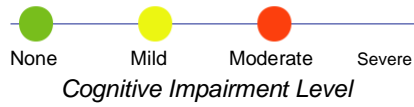


Art Activity

# Essential-Oil Diffuser Necklace



## Summary:

Residents use air-dry clay to form pendant necklaces that can be sprayed with essential oils for aromatherapy jewelry.

## Objectives:

- Promote decision making
- Facilitate creative expression
- Increase positive mood and self-esteem



## Supplies:

- Air-dry clay (Terra Cotta or white)
- Lid, cap or cookie cutter in the size and shape you want your pendant to be
- Straw or pen cap
- Cording (10 lb. cording for the necklaces with decorative beads, and thicker 48 lb. cording for those without)
- Wax paper
- Decorative beads (optional, 14mm size- they come in 15" strands, so you can use the left-overs to make a few aromatherapy bracelets)
- Stamp (optional, adds a bit of design)
- Essential oils of your choice
- Toothpicks or skewers (optional, only needed if you are making beads)
- Fine grit sandpaper (optional, finished pieces have smoother edges with light sanding)
- Superglue (optional)
- Rolling pin(s)

## Room Set Up:

- Seat residents at tables to work.
- Play soft, instrumental music:

 *Music, TV & Film > Jukebox*

# Facilitating the Activity

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## Procedure - Session 1

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1. Personally welcome residents to the group by saying each person's name and shaking each person's hand.

**Say:**

*"I'm so glad you're here for our art group today. We will have fun using clay to make beautiful jewelry. We can spray some lovely scents on this clay, so we can enjoy wear-ing them. Let's get started!"*

2. Distribute a sheet of wax paper and a small ball of clay to each resident.
3. Model rolling out/patting the clay until it is about ¼" thick. If you notice air bubbles as you begin to roll, use a toothpick or wooden skewer to pop them and then continue. Popping the air bubbles will result in a smoother surface to work with.
4. Press lid, cap or cookie cutter into the clay to create your pendant shape.
5. Now add the hole where you will string your pendant. For the larger holes pictured above, we used a Sharpie pen cap with the clip bent so that it was out of the way (for smaller holes, use a straw).
6. If you're using a stamp to add design, now is the time to press it into the clay.
7. Peel away the clay from the pendant and allow it to dry for 1-2 days.

**Say**

*"Thank you so much for joining our group today—I think we all had fun making our pendant necklaces! We will let them dry for a day or so, then get them back out, add essential oils, and enjoy wearing them!"*

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## Procedure - Session 2

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1. When pendant is dry, lightly sand the edges if needed.
2. Now it's time to string your pendant. Decide what length you want it to be – since it doesn't have a clasp you'll want to make sure it will fit over your head. Trim the amount of cord you'll need, fold it in half and slip the middle of the cord through the hole in the pendant (from the back of the pendant to the front). You now have a loop on the front side of the pendant. Slip the tail of the cord through the loop and tighten. Tie the ends securely to make a necklace.
3. Apply essential oils of your choice to the pendants. Just apply 1-3 drops to the top of your diffuser necklace – the part that doesn't touch your clothes when you put it on – and you're ready to go. Refresh as needed. Some oils have quite a bit of staying power and can last for several days, while others will fade more quickly.  
**Note:** Do not allow the pendant to come in contact with water.
4. End the program so the participants feel that their attendance was valued.