

# Help for Our Helpers: Homemade Body Scrub

## Learning Value:

This activity promotes development and learning by encouraging children to develop increasing care for self, others, and environment and develop sense of identity and belonging.

## Materials Needed:

- ▶ 1 cup coconut oil
- ▶  $\frac{3}{4}$  cup sugar
- ▶  $\frac{1}{2}$  teaspoon vanilla extract
- ▶ 1 drop orange essential oil (or oil of your choice)
- ▶ 1-2 small containers with lid such as small jar, etc.
- ▶ Optional: wrapping paper, ribbon, gift tag

## Participants:

This activity is intended for adult/child interaction, independent for children ages 10 and up.

## Directions:

This activity will create a soothing body scrub that can be shared with a community helper to show appreciation for the work they do each day. Recipe makes 1-2 portions, depending on the size of your container. (This can be doubled or tripled to make more for sharing if needed.)

**Step 1:** Melt coconut oil for 10-15 seconds in the microwave.

**Step 2:** Stir in sugar.

**Step 3:** Add vanilla and essential oil. Stir well and place into containers.

**Step 4:** Write a note or draw a picture to accompany your gift. Wrap or decorate, if you desire. Share with a community helper such as a mail carrier, sanitation worker, grocery store employee or even a neighbor.

[Click here to watch the video with instructions!](#)