



Make a Worry Stone to help work out your big feelings

Materials:

- Clay (modeling or air-dry)
- Markers

Instructions:

- Roll the clay into a ball or shape of your choice
- Bake in the oven at 230 F for 30 minutes (or follow the instructions on the baking clay you've selected)
- Let the stone cool
- Decorate with markers!
- Chat about how to use the worry stone to work through big feelings