



Slime for Stress and Anxiety

PURPOSE //

- Slime play is a stress reliever, it has a calming effect on our body. It releases endorphins.
- Playing with slime allows you to use 4/5 of your senses (Touch, hearing, sight, and smell) Using all these senses creates the practice of mindfulness.

INSTRUCTIONS //

Materials

- 1/2 cup of Elmer's Washable School Glue 1/2 Cup of Water
- 1/4 -1/2 Cup of Liquid Starch
- Food coloring and glitter are optional!
- Small containers

Assembly

1. Combine water and glue in a container and mix with a spoon
2. Add glitter and/or food coloring to the container and mix with a spoon
3. Add liquid starch and mix with a spoon until you get the desired slime texture

OBJECTIVE //

- Slime is a great sensory activity and helps us explore sounds, shapes, colors, and textures. By squeezing and stretching the slime, your hands contract and release, and therefore relax

Application

- This activity is usually best done in a controlled environment where it can be monitored and easily cleaned up. It can still be spread around the school in many good ways!
 - Club members can go into different classes during a homeroom or advisory period to lead this activity for a class. This is especially great for older students to work with younger students.
 - Club members can distribute this activity to teachers to use in their classrooms if they wish.
 - Club members can print enough copies of this activity for students to take home and do on their own at home.

Let us know how the activity goes!

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



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