

A decorative border featuring a yellow pineapple on the left and dark green leaves on the right, framing the text.

DIY CALMING CRAFTS

THE FOLLOWING ACTIVITIES CAN BE CREATED WITH JUST A FEW AT-HOME INGREDIENTS, BUT CAN GENERATE CONNECTION, CREATIVITY, AND INNOVATION FOR STUDENTS AND THEIR FAMILY.

1. MAKE SOME HOME-MADE PLAY-DOH WITH JUST BAKING SODA, CORNSTARCH, AND WATER (AND SOME FOOD-COLORING IF YOU'D LIKE!). HOME-MADE PLAY-DOH
2. FIND SOME RICE IN YOUR PANTRY AND FOOD COLOR (OR DILUTED PAINT WORKS TOO) TO CREATE COLORFUL RICE TO USE FOR SENSORY PLAY. COLOR RICE
3. CREATE YOUR OWN MOON SAND (SIMILAR TO KINETIC SAND) WITH ALL PURPOSE FLOUR AND BABY OIL. MOON SAND

BUILD YOUR OWN GAMES (WITH EVERYDAY ITEMS!)

THIS LIST PROVIDES WAYS STUDENTS CAN MAKE THEIR OWN GAMES WITH ITEMS FOUND AT HOME

1. CREATE A MINI-FOOTBALL GAME WITH JUST A PIECE OF PAPER. TABLE FOOTBALL
2. FIND AN EMPTY EGG CARTON AND MARBLES/ROCKS/BEANS TO CREATE YOUR OWN MANCALA GAME. HOW TO PLAY MANCALA
3. GET A PIECE OF PAPER AND PENCIL FOR A GOOD OLE GAME OF TIC TAC TOE. HOW TO PLAY TIC TAC TOE