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 ¾ 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