



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.

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

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

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.

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

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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