

SCENTED sun catchers

Engaging in mindfulness activities can help reduce stress levels, improve focus, and benefit physical and mental health.

After you create your scented sun catcher, be mindful to notice the light filtering through your window and appreciate being in the here and now.

Materials:

Printer paper

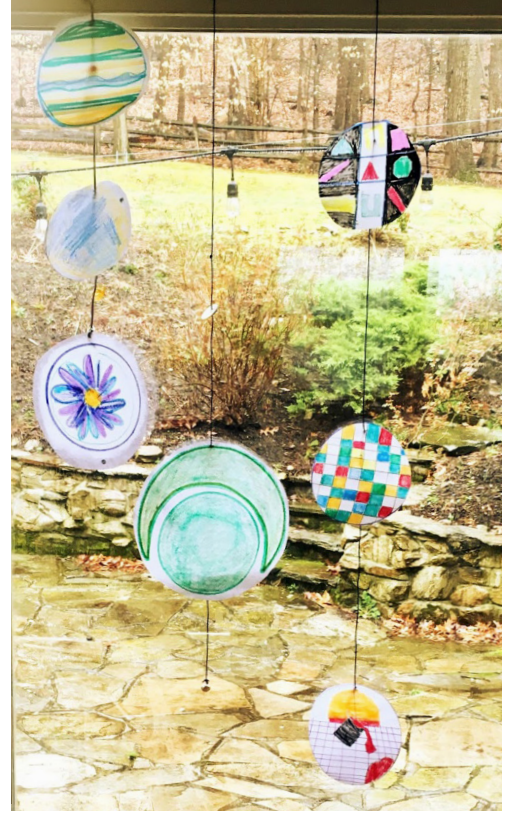
Stencils

Crayons and/or markers

Oil (vegetable, mineral, canola, etc.)

Scented/essential oil (lavender, citrus, coconut, etc.)

String



Step 1. Use regular printer paper. Draw an outline to color. You can use stencils, cookie cutter outlines, etc. Draw with crayons and/or markers to make a design in a shape (circle, heart, star, etc.).

Step 2. Flip the picture over when you are done. Use a cotton ball soaked in oil to coat the back of your design. You can drop a scented oil into this carrier oil if you want your sun catchers to have a light scent. Coating the paper in oil causes the regular paper you use to become translucent like stained glass. Image 1 shows how the paper is translucent in the spots where the oil touches. **Modification:** Use colored or construction paper and a Q-tip to paint designs on with oil (see Image 2).



image 1



image 2

Step 3. Let the design dry. **Step 4.** Cut out your design and poke a hole in it.

Step 5. String designs together, add fancy buttons or other eye-catching items if desired to catch the glint of sun and light coming through windows.

Step 6. Hang the design from a window. Enjoy the light as it changes and filters through your designs and the scent in the air!