

Activity: Creative Expression/Arts Goal: Sensory Populations: All

TH Activity Plan – Pressed Flower Tea Light Candle

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ACTIVITY DESCRIPTION: Participants will make a pressed flower tea light candle to brighten surroundings using light, nature, & scent.

THERAPEUTIC GOALS:

Cognitive/Intellectual: Follow verbal instructions; strengthen focused attention; expand &/or stimulate a new interest

Physical: Strengthen fine motor skills; practice hand-eye coordination

Psychological/Emotional: Increase pride & self-esteem; develop & manage outlets for stress/anxieties; use strategy for focused distraction

Sensory: Benefit from aromatherapy

Social: Increase peer interactions; make a gift for others; share skills

Materials

Clear container (any small glass or plastic container works)

Paper plate or newspaper to protect surfaces

Glue - DIY Mod Podge recipe (6 oz Elmer's Glue plus 1/3 cup water in a jar & shake!)

Sponge brush, rice paper or tissue paper

Pressed flowers/foilage

Battery operated tea light candle

Sand, essential oils, stir stick

Tweezers &/or scissors: optional but can be added depending on goals or objectives

STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Mix glue & divide into several containers. Gather materials & prepare space. Protect surfaces.
2. Facilitator begins session by showing a finished example & walking through the next steps. Lead conversation & discussion about the different materials used as they are being distributed. What did you choose & why?
3. Select the rice paper or tissue paper & pressed plant material that appeals to you. Cut/tear paper into small pieces. (Hint: use the paper edge pieces for a finished look along the top of the container).
4. Using the glue & foam brush; glue paper to container, overlapping slightly. (Hint: keep your glue layers light so that it dries quickly).
5. Layer more paper until desired transparency is reached. Add some dried flowers and/or foliage; glue in place. Coat entire piece with a final application of glue.
6. Add a half inch of sand. Drop 3-5 drops of essential oil scent(s) into the sand. Stir sand well to combine fragrance.
7. Add the tea light. Enjoy.

APPLICATIONS FOR POPULATIONS: This is a versatile activity that can be altered to include a variety of goals or objectives. It works well with

sessions during those dark and gloomy winter months when clients may be experiencing seasonal depression. It can be used to improve surroundings using both light and nature. The sand base is infused with essential oils for additional benefits. Tweezers and scissors are both optional but can be added if they aid in an objective of the activity such as motor skills. This activity is still well received if the aromatherapy portion is not included. Supply choices can be limited in a way that requires peer to peer communication and interactions for sharing.

SAFETY CONSIDERATIONS: Facilitators are responsible for knowing poisonous and toxic plants and plant parts.

Only use tools such as the scissors and tweezers in trustworthy situations. Some facilities do not allow essential oils. Do not allow essential oils to be ingested. Some scents are very concentrated and may be too overwhelming for some clients. Do not use around clients with epilepsy or respiratory conditions like asthma. Essential oils should not be applied on skin without dilution in a carrier oil.

NOTES OR OTHER CONSIDERATIONS:

[Aromatherapy, a recognized therapeutic modality, offers many health benefits:](#)

Lavender - Better sleep, ease tension, relieves panic

Rose - Foster feelings of intimacy

Peppermint - Improves concentration, clearer thinking, boost alertness

Ylang Ylang - Reduces agitation, joy, positivity

Jasmine - Inspire self-confidence, improves creativity, reduces fear

Cinnamon - Emotional lift, physical energy

Lemon - Clarity of mind, alleviates fatigue

Tea Tree - Boost morale, calming mind

Eucalyptus - Promotes optimism, refreshes the mind

Lemongrass - Heighten awareness, helps feel positive

Rosemary - Energizing, increase focus

Sandalwood - Increase energy, courage

Sweet Orange - Reduce anxiety, cheerfulness

Vanilla - Promotes sense of well-being, reduce muscles tension

Chamomile - Reduce stress, alleviates irritability

Types of dried flowers that work best are any that are thin and flexible enough to lay flat. Pansies, loose petals, and smaller flowers like lobelia are good. Flowers with thick centers like daisies do not work well, but their petals can be removed and used.

REFERENCES/ RESOURCES:

AromaWeb. (2025). [Essential oils directory: Essential oil properties, uses and benefits.](#)

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Fung, TKH., Lau, BWM., Ngai, SPC. et al. (2021). [Therapeutic effect and mechanisms of essential oils in mood disorders: Interaction between the nervous and respiratory systems.](#) *Int J Mol Sci.*, 22(9), 4844.

Edits were made for THAD purposes in 2025.

TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2024.