

# DIY Mini Sand Tray with Locking Lid



## Materials

- Mini plastic container with a locking lid; these can be bought online or in a store.
- You can build your own as well.

## Assembly

- Students fill their trays with sand, rocks, or seashells.
- There are lots of fun articles online about creating your own rakes and other miniatures for a sand tray if you want to take this project to the next level.

## Application

- Sand trays are fantastic for stress relief. The locking lid makes the trays backpack friendly so students can carry them and pull them out when they want to relieve a little stress.

Let us know how the activity goes & send photos to [ilana@erikaslighthouse.org](mailto:ilana@erikaslighthouse.org)

For more information on teen depression, check out [www.ErikasLighthouse.org](http://www.ErikasLighthouse.org)



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