



# CALMING CRAFT BOOK

Eight Fun Crafts  
To Help Kids Calm Down, Relax, and Feel Positive



# LET'S GET CRAFTY!!



Did you know that creating art is a great way to relieve anxiety? It **reduces the levels of cortisol in the brain – a hormone typically associated with stress**. The crafts in this book also focus on other fun ways to relieve stress. Most of them require adult supervision. So, roll up your sleeves and have fun! (Crafts are a great way to relieve adult anxiety as well.)

Don't worry if your child's projects don't look like the pictures in the book. In fact, they shouldn't! Perfection is not the goal. Instead, encourage kids to do their own thing, think out of the box, get messy, and have fun.

For example, one of the crafts is a Paper Plate Purple Wish Lion which goes along with the Purple Wish Lion Story presented in the Less Stress Express Video series. But maybe your child prefers a blue lion or a green lion or a polka-dot panda. That's just fine!

If you make any of the projects, we'd love to see them! Please share them with us on social media with the hashtag #LessStressExpress. Thanks!



# INDEX

Calmness Case .....	pg. 2
Worry Dolls.....	pg. 3
Positive Pal.....	pg. 4
Purple Wish Lion.....	pg. 5
Mind Slime.....	pg. 6
Less Stressinator Robots.....	pg. 7
Stress Balls.....	pg. 8
Positivity Pillows.....	pg. 9



# CALMNESS CASE

In the Less Stress Express Videos, Page Turner encourages kids to collect their “tools” in a Calmness Case (sometimes she calls it a Calm Case!). Kids can make a real life version of that box here.



## YOU’LL NEED:

Masking Tape

Recycled Box-I used a celestial seasonings tea box, but anything will work

Watered down paint (Any color. Brown paint gives it the look of old leather)

Paper Towels

## OPTIONAL MATERIALS:

Black Paint, Metal Brads, Button, Markers, Stickers, Glue or Double Stick Tape, Small Piece of Velcro.

## DIRECTIONS:

1. Cover the box in small pieces of masking tape. You will probably need several layers. The top layer should be made from little pieces of tape.
2. Apply small amounts of shoe polish to the box using the paper towel. Cover the box with the shoe polish until it resembles leather.
3. You can use black paint to create "straps" on the box. (You can also color more tape with a marker and attach it to the box).
4. Decorate the box with metal brads and button.
5. Use markers and scissors to create travel stickers from the masking tape and attach them to the box.

## OPTIONAL:

Attach Velcro to the box so it stays closed.



# WORRY DOLLS



## THE STORY:

According to legend, if you tell your troubles to a Guatemalan worry doll then place it under your pillow, your worries will be gone by morning. These small dolls date back to Mayan traditions. They're typically made from a small piece of wood and dressed in scraps of clothing and yarn.

## YOU'LL NEED:

Wooden Clothes Pin with a flat, round top (found in craft stores) OR a wooden icecream spoon (other variations below)  
1 Garbage Bag Twist-Tie per Doll  
Approximately 20 feet of yarn in various colors  
Scissors  
Markers

## DIRECTIONS:

1. Wrap the garbage bag twist tie around the center of the clothes pin to create arms. Fold down the edges to create "hands."
2. Tie a long piece of yarn around the center of the clothes pin and knot. Leave 2-3 inches of yarn off the end of the knot.
3. Begin wrapping the yarn around the middle of the clothes pin. Then wrap it up and around and down each arm. Continue wrapping down to the legs.
4. To create "pants" wrap each individual leg. To create a skirt, wrap both legs.
5. Once the body is wrapped the way you like it, cut the yarn leaving about 2-3 extra inches. Tie this to the extra piece you left at the beginning to finish off the project (keep the knot in the back of the doll).
6. Decorate your doll with markers, yarn and pipe cleaners. Color in the feet with markers.

# POSITIVE PALS

Positive Pals say nice things and make you feel great!

## YOU WILL NEED:

- Plastic Caps from water bottles, milk jugs, etc
- Permanent Marker
- Decorations
  - Feathers
  - Pom Poms
  - Googly Eyes
  - Yarn
  - Whatever!

## OPTIONAL:

- Double Stick Tape
- Index Cards



## DIRECTIONS:

1. Draw eyes onto bottle caps with marker (or glue on googly eyes). Decorate with small pom poms, craft foam, pipe cleaners, feathers, etc.

**Bonus:** Write out positive statements or affirmations. Attach your Pal to them with double stick tape.

Here are some below:

## AFFIRMATIONS:

- I feel great!
- I feel calm!
- I am ready!
- I can do it!
- I am awesome!

What other affirmations can you think of?



# WISH LIONS

There are two versions of these Wish Lions. The first version is made with purple and yellow (or any color) plates. The second version uses regular white plates.

## YOU WILL NEED:

- 2 Purple Plates (or any color you'd like)
- 1 Yellow Plate (or any color you'd like)
- 1 PomPom
- 1 Pipe Cleaner
- 1 Piece of Yellow Construction Paper
- 2 Googly Eyes
- Craft Glue
- Scissors



## DIRECTIONS:

1. Cut one of the Purple Plates in half.
2. Press on the plate you cut in half to turn it "inside out."
3. Tape half plate onto the whole plate, to form a pocket
4. Cut a fringe (the lion's mane) around the edge of the plate. Do not cut the pocket.
5. Cut the yellow plate in half. Cut a fringe around the edge.
6. Tape onto the back of the purple plate so you can see the yellow fringe through the purple fringe. (You might want to cut some of the purple fringes off so you can see more of the yellow).
7. Cut Two "eyelids" from the yellow construction paper. Glue onto the plate.
8. Glue the googly eyes onto the eyelids.
9. Write out a wish and place it inside the pocket on the Purple Wish Lion.

**Note:** My Wish Lion is purple. Yours can be any color you'd like.

## Version #2:

Use two white paper plates instead of the purple and yellow plates. Everything else is the same, except...you don't need to turn the half-plate inside out.

You can also use markers and crayons to decorate your lion. You can even draw on the eyes, nose, mouth, and whiskers.

# LESS STRESSINATOR ROBOTS

Kids can "invent" their own outrageous "stress reducing" machines with junk, magnets, and lots of imagination. This is an open-ended play activity. There are no rules, diagrams or specific directions.

## YOU WILL NEED:

Metal doodads: Screws, Nuts, Bolts, Washers, Picture Hangers, Random Junk, etc.

Small Magnets (can be found at the dollar store or online)

Metal Tins

-Large metal tins can also be found at the dollar store (check out the cookie aisle)

-Mint tins work well for small bots



## OPTIONAL:

Spray paint (this part must be done by an adult!)

## DIRECTIONS:

Use the magnets to attach the pieces to the tins. Everything can go back in the tin when finished so it's ready for another day of play.

**Bonus:** Encourage your child to make up a story about how their robot helps them stay calm and relaxed.

**WARNING:** Do not use small parts with children aged three or younger.



# MIND SLIME

It can be hard to think when your mind is focused on worries. It might even feel like your mind is filled with SLIME! Let's get the slime out of your mind and into a bowl where we can have fun and reduce our worries with SLIME TIME. Smoothing it in your hands is a great way to relieve stress.

## YOU WILL NEED:

¼ Cup Dry Cornstarch  
2-4 Tablespoons of Water  
Large Bowl

## OPTIONAL:

Food Coloring

## DIRECTIONS:

1. Add ¼ cup of dry cornstarch to the bowl.
2. Add about 2 Tablespoons of water to the cornstarch and stir slowly. Add water slowly to the mixture, until all of the powder is wet.
3. Continue to add water until the cornstarch acts like a liquid when you stir it slowly.
4. When you tap on the liquid with your finger, it should feel hard. If your mixture is too liquidy, add more cornstarch. (Your goal is to create a mixture that feels like a stiff liquid when you stir it slowly, but feels like a solid when you tap on it with your finger or a spoon)
5. Add several drops of food coloring. Experiment with amounts and color combinations.
6. Scoop the cornstarch mixture into the palm of your hand, then slowly work it into a ball. As long as you keep pressure on it by rubbing it between your hands, it stays solid. Stop rubbing, and it "melts" into a puddle in your palm.
7. Have fun!!!!



# JUGGLING BALLS

## YOU WILL NEED:

- ½ Cup of Birdseed or Rice (If using birdseed try to get the kind without sunflower seeds.)
- 3 Nine-Inch Balloons
- 1 Funnel
- 1 Plastic Water Bottle (An empty, dry water or soda bottle works well.)
- Scissors
- Small Piece of Duct Tape



## OPTIONAL:

- Sharpie Marker

## DIRECTIONS

1. Use a funnel to pour about a ½ cup of birdseed (or rice) into a plastic bottle.
2. Inflate one balloon to about the size of a grapefruit. Twist the neck of the balloon to keep the air inside while you stretch it over the neck of the bottle.
3. Turn the bottle over and let all of the birdseed (or rice) fall into the balloon. Remove the balloon from the neck of the bottle and let it deflate with the birdseed inside.
4. Cut off the neck of the balloon. Don't worry, the birdseed (or rice) will stay inside for now!
5. Tape it closed with a small piece of duct tape.
6. Cut the neck off of a second balloon and stretch it over the ball.
7. Cut the neck of a third balloon and stretch it over the ball.
8. Squeeze your ball whenever you're feeling stressed.

## OPTIONAL:

- Draw a face on the ball with a Sharpie marker.

## VARIATION:

- Make three balls and practice juggling!

# POSITIVE PILLOWS

## YOU WILL NEED:

A Pillow Case

(Check with your grownups first to make sure you can color it with PERMANENT marker!)

Sharpies or Other Permanent Markers

## OPTIONAL:

Spray Bottle with Rubbing Alcohol

## DIRECTIONS:

Write I AM...

Then Write Positive Words, Pictures, Thoughts, and Affirmations!

## VARIATION: "Tye Dye" It

If you'd like to give your pillow a tye dye look, spray the words with alcohol. This will cause the marker to bleed into the other colors. For the best effect, use several colors together when writing your words or drawing your pictures.

**NOTE:** These can go in the wash, however the marker will eventually fade. Also...SEPARATE THEM FROM OTHER LAUNDRY!

