

FEEL

What we feel gives us information about what's happening around us. We can feel things through our **emotions** and also through our **senses**.

If you are feeling overwhelmed by big thoughts, worries, emotions, or memories, noticing what you can feel through your senses can help bring your attention back to the present moment to notice that right now you are safe and ok.

You can do this anytime, anywhere.

Try taking a moment to notice...

*5 things you can **see***

*4 things you can **touch***

*3 things you can **hear***

*2 things you can **smell***

*1 thing you can **taste***

Playdough

Squish and roll the playdough in your hands as you notice how it feels. You can roll and sculpt it into shapes or squeeze it in your fist.

Think about what words you would use to describe how the playdough feels... smooth or rough... warm or cool... squishy or stretchy.

Make it!

Playdough

You'll need:

- 1 cup Water
- 1 cup Flour
- 1/4 cup Salt
- 1 tablespoon Vegetable Oil
- 2 teaspoon Cream of Tarter
- Food colouring



To make your playdough:

1. Stir all ingredients together in a sauce pan.
2. Turn on medium heat. Keep stirring until dough forms into a big clump.
3. Remove from heat. When dough is cool enough to handle, kneed with your hands until smooth.
4. Store in an air-tight container or Ziplock bag.

Stress Ball

Squeeze the stress ball tightly then release your grip, letting the muscles in your hand completely relax. Squeeze and release again, letting your muscles relax even more deeply this time.

Keep squeezing and releasing, each time letting the relaxation extend further... to the muscles in your arms, your shoulders, across your back, and finally to your whole body.

Make it!

Stress Ball

You'll need:

- 2 balloons
- Empty water bottle
- Filling: Cornstarch, flour, or uncooked rice



To make your stress ball:

1. Put your filling into the empty water bottle.
2. Stretch the opening of the first balloon over the mouth of the water bottle.
3. Turn the bottle upside down and gently squeeze the bottle to fill the balloon with your filling.
4. Remove the balloon and gently squeeze out any extra air. Tie the balloon off tightly with a knot.
5. Cut the mouth off of the second balloon. Stretch the second empty balloon over the full balloon so that the knot is covered.



Sensory Strip

Run your finger back and forth over this textured strip to focus your attention on what your fingertips are feeling.

Take deep, gentle breaths as you notice how the bumps and textures feel under your fingers.

Make it!

Sensory Strip

You'll need:

- Popsicle sticks
- Double-sided tape or glue
- Textured material: Sandpaper, glitter paper, textured washi tape, emery board, etc.



To make your sensory strip:

1. Use double-sided tape or glue to attach your textured material to your popsicle stick.
2. Trim off any extra textured material from the edges of the popsicle stick.
3. Experiment using different types of textured material to create strips with different sensations.
4. (Optional) Add double-sided tape to the back of the popsicle stick to attach it to something you use every day (like a pencil case, binder, or water bottle) to use anytime you need a focus break.

Ask a grownup first!

Weighted Lap Buddy

Hold your weighted buddy on your lap as you take slow, gentle breaths. Notice the gentle pressure of its weight helping you to feel calm and grounded.

You can sit with your weighted buddy on your lap as you work, or can cuddle with it as you fall asleep. Its gentle weight can help you to feel safe and relaxed.

Make it!

Weighted Lap Buddy

You'll need:

- Clean sock
- Elastic band, ribbon, or twist tie
- Filling: Dry uncooked rice, beans, or lentils
- (Optional) Markers, googly eyes and glue



To make your weighted lap buddy:

1. Fill sock with your filling until it is almost completely full.
2. Tie off the top of the sock tightly with the elastic band, ribbon, or twist tie.
3. (Optional) Decorate your buddy using makers. Use glue to add googly eyes.

Alternative: To make a more advanced version, remove stuffing from an old teddy bear or plush toy. Replace the stuffing with rice/beans/weighted filling and sew closed. Keep dry.