

Beeswax and Honey Lip Balm



Age Group: K-12

Child/Adult Ratio: 6 to 1

Take Away Artifact: Yes

Approximate Time: 45 mins

Divisions Covered: All

Materials:

Measuring spoons, hot plate double boiler, popsicle sticks for stirring

Ingredients:

4 tsp of beeswax pellets 3 tsp shea butter (14 grams), 1 tsp of raw organic liquid honey, 3 tsp of organic sunflower seed oil (or vegetable oil), 7 lip balm containers (flavor extracts can be added-2 drops), empty tubes and frame for filling - (Makes enough for 7 tubes)

Questions to Ask:

Why is homemade lip balm beneficial? Why is bees wax a good ingredient for lip balm?

It is a natural emulsifier that combines oils and water. It is what hardens the oils and butter so you can apply it on your lips easily.

Skills Required for Completion of Task:

Motor skills

- Bilateral upper extremity coordination
- Ability to manipulate small objects
- Hand-eye coordination
- Ability to grip objects
- Ability to stabilize objects/task

Process/Cognitive skills

- Ability to attend to task for greater than 5 minutes
- Follow multi-step directions
- Ability to sequence steps
- Ability to understand safety precaution
- Ability to organize or keep materials organized for task
- Ability to adjust to different workspace requirements

Social skills

- Ability to communicate and share equipment with peers/staff appropriately

K-8 Standards:

Math: 3.NF.A.1 Understand a fraction, $1/b$ as the quantity formed by 1 part when a whole is partitioned into b equal parts; understand a fraction a/b as the quantity formed by a parts of size $1/b$.. For example $3/4$ represents a quantity formed by 3 parts of size $1/4$.

Science: 3.PS1: Matter and Its Interactions 1) Describe the properties of solids, liquids, and gases and identify that matter is made up of particles too small to be seen. 2) Differentiate between changes caused by heating or cooling that can be reversed and that cannot. 3) Describe and compare the physical properties of matter including color, texture, shape, length, mass, temperature, volume, state, hardness, and flexibility.

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This activity would be appropriate completed by the following disciplines:

Occupational Therapy, LCSW, Family Services

Instructions:

Melt beeswax, oils, and honey in a double boiler on low heat. If you do not have a double boiler, simply use an aluminum bowl placed in a pan filled with warm water.

1. Once the beeswax has melted, take it off the heat and stir with popsicle stick until the liquid becomes frosty and the honey well blended. (At first, you will see the honey at the bottom of the oils, which means you need to mix more!).
2. If it has already starting to harden, don't panic! Put it back into the double boiler for a few seconds until it melts again and pour the rest the containers.
3. Carefully pour into empty tubes using the blue tube frame.
4. Apply on your lips as often as needed!
5. The shelf life of this honey lip balm is about 1 year, depending on the shelf life of the oils and you have used. It does not need to be refrigerated.
6. Yield: about 1.5 oz (7 plastic lip balm containers per recipe)

Care should be taken when melting ingredients and pouring into the empty plastic tubes!