

Make Your Own Soap

Hand rolled soap has been made for centuries, and is easier to make than you think! Your child can learn more about the history of soap as well as rolling up some soap the whole family can use for getting clean. Soap has been around for thousands of years, first referenced in the second century AD! This project will also help you stay healthy, as washing your hands is the best way to fight the common cold!

What You Need:

- 4 ounces of glycerin soap
- Small saucepan or glass dish
- Spoon
- Vegetable oil
- Waxed paper

What You Do:

1. Invite your child to melt the soap by either microwaving it in a glass bowl until it becomes liquid, or by heating in a saucepan on the stove over medium heat.
2. Once the soap becomes a liquid, have your child remove it from the heat and allow it to cool for about 10 minutes.
3. While waiting, your child can learn more about soap by using the Internet. Encourage your child to use her researching skills to make a list of interesting facts about soap such as different uses for soap, who invented soap, or different ingredients used in making soap.
4. Once the soap has cooled enough to be handled and is slightly solid, it's time to get rolling! Invite your child to coat her hands with oil, then use a spoon to scoop a small ball, about the size of a golf ball, into her hands.
5. Have her roll the soap into a ball. She can continue scooping and rolling until all the soap mixture has been used. The finished rolled soap balls can cool and set overnight on a sheet of waxed paper.
6. Along with creating her own special rolled soap, your child can add additional ingredients to really make her soap unique! When the soap is in a liquid state, she can add 1 teaspoon of peppermint or lavender essential oil for a wonderful scent, or 1 tablespoon of ground oatmeal for a bit of texture!

