

## Calming Crafts for Children

### 1. Create a Glitter Jar



- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up  $\frac{3}{4}$  of the way with water. Next, add glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go

### 2. Make Stress balls

- Gather an uninflated balloon
- Choose a filling (flour, corn starch, rice etc.)
- Stick a funnel into the neck
- Fill the balloon slowly
- Pinch out excess air and tie closed



### 3. Make Rock Art

- Collect or purchase rocks
- Use paint or acrylic paint pens to decorate rocks.

### 4. Create Lavender Scented bubbles

- 1 1/2 cups lukewarm water
- 1/2 cup unscented, clear dish soap
- 1/4 cup light corn syrup
- 3-5 drops lavender essential oil
- optional: 3 drops of food coloring

