ESSENTIAL-OIL INFUSED PLAYDOUGH

Makes: 16 small playdough balls

Ingredients:
- 3 cups flour
- 1 cup salt
- 1 tbsp cream of tartar
- 3 tablespoon oil
- 3 cups cold water
- A few drops of any essential oil (optional)
- Food coloring (optional)

Directions:
1. Mix flour, salt, cream of tartar, oil, and water in a medium saucepan over low heat.
2. Stir over medium heat for about 5-10 minutes, until play dough is not sticky anymore.
3. Let cool, split into 12 balls, and knead in essential oils and food coloring until it is distributed evenly throughout each ball of playdough.
4. Let your kids enjoy this natural play dough and when done playing store in airtight container.

GLITTER MINDFULNESS JAR

Ingredients:
- A mason jar, spice jar, glass container, etc.
- Glitter that sinks (not floats)
- Distilled water
- Clear glue
- Glitter glue (optional)
- Food coloring (optional)

Directions:
1. Add some clear glue to your jar. The more glue you add, the slower your glitter will move and fall.
2. Add a tablespoon or more of glitter to your jar.
3. Add warm water to your jar and gently shake or stir the contents.
4. Add more glue, glitter glue, water, and/or food coloring to make your jar look and act how you want it to (fill up to the top with warm water if all of jar is not filled at this point).
5. Seal the container shut with hot glue or twist it very tightly on.
**STRESS BALLS**

Makes: One stress ball

**Ingredients:**
- Scissors
- Small, round balloon
- 1 cup of cornstarch, flour, or rice
- Funnel
- Permanent marker (optional)

**Directions:**

1. Blow up the balloon until it is about 4–5 inches in diameter and pinch the tip to keep it inflated as best you can.

2. Insert the funnel into the tip, while still pinching the balloon closed. You might need help with this part, and that’s okay! The balloon might deflate a little during this step.

3. Fill your funnel with the cup of cornstarch, flour, or rice. It helps to add a little bit into the funnel at a time.

4. Slowly let go of where you are pinching the balloon to let the cornstarch, flour, or rice fill the balloon up. Make sure to not release the air too quickly!

5. Once all of the cornstarch, flour, or rice is in the balloon, carefully release the rest of the air inside of your balloon. The only thing in the balloon should be the cornstarch, flour, or rice.

6. Tie the balloon closed.

7. (Optional) Decorate your stress ball with a marker!