

# Classroom Makeover

## Essential Oils for Teachers & Students

Create a classroom environment that promotes positive behavior, improves focus, and delivers academic success whether at home or in a traditional classroom.

Keep a bottle of **Melaleuca essential oil** and a jar of Band-Aids nearby in case of a paper cut or other unexpected surprises that may occur (especially during recess).

Every teacher could use **PastTense** to relieve tension associated with the demanding nature of teaching.

### InTune Focus Blend

Drop a little InTune on a clay pendant and place on a desk or in other key areas in the classroom. Alternatively, apply it to wrists or the back of hands and inhale deeply to promote focus and clarity during “foggy” times.



### Hand Cleanser

#### Ingredients

- 5-10 drops Lavender
- 30 drops Melaleuca
- 1 tablespoon witch hazel extract
- 8 ounces aloe vera gel
- ¼ teaspoon vitamin E oil

#### Directions

1. Add essential oils and vitamin E oil to small glass bowl and swirl to mix.
2. Add witch hazel to oils and swirl again.
3. Add this mixture to aloe vera gel and mix well.
4. Shake gently before each use.



### Upcycle and Reuse

Reuse dōTERRA supplement caps and empty bottles to make fun hall passes, art projects, and other useful materials. Be creative!

Empty essential oil bottles make great personal size paint containers. Use empty Lifelong Vitality bottles to store paint brushes, pencils, and other supplies.

See page 28 for homemade earth paint with essential oils!





### Keep your Room Clean and Fresh

Use **On Guard Cleaner Concentrate** or essential oils with cleansing properties in a spray bottle to wipe down desks, chairs, and other surfaces around the classroom. **Lemon essential oil** works great for removing gum, glue, and crayon.



### Aromatherapy Stress Relievers

- Take a pool noodle and cut it into approximately 1-inch pieces
- Add 2-3 drops of essential oils
- Hand out a piece with essential oils aroma based on the need of each student

### a2z

A daily chewable vitamin treat, a2z includes vitamins, minerals, and a super food blend that helps support the nutritional health of a growing child.

### IQ Mega-The Ultimate Brain Booster

Great tasting and easy-to-swallow, this omega 3 supplement provides 1,000 mg of pure fish oil per serving and delivers the ultimate brain-boosting support that every child needs.

Freshen your breath and open your airways with a **Peppermint Beadlet** before teaching each class.



## Diffusing Essential Oils in a Classroom

<p><b>Wake up a Sleepy Class</b></p> <ul style="list-style-type: none"> <li>• Grapefruit</li> <li>• Lemon</li> <li>• Wild Orange</li> <li>• Lime</li> <li>• Citrus Bliss</li> <li>• Peppermint</li> </ul>	<p><b>Increase Focus and Concentration before and during the test</b></p> <ul style="list-style-type: none"> <li>• InTune Focus Blend</li> <li>• Rosemary</li> <li>• Frankincense</li> <li>• Peppermint</li> <li>• Wild Orange</li> </ul>
<p><b>A Little Help to Calm Down</b></p> <ul style="list-style-type: none"> <li>• Serenity</li> <li>• Vetiver</li> <li>• Lavender</li> <li>• Bergamot</li> <li>• Balance</li> <li>• Citrus Bliss</li> <li>• Roman Chamomile</li> </ul>	<p><b>Improve Behavior</b></p> <ul style="list-style-type: none"> <li>• Elevation</li> <li>• Balance</li> <li>• Wild Orange</li> <li>• Lime</li> <li>• Ylang Ylang</li> <li>• Grapefruit</li> </ul>

# CAN ESSENTIAL OILS **IMPROVE** CLASSROOM BEHAVIOR?





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**FALLON HENDERSON** attends third grade at Dent Elementary in Escalon, California. She is also one of the youngest dōTERRA enthusiasts. Because dōTERRA has been a big part of her life at home, Fallon developed her own passion for essential oils and a desire to share them with her friends and classmates. Recently, Fallon conducted a successful science project where she performed a study on dōTERRA essential oils in her classroom.

The purpose of her experiment was to prove whether certain essential oils can improve focus, test scores, and overall classroom behavior. Before she could bring her project to life, Fallon had to receive an official approval from the students' parents, the district school board, and the county board. The research delivered incredible results and landed Fallon a first place ribbon.

## METHOD

Before introducing essential oils to her class of approximately 20 students and one teacher, Fallon gave each person a short survey to establish a base for the result comparison for the following three weeks of her study. At the beginning of week one, she placed the Aroma Lite Diffuser in the classroom where it was kept in the same location during the course of the study, only changing the essential oils. During the first week, Fallon diffused Peppermint with Wild Orange daily; during the second week: Rosemary with Peppermint; and the third week, Citrus Bliss Blend—which was everyone's favorite. To keep track of the results, students completed the same survey at the end of each week. Fallon's teacher helped her with averaging class math test scores and survey results. Let's take a look at what they discovered.



Fallon Henderson, science project award winner

## RESULTS

Over the course of the study, most of the class felt less tired, seemed more alert, and students had an easier time remembering answers and paying attention during lessons. The class average for the math test jumped from 83.5 percent to 93.1 percent by the end of the second week. **“My study shows that diffusing essential oils improves our class behavior. We were able to remember our answers and stay focused throughout the day.”** Fallon is very excited for next year's science fair. She is planning on doing another experiment with dōTERRA essential oils!

1. Increased focus and alertness
2. Improved overall mood
3. Math test score improved by 10 percent

Essential Oils Diffused in the Study:

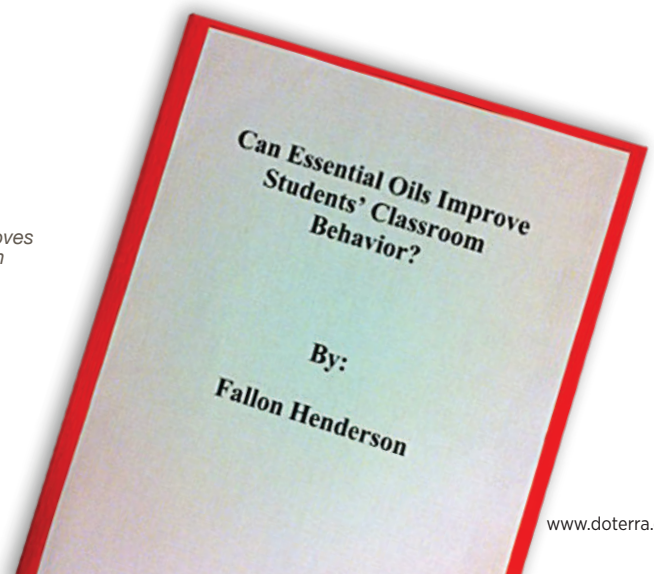
PEPPERMINT  
*re-energizing*



WILD ORANGE  
*improves mood*



ROSEMARY  
*helps reduce fatigue; improves focus and concentration*



dōTERRA

# BLOG SPOTLIGHT

EARTH PAINT: NATURAL, VIBRANT,  
THERAPEUTIC, AND SAFE.

► Inspired by our ancient ancestors, earth paint is made from herbs and comes in all of your favorite colors. Add essential oils to each color and let your creativity bloom naturally. The options are endless and so is the fun!

*"...using natural ingredients that allow for real creativity without the use of any dangerous VOCs and petroleum products...We have choices. We just need to know what they are."*

*-dōTERRA Wellness Advocate*



Turmeric Powder:  
Orange (*Wild Orange*)

Bilberry Fruit:  
Purple (*Lavender*)

Activated Charcoal Powder:  
Black (*Fennel*)





- Beet Root Powder: Red (*Cinnamon*)
- Turmeric Powder: Orange (*Wild Orange*)
- Ground Mustard Seed: Light Yellow (*Lemon*)
- Skullcap Herb: Light Green (*Lime*)
- Spirulina: Dark Green (*Peppermint*)
- Bilberry Fruit: Purple (*Lavender*)
- Black Walnut: Gray (*Balance*)
- Activated Charcoal Powder: Black (*Fennel*)
- Arrowroot: White (*Purify*)

**WHAT YOU NEED:**

- 2 tablespoons ground herb
- 2 tablespoons vegetable glycerin
- 1 teaspoon bentonite clay
- 3 drops essential oil

**Note:** You could also use an egg white or water instead of vegetable glycerin. However, if you use water or an egg white, the shelf life is only a day. The shelf life with vegetable glycerin is six months.

**DIRECTIONS:**

1. Combine powdered herb, clay, and vegetable glycerin in a small bowl; mix well.
2. Add essential oil and stir.
3. Store in airtight container.

**Tip:** You can use empty baby food containers, or essential oil bottles to store paint.



Arrowroot:  
White (*Purify*)

Skullcap Herb:  
Light Green (*Lime*)

Beet Root Powder:  
Red (*Cinnamon*)

Black Walnut:  
Gray (*Balance*)

**Tips and Tricks:** Dip your paintbrush in water for a lighter color and quicker dry time. Using paint without water will deliver vibrant results; however, it may take a while to dry.