



# STRESS RELIEF SLIME

CHILDREN'S MENTAL HEALTH WEEK 2021

YOU WILL NEED... Cornflour, a bowl, water, a spoon, food colouring and glitter (optional)

1

Put a few big scoops of cornflour into a mixing bowl. About a cupful should work well.

2

Mix in enough water to make a thick liquid. Pour slowly as the slime will change thickness very quickly. If you add too much, just add more cornflour.

3

Carefully stir in a few drops of food colouring and/or glitter into the mix if you wish.

4

Now try squeezing your slime - it can act as a stress reliever! Notice how it reacts to your energy. When you squeeze it, the slime will become solid. When you release it, the slime softens. Try inhaling when you squeeze and exhaling when releasing.



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# GLITTER JAR

CHILDREN'S MENTAL HEALTH WEEK 2021

YOU WILL NEED... Water, a clean empty jar with a lid, clear PVA glue and glitter.

- 1 Pour water into the jar, then add a big squeeze of PVA glue.
- 2 Add your glitter into the jar. It may float at first, but will settle slowly. Different colours may represent our different emotions.
- 3 Put the lid back on tightly and gently shake your jar. Watch as the glitter get stirred up inside.
- 4 Carefully watch the glitter as it falls. How many deep breaths does it take for the glitter to settle?
- 5 Anytime you feel stressed or worried, share your glitter jar and patiently watch for the glitter to fall and settle.



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# BUBBLES of KINDNESS

CHILDREN'S MENTAL HEALTH WEEK 2021

YOU WILL NEED... Pipe cleaners, beads, a jar, water, washing-up liquid and glycerine.

1

Twist together two pipe cleaners to make one thicker one. Then, carefully make a loop at one end to make a bubble wand with a handle.

2

Feeling extra creative? You can decorate your bubble wand with beads or you could even try twisting the end into different shapes like a heart or a star.

3

Mix together equal parts of water and washing-up liquid into your jar. Then carefully add a splash of glycerine to make it into bubble mix.

4

Dip your wand into the bubble mixture and gently blow a bubble. Imagine all of your kind thoughts filling the bubbles as you watch them float out into the world.



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