

A STEM in the Park

Take Home Activity

STEM

in the **PARK**™

Science, Technology, Engineering, and Mathematics

DIY KINETIC SAND and Calming Techniques

What You Need

- 5 cups of Play Sand (approx. 10 lbs)
- 1.2 cups Corn Starch (approx. 1 cup + 3 tablespoons)
- 1/2 teaspoon Dish Soap (Dawn Dishwashing Liquid)
- Water (approx. 1 cup)
- Optional: 1 teaspoon Tea Tree Oil (for antibacterial properties)
- Essential Oil of choice for scent and calming effects
- Air tight container



What To Do

1. Put sand in a container.
2. Add cornstarch and mix thoroughly.
3. Mix water and dish soap in a separate bowl, then add to the sand.
4. Mix thoroughly and enjoy!

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What To Do cont.

Store in a covered container. May last several months if Tea Tree Oil is used and stored in an air tight container. When sand starts to smell badly, throw it out and make new batch.

You may have to adjust the moisture of the Kinetic sand. If it is too dry, add a little more water. If it is too damp, allow it to air dry a bit.

8 Ways Kids Can Calm Down Anywhere

1. Count to 5 slowly.
2. Take several deep breaths.
3. Cup hands over mouth and blow into hands.
4. Place hands in pockets, sit on hands, or clasp hands together.
5. Acknowledge how your current emotion feels. Name it.
6. Make a fist, then relax the hand. Repeat.
7. Do a body scan. Notice how your body feels from head to toe due to emotions.
8. HUG!

The Science

Kinetic sand is a great toy that promotes imagination and finger dexterity while adding the benefits of soothing and calming effects. Kinetic sand can encourage Mindfulness and Emotional Regulation through the act of play.

Notes: *Please talk to your child about their emotions while playing with the kinetic sand. Please supervise young children and do not let them put the sand or their hands in their mouth. Follow Team Family Coaching and The SpOiled RN on Facebook, Twitter, Instagram and Pinterest for more information on Mindfulness and Emotional Regulation.*

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