

**PURPOSE** //////////////////////////////////////

- Relieve stress

**OBJECTIVE** //////////////////////////////////////

- Feeling the smooth texture and having the freedom to play around with the sand can be soothing
- Tracing shapes with your fingers or a tool brings calm and is great to release stress and reset your mind

**INSTRUCTIONS** //////////////////////////////////////**Materials**

- Mini plastic container with a locking lid; these can be bought online or in a store.
- You can build your own as well (Ex. Cardboard box)
- Rocks, seashells, small toys

**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.

**Assembly**

1. Students fill their trays with sand, rocks, or seashells.
2. 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.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



Contact [Nathalia@erikaslighthouse.org](mailto:Nathalia@erikaslighthouse.org) for more information