

3 Therapeutic Creative Activities to do with Your Child

Make Some Slime

Why is making slime therapeutic?

Being messy is an important part of child and adolescent development.

Acknowledging and working with the messy parts of ourselves is how we learn to manage the challenging things we feel.

When making slime, we combine different messy substances to create a solid form that can be held and moulded.

This is a great symbolic representation of what we do with our emotions. It's provides sensory feedback and is great fun to play with!

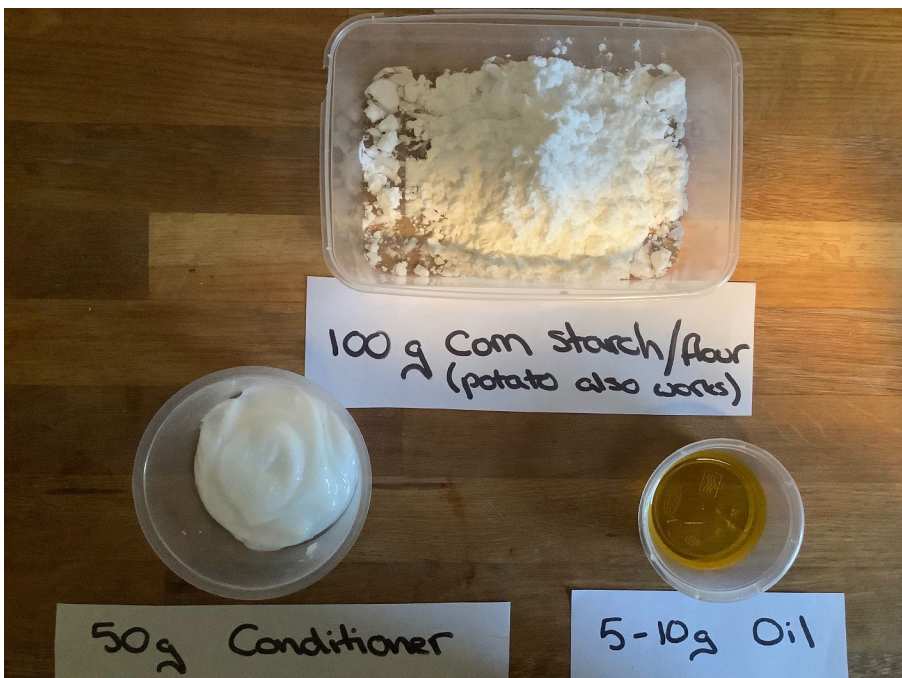
What will I need?

Here is a simple recipe for slime using ingredients you probably already have at home:

- 1 part conditioner
- 2 parts cornflour
- a touch of oil

You may need to play with the amounts a little until you get the right consistency for you

Show me how:



Step 1.

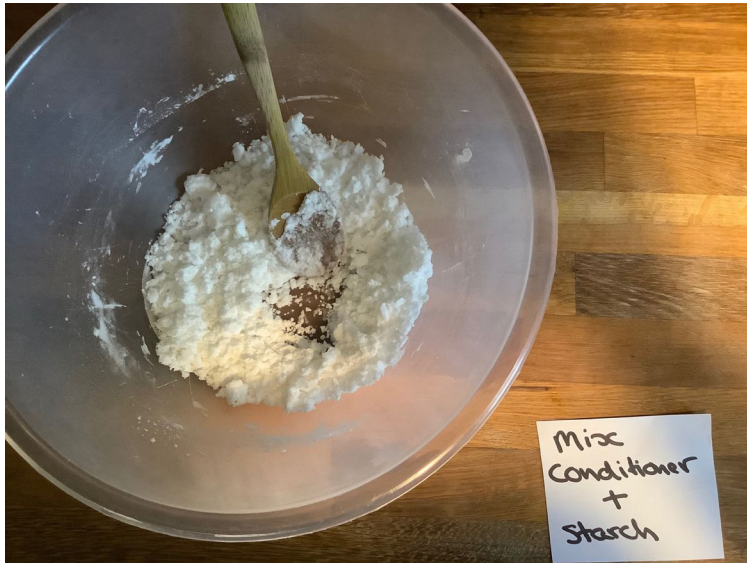
Gather the ingredients, I'm using:

100g corn starch - also known as corn flour.
Potato starch/flour works well too

50g hair conditioner

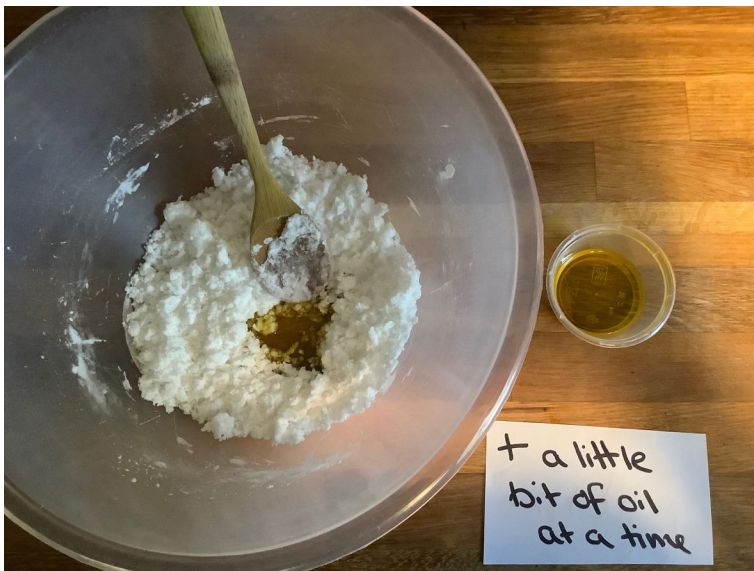
5-10g of oil

You may need to play with the ingredients to get the right consistency. You can do this later.



Step 2.

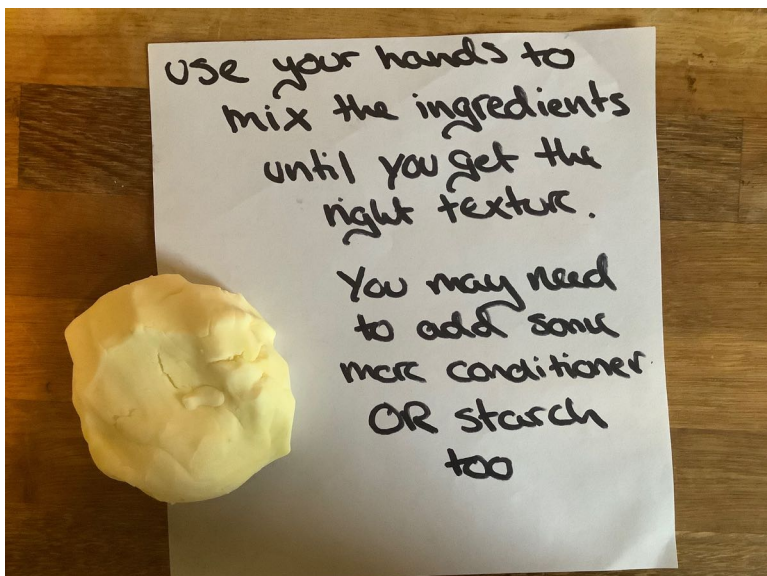
Start by mixing the conditioner and starch together.



Step 3.

Mix in the oil a little bit at a time, making sure not to add too much.

You might want to start mixing this with your hands.



Step 4.

Use your hands to combine the ingredients well.

If the mixture is too dry, try adding a little conditioner.

Too wet? Add more starch.

Not sticking? Try oil

Make a Stress Ball

Why is making stress balls therapeutic?

We all feel stressed sometimes and not knowing what to do with that stress can often lead to feeling even more stressed.

Being very resilient, stress balls are great to squeeze (and throw, environment and adult allowing) when we're needing to let go of some of that challenging energy.

Making these at home is a chance to talk about what makes you and others at home feel stressed. Why not try making a few? You can use each one to explore a different feeling. They are a great resource for you and your child to explore how you're feeling in a safe and helpful way.

What will I need?

A balloon (or more)

Flour

Funnel

Marker Pen

Show me how:



Step 1.

Gather the tools:

Balloon(s)

Flour

Funnel

Marker Pen



Step 2.

Attach the balloon to the bottom of the funnel.

Step 3.

Pour flour into the funnel



Step 4.

Push the flour down the funnel and into the balloon until the balloon feels full.

(I'm using the end of a wooden spoon)



Step 5.

Tie up the balloon.

Step 6.

Draw a face on the balloon



Step 7.

Use your stress ball!

Here are some things you might like to try:

Seeing how the face changes when you squeeze the ball

Throwing the ball to each other

- Trying naming a feeling when the ball comes to you
- Next time why not name a feeling and a time you felt like that

Help Something Grow

Why is helping something grow therapeutic?

Gardening has had many proven benefits for mental health.

Some of the reasons why gardening is therapeutic, is it's an opportunity to connect with the earth and spend some time with nature, it's engaging with the process of creation and life, and provides an opportunity to nurture something – symbolically offering an opportunity to nurture one's self.

Not everyone is lucky enough to have a garden and that's ok because you don't need a garden to get these benefits!! Why not try planting something at home?! Most of what you need is probably already in the kitchen. Why not try these ideas?

What will I need?

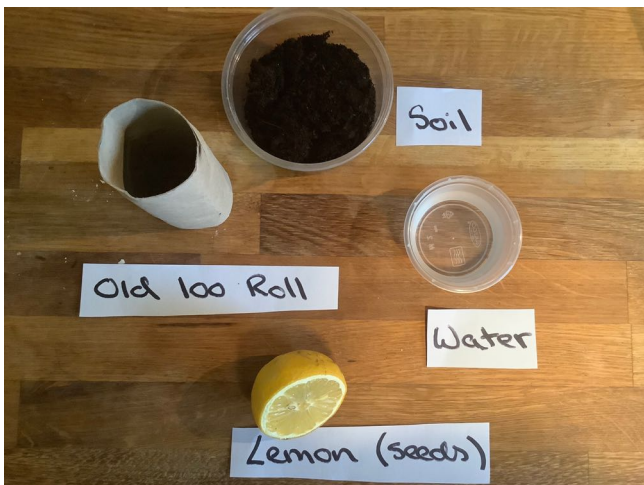
Old loo roll insert

Lemon (seeds)

Soil

Water

Show me how:



Step 1.

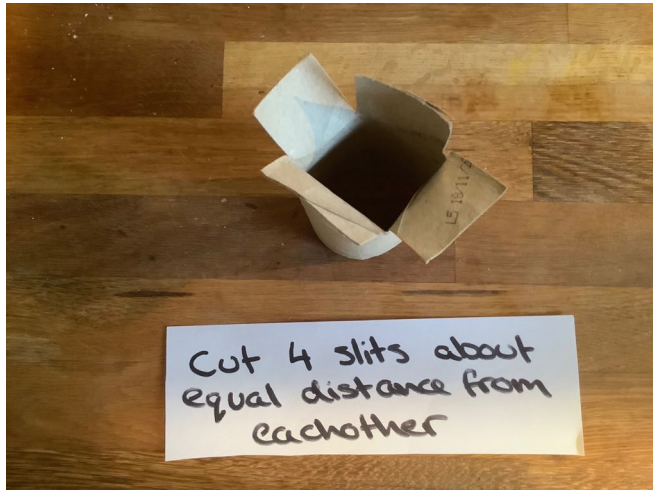
Gather what you'll need:

Old loo roll insert

Lemon (seeds)

Soil

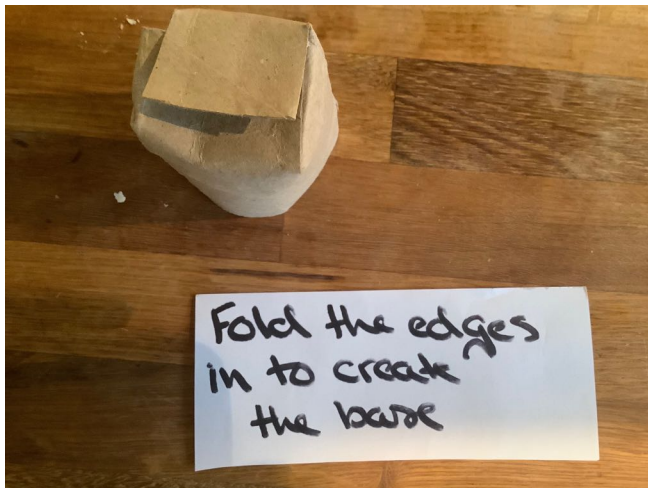
Water



Step 2.

Cut 4 slits vertically from one end of the loo roll.

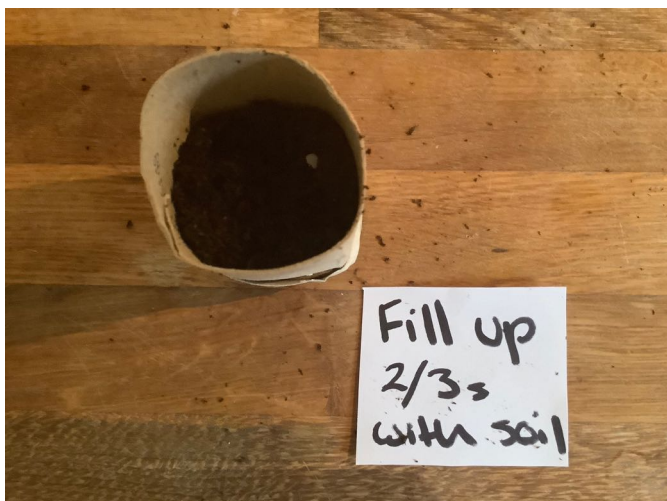
They should all be about an equal distance from each other, creating 4 equally sized flaps.



Step 3.

Fold the flaps one over another. This will create the base of the pot.

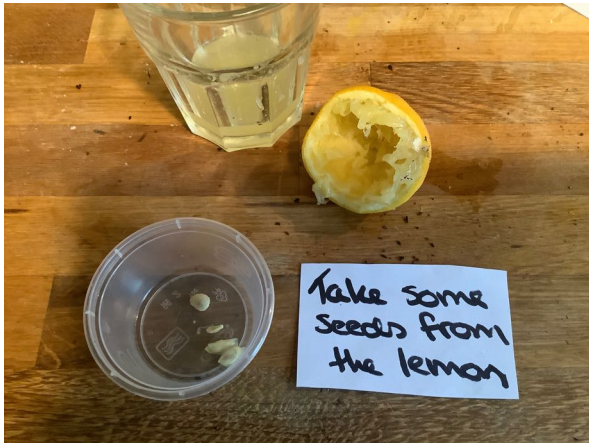
Then turn it over.



Step 4.

Keeping the closed base at the bottom, fill with soil from the open end.

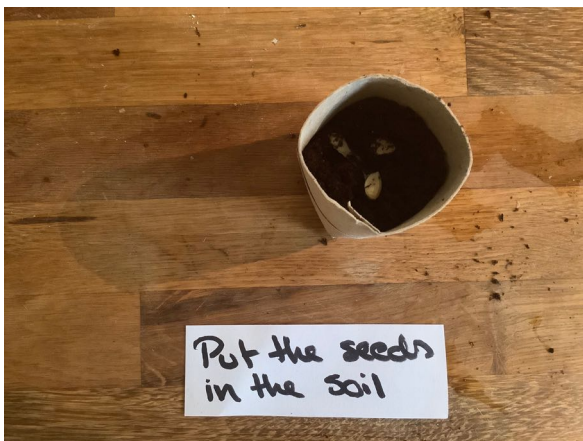
Leave about $\frac{1}{3}$ of the roll empty.



Step 5.

Squeeze your lemon so that the seeds come out.

(Drinking the lemon juice with some warm water is very good for your digestion)



Step 6.

Put the a few of the seeds into the soil.

I would suggest no more than 3 per pot.

Not all of them will grow but the ones that do will need some space.



Step 7.

Cover the seeds with some more soil.

The soil should reach just below the top of the roll.



Step 8.

Pour a little bit of water onto the soil.

Don't add too much water, you just want to moistened the soil.

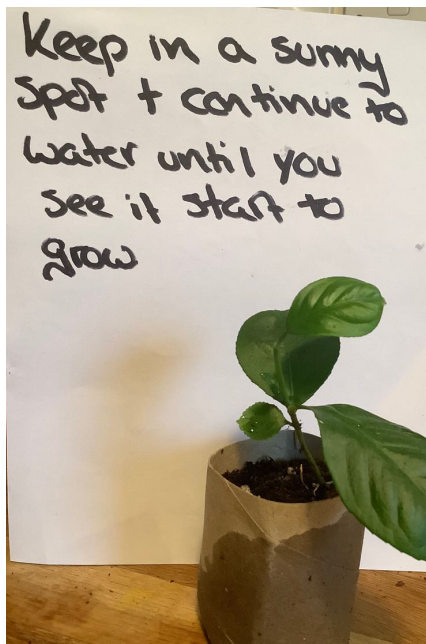


Step 9.

Put your pot on a sunny window ledge if possible and continue to water it a little about once a week.

Remember too much water is not good for the seed.

Lots of light is essential.



Step 10.

Keep your pot in a sunny spot, remembering to water it little and often.

In a few weeks you will start to see the lemon seed sprouting.



Step 11.

When your plant has started to grow bigger, you might want to find a bigger home for it.

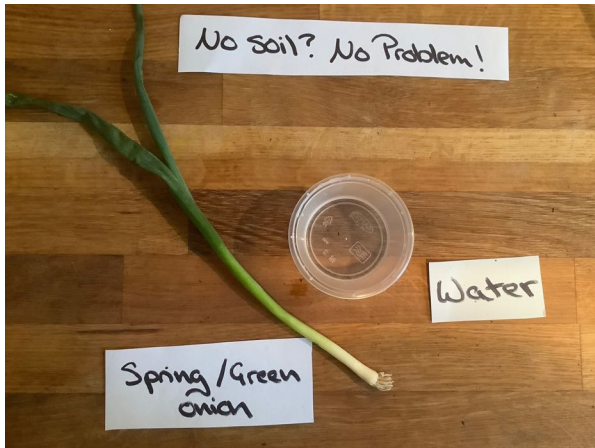
As the loo roll is biodegradeable, you can leave your plant in the roll and simply pop into something bigger, filling the bigger pot with more soil.

I've used an old baked beans can.

Your lemon plant roots won't like to be damp, so if you can make some holes in the bottom of the container you use. Or fill the bottom with pebbles from the garden or pistachio shells (this ones my favourite because I get to eat the pistachios)

No Soil?! No Problem!

Why not try this instead:

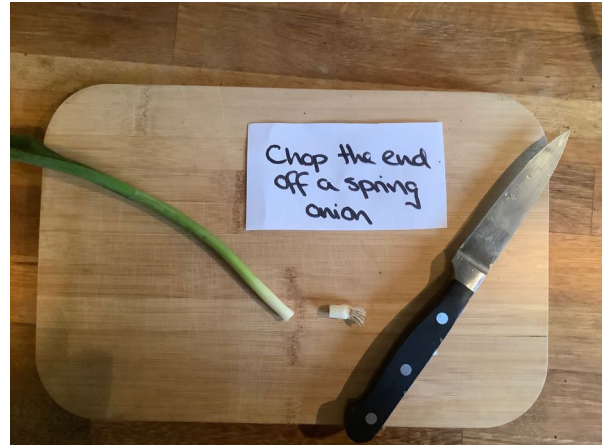


Step 1.

You'll need a spring/green onion.

Some water in a pot.

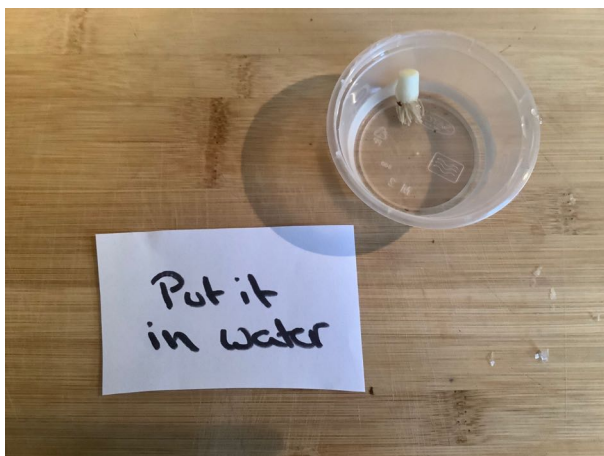
A knife – please make sure an adult is there to help



Step 2.

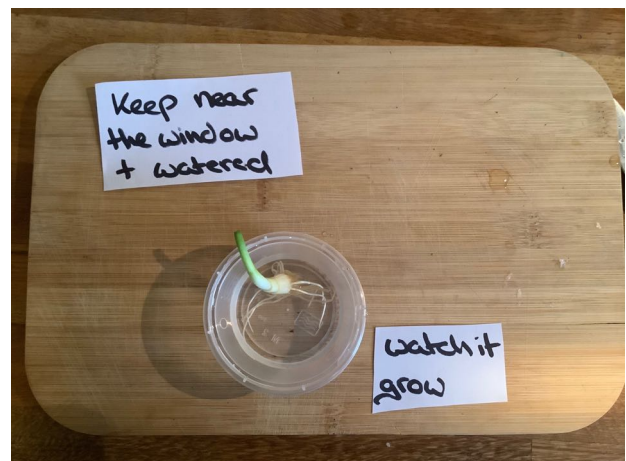
Cut the bottom off the spring onion.

Use the big bit to add flavour to your dinner and keep the root!



Step 3.

Place the root in a small pot and fill it with water until the whole root and a bit of the white bit is covered.



Step 4.

Make sure the water doesn't run out and soon you'll see your spring onion start to grow!