



MAKING LAVENDER BAGS

Step 1 – Cut out a circle of fabric.



Step 2 – Put several spoonfuls of dried lavender in the centre of the circle.



Step 3 – Cut a short length of thread.

Step 4 – Gather the fabric in to a bag shape around the lavender.





Step 5 – Tightly wrap the thread around the top of the bag and tie several knots.



Step 6 – Finish by tying a ribbon around the top to decorate.



YOU WILL NEED:

Materials:

- € Light cotton or muslin fabric
- € Dried lavender
- € Thread
- € Ribbon

Tools:

- € Fabric scissors

FOLLOW ON ACTIVITY:

Make exfoliating sugar scrub (instruction sheet available from Growing Support) containing lavender to massage in to skin. This helps to relieve joint pain and remove dead skin after a gardening session.

For more year-round activity ideas, please see the Growing Support Activity Calendar.