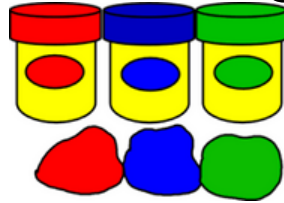


# Play-Doh Creation Challenge

## Materials Included in Kit

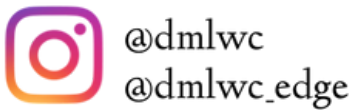
- Play-Doh
- Design Creation Mats



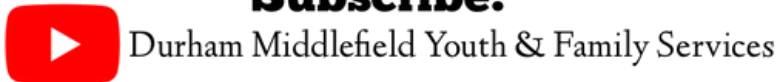
## Instructions

- 1** Open your can of play-doh and grab your creation mats from your kit.
- 2** Squish, roll, twist, and shape your play-doh to recreate the picture on the mat.
- 3** When creating your piece focus on the play-doh and think about how it feels when molding the dough. Is it cold? Warm? Hard to mold? Easy to mold? How would you describe it?

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# Mindful Monday

## "DE-STRESS WITH SENSORY" ACTIVITY KIT



Durham Middlefield  
YOUTH & FAMILY SERVICES



Durham Middlefield  
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

# Water Bead Stress Ball

## Materials Included in Kit

- Water Beads
- Balloon

## Materials Not Included in Kit

- Container
- Water
- Empty Water Bottle

## Instructions

For video instructions visit the link or scan the QR Code  
<https://rebrand.ly/WaterBeadStressBall>



1

In a container add warm water and the water beads. Overtime the water beads will expand.

2

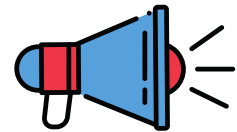
The water beads get to various sizes and are a little smaller than a marble. Once they have expanded drain the excess water from the container.

3

After playing with the water beads you can now turn it into a stress ball! Place water beads into an empty water bottle.

4

Once the water bottle is full, blow your balloon up and attach it to the bottle. Fill the balloon with the beads and then tie it. Now you have created a stress ball! Have fun squeezing it, and relieving some stress!



## Giveaway Entry Alert!

**We want to see your creation!**

Snap a photo with your creation and share it with us by tagging us on Facebook and Instagram!

Or email photos to [lvo@dmyfs.org](mailto:lvo@dmyfs.org) to be featured



**Share your creation with us and get entered into our Mindful Monday giveaway! Winner will be announced at the end of May.**

# 5 Senses Mindfulness Exercise

1

First, notice **5 things** that you can **see!** Look around and observe your surroundings. Do you notice anything that you haven't before?

2

Next, notice **4 things** that you can **feel!** Bring attention to the things that you're currently feeling.

3

Now notice **3 things** that you can **hear!** Listen for and take note of any noises in the background.

4

Fourthly, notice **2 things** that you can **smell!** Bring attention to the scents you usually filter out both pleasant and unpleasant.

5

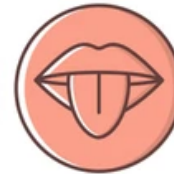
Finally, notice **1 thing** that you can **taste!** Take a sip of a drink, chew gum, or notice the current taste in your mouth.



HEARING



SMELL



TASTE



TOUCH



VISION

**Complete this activity indoors, outdoors, by yourself or with a partner!**