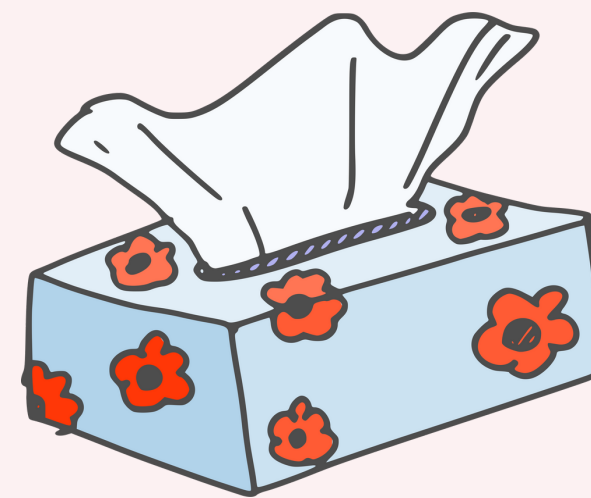


SELF-REGULATION CRAFTS AND ACTIVITIES FOR KIDS

TISSUE WORRY BOX

Take an empty tissue box and decorate it as you'd like. Write or draw your worries and throw it into the box's slot to give your worries less power



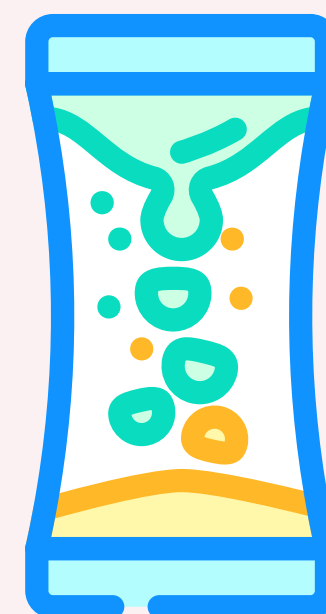
PUTTY OR MODELING CLAY

Cut out shapes, form animals, or play "cooking show" with modeling clay or dough. Be creative!



MAKE YOUR OWN FIDGETS

Keep it for yourself, or make it for someone else. Be creative!



SCRIBBLE

Grab as many crayons, markers, pencils, etc. as you can and scribble away! What do you see in the scribbles that you drew?!



GLITTER SLIME RECIPE

½ tsp. baking soda

1 ¼ tbsp. contact lens solution

6 fluid ounces of glitter glue

Mix all ingredients in a bowl until the mixture gets harder to mix and slime begins to form. Then take the slime out and begin kneading with both of your hands.

