DIY Mini Portable Sand Tray with Locking Lid

Students love sand trays. They're fantastic for stress relief. These mini sand trays are quick to create and also - thanks to the locking lid of the container - backpack friendly so students can carry them with them and pull them out any time they want to relieve a little stress.

A mini plastic container with a locking lid like the one pictured above costs about $2. Students can fill their trays with sand, rocks, or seashells. If you give students advance notice about the activity, you can ask them to collect materials for their tray and bring them to the meeting.

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.