

Worry Stones

The concept is that if you rub the worry stone in your hand then it will help your worries go away. I also love it because they students physically have something in their hand which helps with fidgeting as well!



Supply:


Fimo Soft and Soft Effect Clay- can be found at Michaels or any other craft store.

Michaels

40% OFF

Any One Regular Price Item

Valid: Sunday, March 15, 2020 through Thursday, March 19, 2020



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Below are step-by-step photo directions to make your own worry stones.

Step 1: Pull off a small amount of 2-3 colors of clay.

Step 2: Push the clay together to form a ball.

Step 3: Roll and twist the clay in your hand to make a 'snake'.



Step 4: Either take your 'snake' and smoosh it together (yes that is the technical term!) or coil it.



Step 5: Roll it into a ball.

Step 6: Press your thumb into the ball until you have an indentation that you can rub your thumb in.



Once you have made several worry stones you need to bake them at 230 degrees for 30 minutes. I bake them in foil pans so there is absolutely no clean up.

<http://creativeelementaryschoolcounselor.blogspot.com/2012/10/worry-stones.html?m=1>