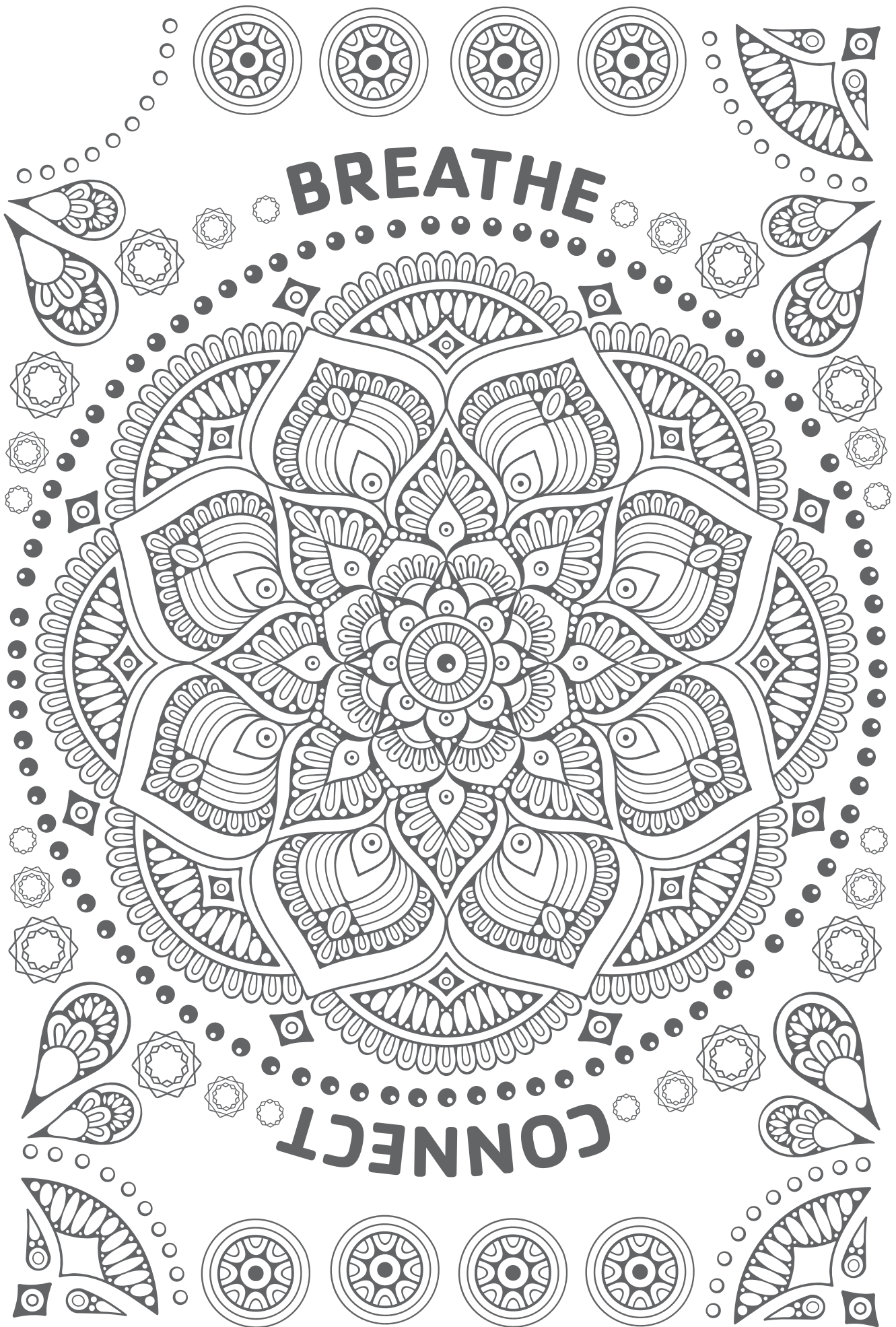


BREATHE

CONNECT



ESSENTIAL-OIL INFUSED PLAYDOUGH

Makes: 16 small playdough balls

Ingredients:

- 3 cups flour
- 1 cup salt
- 1 tbsp cream of tartar
- 3 tablespoons oil
- 3 cups cold water
- A few drops of any essential oil (optional)
- Food coloring (optional)



Directions:

1. Mix flour, salt, cream of tartar, oil, and water in a medium saucepan over low heat.
2. Stir over medium heat for about 5-10 minutes, until play dough is not sticky anymore.
3. Let cool, split into 12 balls, and knead in essential oils and food coloring until it is distributed evenly throughout each ball of playdough.
4. Let your kids enjoy this natural play dough and when done playing store in airtight container.

Recipe from Bettina Johnson, Oh Everything Handmade.

Playing with playdough can...

- Be a fun way to release stress and ease tension
- Provide a fun way to create and PLAY
- Be a helpful distraction and place to put energy
- Calm the brain and body (especially when made with essential oils)
- Be a way to fidget and keep hands busy

GLITTER MINDFULNESS JAR

Ingredients:

- A small glass/plastic jar or other container (~16 oz. jar)
- Warm (not hot) water
- 2 oz. glitter glue
- 2 oz. glitter (chunky, fine, or both!)
- 3 drops of food coloring (optional)
- 2-3 drops of baby oil or dish soap (optional for slower moving glitter)



Directions:

1. Fill your container about $\frac{1}{3}$ of the way up with warm water.
2. Add about 2 oz. of glitter glue (a couple of squirts from a big bottle), the food coloring (optional), and the glitter to the container.
3. Stir well until combined.
4. Add the baby oil/dish soap for a slower moving glitter. Mix well.
5. Fill the rest of the container with warm water until almost full.
6. Glue or hot glue the lid onto the jar to avoid leaking/spilling.

Recipe from Jessica Dady, GoodtoKnow

A mindfulness jar, or mindjar, can be a relaxing way to help slow down our thoughts and calm ourselves.

Try out this mindfulness jar meditation:

Have you ever noticed how when you get upset, your mind feels like it starts turning around and around? Sometimes it feels like all of our thoughts are all over the place, much like the glitter that spins around and around when we shake up the mindjar! And when we allow the mindjar to settle, we can notice that the glitter starts to slow down...and pretty soon we can see clearly again through the jar. Similarly, by pausing and breathing slow breaths in and out, we can calm our minds down so that we can see clearly and respond to stress in an effective way.

STRESS BALLS

Makes: One stress ball

Ingredients:

- Scissors
- Small, round balloon
- 1 cup of cornstarch, flour, or rice
- Funnel
- Permanent marker (optional)



Directions:

1. Blow up the balloon until it is about 4-5 inches in diameter and pinch the tip to keep it inflated as best you can.
2. Insert the funnel into the tip, while still pinching the balloon closed. You might need help with this part, and that's okay! The balloon might deflate a little during this step.
3. Fill your funnel with the cup of cornstarch, flour, or rice. It helps to add a little bit into the funnel at a time.
4. Slowly let go of where you are pinching the balloon to let the cornstarch, flour, or rice fill the balloon up. Make sure to not release the air too quickly!
5. Once all of the cornstarch, flour, or rice is in the balloon, carefully release the rest of the air inside of your balloon. The only thing in the balloon should be the cornstarch, flour, or rice.
6. Tie the balloon closed.
7. (Optional) Decorate your stress ball with a marker!

Recipe from Patch.com

Squeezing a stress ball can...

- Relieve stress, anxiety, and/or tension
- Be a helpful distraction and place to put energy
- Help focus attention and concentration
- Offer an alternative to other distractions that might be unhelpful or more distracting (biting/picking nails, tapping, etc.)