

CALMING ACTIVITIES FOR KIDS

Do you have a worried or anxious kiddo? Try one of these fun calming activities. They are great for working through the worries and calming anxiety during stressful times.



MAKE A CALMING GLITTER JAR

Mesmerizing and calming, glitter jars are great for easing worries and reducing stress.

Supplies: water, clear or glitter glue, glitter, food coloring, jar or bottle.

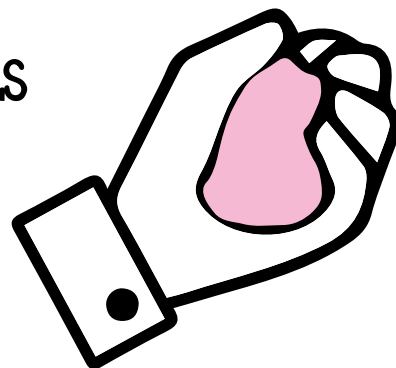
[Click here to see how one is made.](#)

DIY STRESS BALLS

Use balloons to make your own stress balls. Our favorite is a balloon filled with cornstarch. Draw a smiley face on it too!

Supplies: balloons and different fillers such as cornstarch.

[See how to make stress balls here.](#)



MAKE HOMEMADE SLIME

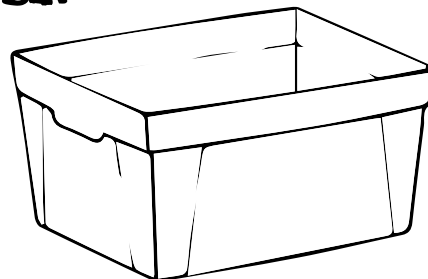
Squeeze, stretch, and squish the worries away with homemade slime. Slime is an amazing tactile sensory play material that helps reduce anxiety and stress when you play with it. You can even add scents such as lavender.

Supplies: PVA glue, water, saline solution, baking soda, food coloring

[Click here for slime recipes and ideas.](#)

SET UP A SENSORY BIN

Sensory bins are a great way to explore the senses, and you can fill one with so many different options including non-food items. Even warm water as a filler is great! Add scoops and fun items for soothing playtime. [Click here to learn more about sensory bins and build your own!](#)



BUILD A CALM DOWN KIT

Turn simple around the house items or easy to find items into a fidget kit, worry kit, or calm down kit. Keep one handy in the house, car, or wherever you need one most! What's in our kit? [Click here to see our kit.](#)

