

FEELINGS INSPECTORS RESOURCE
Self Care

Lavender Bags

About this activity

This activity encourages children to find ways that can help them relax.

What do we need?

- Voile drawstring bags (or cut a 12cm circle of material for each child, that can be gathered up and tied with ribbon/string)
- Dried lavender
- Fabric pens for decorating the bags.

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I don't really think about caring for myself or being kind to myself so the little lavender bag will remind me to do that now.

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Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

Lavender Bags

Instructions

Decorate the bags and fill with lavender. Ask the children to either draw something on the bags that makes them feel relaxed or to sketch a calming pattern.

Ask the children to make a list of ways they can be kind to themselves? What can we do to help ourselves relax?

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Sometimes it's really difficult to switch off and get to sleep so I will definitely use this under my pillow.

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Chamomile can be used as an alternative to lavender. If unable to dry your own, these are widely available online and in health food outlets. The bags can also be filled with energising smells (peppermint, ginger etc) and used when you need a boost.

**Useful
tip**

A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).