

# Making worry stones



Worry stones are fun creative tools to help students self regulate and calm down. The idea is that a student can rub the worry stone to help them empty their balloon. Making the worry stones in class is a great way to build relationships with students and to explore the feelings that they experience in their balloon

## Below are step-by-step instructions to make your own worry stones

### Materials:

- Fimo Soft and Soft Effects Clay
- Foil (for baking clay)

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.