

Candle Making

Crafts



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Candle making allows participants to explore creativity through colours, scents, and shapes while developing fine motor skills and sequencing. It provides a sense of accomplishment as they create a tangible product they can use, gift, or display. Working in a group encourages social interaction, sharing ideas, and collaboration. This activity also promotes mindfulness and focus, as participants carefully follow steps and make personal design choices.

TIME

- 60–90 minutes (including preparation and setting time; curing time may be longer)

MATERIALS

- Wax (soy, beeswax, or paraffin)
- Wicks
- Heat-safe containers or moulds
- Double boiler or melting pot for wax
- Thermometer (optional for safety)
- Stirring sticks or spoons
- Fragrance oils or essential oils (optional)



Activity Title

- Colour dyes or crayons (optional)
- Protective gloves and aprons
- Newspaper or table covers for cleanup

INSTRUCTIONS

1. Set up a safe workspace with all materials and protective coverings.
2. Demonstrate the steps for melting wax, adding colour or fragrance, and pouring into containers.
3. Encourage participants to:
 - Choose container, colour, and scent options
 - Melt wax safely with guidance
 - Pour wax into the container and place the wick in the center
 - Decorate containers or labels if desired
4. Allow candles to set and harden.

RESOURCES

- <https://livesimply.me/diy-homemade-candles-natural-lavender-rosemary-scent/>

SUPPORTS NEEDED

- Assistance with melting and pouring hot wax safely
- Guidance on measuring and adding fragrance or colour
- Step-by-step visual instructions for participants who need extra support
- Encouragement and positive reinforcement during design choices
- Supervision for cleanup and handling materials

OTHER THINGS TO NOTE

- Can be adapted for scented, coloured, or themed candles (seasonal or holidays).
- Works individually or as a group activity with collaborative decorating.
- Completed candles make excellent gifts or keepsakes.
- Flexibility is key: some participants may prefer pouring and decorating, others just choosing colours or scents.
- Safety is essential: always supervise heating elements and provide protective gear.