

DIY Instructions

Mini-Book of Calming Tips Instructions

Cut out and glue or neatly write these calming tips on index cards. Decorate each card. Collect all the cards to make a mini-book of things we can do to calm down. Alternatively, print the Mini-book Template on card stock and decorate. Laminate pages and attach with a hole punch and ring.

Go for a walk

Eat a healthy snack

Shake something

Do a yoga pose

Play on the playground

Stretch your arms and body

Read a poem

Push against something hard

Build something

Draw or paint

Count objects in the room

Smile

Make cookies

Walk in nature

Blow bubbles

Tap your foot

Visualize yourself calming down

Rock in a chair

Hum or sing

Squeeze something

Gently tap your temples and collarbone

Drink water



Wave Bottle Instructions

Put these items in a water-tight recycled drink bottle and put the cover on tightly. Seal with duct tape

1. water
2. oil or clear school glue
3. food coloring (glitter is an option, but messy)

Gently swirl the bottle around to watch the shapes and movement of the ingredients.

Stress ball

Put squishy stuff in a balloon and tie it closed. The top half of a plastic water bottle makes a good funnel. Here are some good options to put inside the balloon:

1. Flour or corn starch
2. Mixture of four parts baking soda and one part hair conditioner
3. Soak [water beads](#) in water until they double in size

More Ideas:

1. Use dry-erase markers to decorate the tied balloon with faces and designs.
2. Tie a piece of mesh fabric around the balloon so little balls form through the mesh when the stress ball is squeezed.

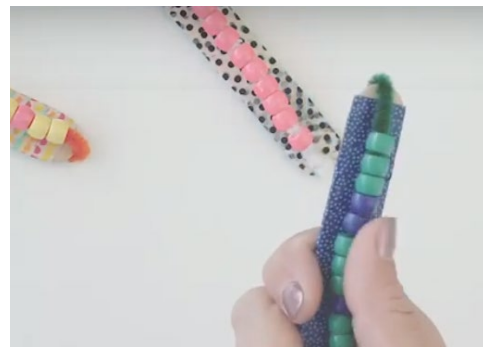
Fidget Sticks

For each fidget stick, you need a craft stick, pipe cleaner, 16 pony beads, and washi or narrow duct tape.

Video directions:

<https://youtu.be/fvFi8lbnCyc>

1. Cut 3-4 cm off the pipe cleaner and set aside to tie up the end.
2. Lay the pipe cleaner longwise across the middle of the craft stick, so the ends align at the bottom and the pipe cleaner extends far beyond the end of the stick. Wrap washi or duct tape around the pipe cleaner and stick, leaving 3 cm free at the bottom of stick and pipe cleaner.
3. Bend the pipe cleaner over the end of the craft stick and thread the beads in a pattern.
4. Use the extra piece of pipe cleaner to tie the two ends together.
5. Wrap tape around the end to seal.



Marbles in a Tube

- Textured scrap fabric from the used clothing box (a little stretchy)
 - Scissors
 - Marbles
 - Sewing supplies
1. Cut fabric into 2" x 4" rectangles.
 2. Fold the rectangle in half lengthwise and sew the long side.
 3. Turn the tube inside-out so the stitching is on the inside.
 4. Put 3-4 marbles in the tube. They should have some freedom to move.
 5. Stitch the ends tightly.

Kind Words

1. Pick out a piece of colored paper.
2. Write kind words, words of encouragement, a quote, or a poem in neat print.
3. Decorate the border with lines and doodles.
4. Laminate or put in an envelope.

Soft Scarves

Choose a piece of fabric from the used clothing box that is light and soft and easy to wrap and sway. Cut a strip about 5" x 24" using your best cutting skills.

Stretchy loops

- Choose a piece of stretchy fabric from the used clothing box.
- Cut a strip about 8" long and 1.5" wide.
- Lay the strip flat.
- Fold the strip in half by bringing one narrow end to line it up with the other end. Twist it before meeting the ends.
- Sew the short ends together.
- The final loop has a twist in it, which makes it fun to run between your fingers.

Clay shapes

1. Mold a chunk of clay into an interesting shape and put into a sealable sandwich bag.
2. Alternative: use clay that you bake to dry into a permanent shape.

Coloring book pages

Choose coloring pages and a few crayons to put in the box.

