

## Objective

By the end of this lesson, Emily will be able to understand the basic components of body lotion, explore different scent combinations, and recognize how making lotion is a fun way to express personal style. She will also learn about safety measures when creating her own lotion.

## Materials and Prep

- 1 cup of carrier oil (like coconut or almond oil)
- 1/2 cup of beeswax or shea butter
- Essential oils for scent (e.g., lavender, peppermint, citrus)
- Mixing bowl
- Double boiler or microwave-safe container
- Whisk or spoon for mixing
- Containers for storing lotion (like small jars or bottles)
- Labels for personalizing the lotion

Before starting, make sure to have a clean workspace and gather all materials. It's important to know the safety rules for using hot materials, especially if using a double boiler or microwave.

## Activities

### • Introduction to Ingredients:

Emily will learn about each ingredient used in body lotion, including its purpose and benefits for the skin. This will help her understand why we choose certain ingredients over others.

### • Scent Exploration:

Emily will smell different essential oils and discuss which scents she likes best. She can create her own unique scent combination for her lotion, allowing her to express her personality through fragrance.

### • Making the Lotion:

Under supervision, Emily will follow the steps to melt the beeswax or shea butter, mix in the carrier oil, and add her chosen essential oils. This hands-on activity will reinforce her learning about the process of making lotion.

### • Labeling and Personalizing:

Once the lotion is made, Emily will create fun labels for her lotion jars, adding her name and the scent combination. This will help her feel proud of her creation and encourage her creativity.

## Talking Points

- "Did you know that body lotion helps keep our skin moisturized and healthy? It's like giving your skin a drink of water!"
- "Essential oils are natural extracts from plants. They can smell amazing and even have benefits for our mood!"
- "When we mix oils and wax, we're creating an emulsion. That's a fancy word for combining two things that usually don't mix!"
- "Safety is super important! Always be careful when working with hot materials, and ask for

help if needed."

- "Creating your own lotion is a fun way to express yourself. You can choose scents that remind you of happy memories!"
- "Labeling your lotion makes it special. You can even give it as a gift to friends or family!"
- "Remember, everyone has different skin types, so what works for one person might not work for another. It's all about finding what you love!"
- "Let's think about how we can use our lotion in our daily routines. When do you think you would apply it?"
- "Making lotion can be a fun science experiment! We're mixing, melting, and creating something new!"
- "What scent combinations do you think would be popular? You can even invent your own names for them!"
- "How do you feel about sharing your creations with others? It's a great way to show your personal style!"
- "Let's have fun and be creative! There are no wrong answers when it comes to making something uniquely yours!"