mm (1/8") pom poms for candlewick effect
Polyester fiberfill, cottonballs or facial tissue
Muslin, pieces of old sheets
Scraps of lace, lacy ribbons
Scented oil, powder or perfume
Thick craft glue
Pinking shears and scissors
Cardboard
Marking pen or chalk
Sandwich bags
Cotton swabs to apply glue if desired

Procedure

1. Cut out a 3" square pattern from cardboard.
2. Trace around cardboard onto muslin. You will need two squares for each sachet. Cut out muslin with pinking shears.
3. With marking pen or chalk, make simple dot design of heart, flower, etc., on one piece of the cut out muslin.
4. Put dot of glue on dot of pattern, then press on pom poms for the candlewicked effect until

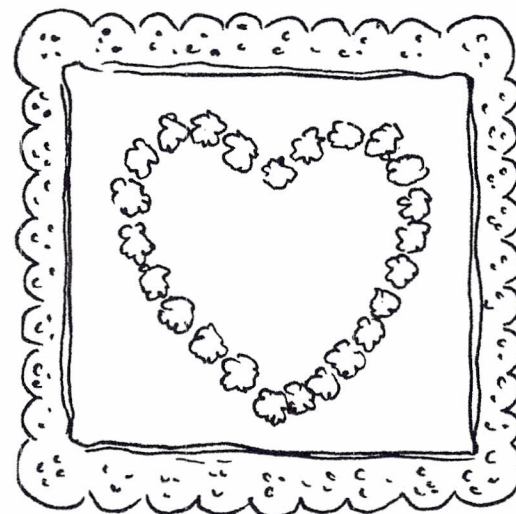
design is complete.

5. Apply drop of scented oil, sprinkle of powder or spray perfume on small piece of fiberfill, cotton ball or facial tissue.
6. Lay scented stuffing in the center of the second (bottom) square. Make sure edges of square are clear of stuffing material.
7. Cut ribbon or lace into 4 lengths to fit border of square.
8. Apply glue to bottom square.
9. Lay on ribbon sections leaving edges of ribbon extending beyond edge of muslin.
10. Apply glue to inner edge of ribbon.
11. Lay on "candlewicked" top square, pressing all edges firmly together.
12. Let dry.

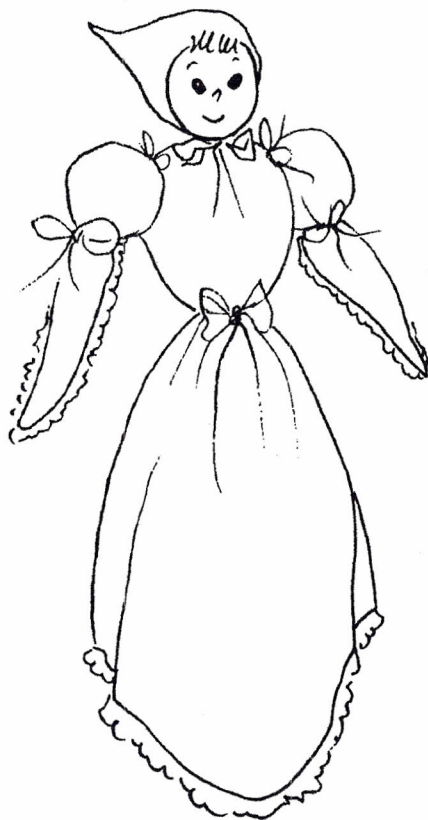
Use now to scent drawers or store in sealed sandwich bag for later use. The scent from powder or perfume usually does not last as long as scented oil.

Questions To Stimulate Discussion

1. What are sachets used for?
2. If you ever made a sachet, what kinds of flowers or scents did you use?
3. Did you ever own a "knotted" bedspread? How were the knots made?



"CANDLEWICKED" SACHET



HANDKERCHIEF DOLL

FRAGRANT HANDKERCHIEF DOLLS

These dolls are fun to lay on a pillow to fall asleep with or to set on a dresser for decoration.

Materials

One lace edged handkerchief,
plain handkerchief or
square of material for each doll
Lace trimming, etc., to sew around plain handkerchief or material if desired
Cotton balls or polyester fiberfill
Rubberbands, yarn or string
Scented oil, powder or perfume
Small remnant of coordinating material for scarf
Ribbon for decoration
Permanent markers for facial features
Pinking shears and scissors
Thick craft glue

Procedure

1. Sew trimming around edges of plain handkerchief or material square if desired.
2. Fold square handkerchief or material into a triangle with right sides out.
3. Grasp handkerchief in center of fold. This is where the head will be.
4. Add a few drops of chosen scenting material to cotton ball and stuff into head area. Shape it into a ball. Tie off with string, yarn or rubberband.
5. Place more scented stuffing into area below head to form small chest area. Tie off.

6. The area below this forms the skirt and is not stuffed.
7. Tie off area to each side of chest and stuff with scented cotton balls to form puffy sleeves. Tie off with string or yarn.
8. Cut a triangle from a fabric remnant with pinking shears to form scarf. Tie on head of doll.
9. Draw on facial features with permanent markers.
10. Decorate tied off areas of doll by tying ribbon around neck, waist and sleeves. Make bows more permanent by adding a small dab of glue where bow is knotted. This will also keep them from slipping.

The doll is now ready to scent a pillow or to decorate a dresser.

Questions To Stimulate Discussion

1. What was your (or your child's) favorite doll?
2. What playthings have you made yourself?
3. What do you think of the dolls which children play with today? (Show samples if possible.)

FRAGRANT CARDS

This is a good way to recycle used greeting and holiday cards.

Materials

Used greeting cards
Construction paper
Facial tissues
Scented oil, powder or perfume
Thick craft glue
Pinking shears
Hat pin or large needle
Envelopes if you wish to mail cards

Procedure

1. Cut out pictures on front of used cards with pinking shears. Rectangles and ovals are good shapes. If you wish to mail cards, be sure to cut them so they will fit into a standard mailing envelope.
2. Cut out verses you wish to use. Make sure that no trace of old writing is left on the card.
3. With pinking shears, cut out backing from colored construction paper.
4. Glue verses on one side of construction paper or leave it blank to write your own message.
5. Using one facial tissue per card, apply scent.
6. Fold tissue to fit inside card.
7. Place tissue between cut out picture and backing of construction paper with verse. Make sure verse is on the outside.

8. Glue the front to the back, lining up edges. Press edges firmly to make sure they are securely sealed.
9. Prick small holes with hat pin or needle into picture of card. If there is a picture of flowers, prick the holes in this area. This releases the fragrance when the card is pressed.

These cards are especially nice to send as get well cards. Scents such as pine and bayberry work well with holiday cards.

Questions To Stimulate Discussion

1. What kinds of cards did/do you send to family and friends?
2. What was the prettiest card you ever received?
3. What kinds of cards do you like (flowery, funny, etc.)?

SPICY DOUGH WREATH MAGNETS

Dough art and refrigerator magnets are very popular. This project which combines the two is a little more involved, but is not too difficult to master.

Materials

Dough recipe (see below)
Craft glue
Sandwich bags
Ground cinnamon or cinnamon oil
Whole cloves
Bits of ribbon for bows
Non-stick cookie sheet or one covered with foil
Wide metal spatula

Procedure

Dough recipe:

1. In one bowl, sift together:
1 cup flour
 $\frac{1}{2}$ cup cornstarch
 $\frac{1}{2}$ cup salt
2. In another bowl, stir: $\frac{1}{2}$ cup water into 1 teas. glycerin until thoroughly mixed. (Glycerin available at drug stores.)
3. Slowly stir glycerin/water mixture into dry ingredients until thoroughly mixed. You may have to add a little more water to get a pie dough consistency.
4. Knead for about 10 minutes until elastic and smooth.
5. Work with small amounts of dough at a time.

When working with the dough, it is important to keep the remaining portion covered in plastic wrap or in a sandwich bag as it does dry out quickly. If dough becomes sticky, refrigerate in plastic for one hour.

6. It can be kept for about a month in the refrigerator if kept wrapped securely and checked to make sure it is staying moist.

Fusing solution:

Thoroughly mix about one tablespoon of craft glue with one tablespoon of water. Set aside for later use. Keep the mixture covered.

This is used to join sections of the dough together and to make the cinnamon adhere to the wreath.

To make wreath:

1. Divide dough into 1" balls.
2. Divide ball in half and roll each portion into a rope about 4" long.
3. Take the two 4" ropes and dab fusing solution on one end of each rope. Overlap the ropes at one end only, pinching them together.
4. Instead of braiding in the usual way, lift one rope over the other, then lift the other rope and bring it over the first one until the entire length is twisted. This should keep it from breaking so easily.
5. Dab fusing solution on the ends of the twisted ropes and pinch together to form a circle about an inch in diameter.
6. Lift on to non-stick or aluminum foil covered cookie sheet with wide metal spatula.
7. Place whole cloves where they are wanted such as where the braid crosses.
8. Bake in pre-heated 325° oven for about one hour allowing them to brown slightly.
9. When cool, brush on fusing solution and sprinkle with ground cinnamon. Let dry.
10. Make bow from small bit of ribbon and attach to wreath with full strength glue.
11. Apply magnet, cut to fit on top and bottom of back of wreath with thick craft glue.

Variations:

1. Instead of cinnamon, you might use a prepared potpourri mixture or make your own mixture of crumbled oregano, basil and thyme to sprinkle on the wreaths.
2. Decorate with tiny straw flowers for a different effect.
3. To make colored wreaths, add a few drops of food coloring to the dough recipe.

These wreaths are very nice in the kitchen or on the side of a wheelchair. You can refresh the fragrance by applying a drop of cinnamon oil.

Questions to Stimulate Discussion

1. What baked goods have you made?
In what baked goods do you use cinnamon?
2. How did you decorate your kitchen?
3. What kind of refrigerator did you use?
(As about all the fancy conveniences new refrigerators have such as ice makers, self-defrosting features, etc.)

BALSA FLOWER PINS

These fragrant pins are made of balsa wood cut into petal shapes. You can save some work by purchasing doll house shingles which are pre-cut into a shape that looks like flower petals.

Materials

Balsa wood or pre-cut doll house shingles
Thick craft glue
Pom poms or peppercorns for flower centers
Pin backs
Construction paper or thin cardboard
Waxed paper for work surface
Scented oil or perfume
Paints - water color, tempa or acrylic
Scissors

Procedure

1. Cut a 2" circle from construction paper or thin cardboard. Place on waxed paper.
2. Cut out petal shapes from balsa wood or use pre-cut doll house shingles for the petals.
3. Put glue on cut out cardboard circle.
4. Glue narrow end of petals to cardboard circle overlapping petals until circle is finished. Narrow ends of petals should touch each other at the center of the circle.
5. Put drop of glue in center formed by petals.
6. Press pom pom or peppercorns in center.
7. Let dry.
8. Paint if desired and let dry.

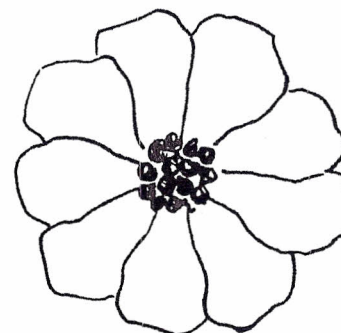
9. Spray with perfume or apply a drop of scented oil.
10. Glue pin back on to the back of flower with a very sticky glue.

People who like to wear fragrance but who cannot wear perfume can enjoy these pins. The flowers can also be made into refrigerator magnets by adding strip magnets to the back instead of pin backs.

Questions To Stimulate Discussion

1. What is your favorite piece of jewelry?
2. What is your favorite flower?
3. What other materials can you use to make flowers?

BALSA FLOWER



GRANDMOTHER'S FAN PIN

This pin, which provides another way to wear a fragrance, also makes a nice gift.

Materials

Calico or other material
Needles
Thread
Bits of lace
Polyester fiberfill or cotton balls
Thick craft glue
Pin backs
Pinking shears
Cardboard for pattern
Scented oil, perfume or powder

Procedure

1. Cut out fan shape on cardboard for pattern. Cut a little larger than you want the finished pin to be.
2. Trace onto two layers of fabric and cut out.
3. With right sides together, sew fabric together leaving opening along one side to insert scented stuffing.
4. Turn right side out.
5. Apply scented oil, perfume or powder to stuffing material and insert into fan shape.
6. Sew opening closed.
7. Sew lace along top of fan.
8. Sew on pin back and dab a bit of glue over

stitches to make them stronger.

These pins can also be made with less sewing as follows:

1. Cut fan shape pattern from cardboard a little larger than the finished pin size.
2. Using the pattern, cut material with pinking shears.
3. Scent stuffing material.
4. Lay stuffing on backing material making sure to keep it away from edges.
5. Glue lace to top of backing. Be sure to leave edge of lace extending beyond edge of backing.
6. Apply thick craft glue to backing.
7. Place top piece on backing; press glued edges firmly.
8. When dry, sew on pin back and add a dab of glue over the stitches.

Questions to Stimulate Discussion

1. Do you or have you ever had a piece of jewelry that belonged to your mother or grandmother?
2. What is the history of it?
3. Did you ever use a hand fan?
What kind was it?
Where did it come from?
On what occasions did you use it?

HOLIDAY BASKETS

These make attractive holiday decorations for your facility or to give as gifts.

Materials

Plastic fruit cartons in quart or pint size.

(Ask families to save them for you, or ask a grocer to donate a few.)

Various pieces of ribbon or yarn

Yarn needles if yarn is used

Pipe cleaners or chenille stems

Felt

Scissors

Pine cones

Mixture of equal amounts of glue and water in a container to dip cones

Ground cinnamon

Waxed paper on which to set cones to dry

Procedure

1. Dip cones into water/glue mixture and sprinkle with ground cinnamon. Set on waxed paper to dry.
2. Attach pipe cleaner to basket for the handle.
3. Weave ribbon or yarn in and out of openings on sides of basket.
4. Cut felt to fit the inside of bottom of basket.
5. Fill with dried, scented cones.

Variation:

A few weeks before you plan to do this project, put pine cones in a sealed container and put in a

few drops of scented oil such as pine or bayberry. The cones will absorb the scented oil, and the fragrance will last longer.

Questions To Stimulate Discussion

1. Have you ever gathered pine cones?
Where?
When?
2. What did they look like?
3. How did you use them?

SCENTED SNOWFLAKES

These may be hung individually in a window or strung together to make a mobile.

Materials

Cotton swabs - 4 for each simple style snowflake
Construction paper
Thread
Pinking shears
Thick craft glue
Scented oil or perfume

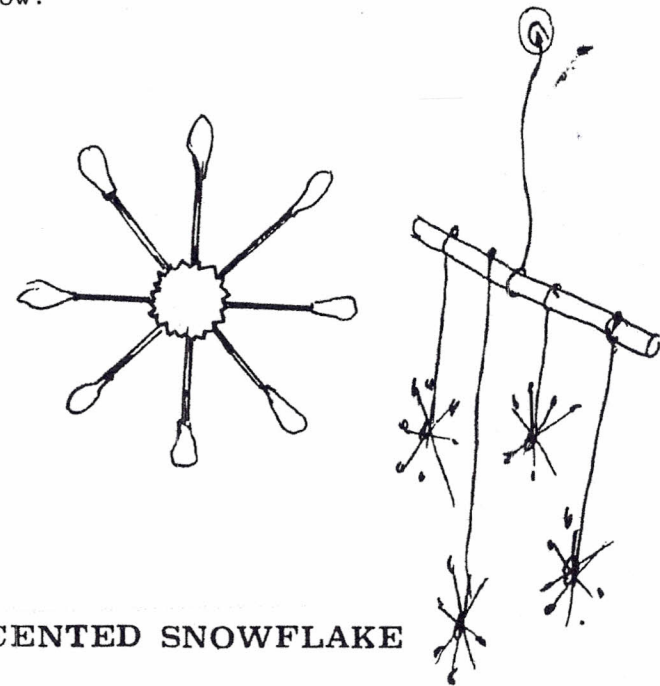
Procedure

1. Use pinking shears to cut two circles approximately 1" in diameter from construction paper.
2. Break 4 cotton swabs in half.
3. Apply glue to one construction paper circle and arrange cotton swabs on top so that the ends without cotton meet in the center of the paper circle.
4. Apply glue to the other construction paper circle and place over arranged cotton swabs.
5. Apply scent on cotton ends of swabs.
6. Let dry.
7. Tie thread for hanger on one cotton swab.

You can arrange a few completed snowflakes along a wooden dowel to form a mobile.

Questions To Stimulate Discussion

1. What is the worst snowstorm you can remember?
2. When you were a child, how did you have fun in the winter?
3. Have you ever made snowflake decorations another way?
How?



SCENTED SNOWFLAKE

CEDAR CLOSET BAGS

These not only make your clothes smell good, they will keep moths away.

Materials

Burlap
Cedar chips or shavings from pet store
Pinking shears
Rubber bands
Yarn or ribbons
Thick craft glue

Procedure

You can close these bags with a drawstring, or you can use the easy following method:

1. Cut out rectangles of burlap with pinking shears.
2. Glue the two rectangles of burlap together leaving it open at the top.
3. When thoroughly dry, stuff with cedar chips.
4. Close bag with a rubber band.
5. Tie yarn or ribbon over the rubber band for decoration.

These can be placed in a drawer or hung over hangers in closets.

Questions To Stimulate Discussion

1. What kinds of material do moths love?
2. How did you protect against moths?
3. Did you ever have a cedar chest?
What did you keep in it?
Was it a "hope chest"?

TUSSIE MUSSIE

Another project that is fun to make is the tussie mussie. Historically, this little nosegay was made with a rosebut in the center, surrounded by various herb leaves and encircled with a bit of lace. You can use any flower and any garden herb leaves. Scented leaf geraniums make a nicely scented leaf border.

Materials

Fresh flowers
Fresh herb leaves
Bits of lace
Small vase or bottle
Rubber bands
Water

Procedure

1. Make a nosegay using one fresh flower as the center.
2. Surround the flower with fresh herb leaves.
3. Add lace for decoration.
4. Use a rubber band to hold arrangement together.
5. Place nosegay in small vase or bottle filled with water.

Questions To Stimulate Discussion

1. What is your favorite flower scent?
2. Does that scent bring back a special memory?
3. What herbs do you enjoy as a seasoning in food?

CLOSING NOTES

Experiment with each of the projects that have been described, and vary them to suit your circumstances. For more ideas, you may wish to contact your state Horticultural Therapy organization. To locate a chapter near you, contact the National Association for Therapy and Rehabilitation Through Horticulture, Mount Vernon, Virginia 22121

SUPPLIERS OF SCENTED OILS

Check with your local craft store to find out what scented oils they carry. The following is a list of suppliers if you cannot find what you need locally.

1. Aphrodesia
28 Carmine St.
New York, NY 10010
2. Caswell-Massey Co., Ltd.
320 West 13th St.
New York, NY 10010
3. Countryside Products
Conneautville, PA 16406
4. Nature's Herb Co.
281 Ellis St.
San Francisco, CA 94102
5. Nichols Garden Nursery
1190 North Pacific Hwy.
Albany, Oregon 97321
6. S&S Arts and Crafts
Colchester, CT 06415
7. Scent Shop
550 Greenville Ave.-Suite 106
Dallas, TX 75206
8. Sunnybrook Farms
9448 Mayfield Road
Chesterland, OH 44026