



FUN WITH CLAY

Who can do it?



Everyone

When can you do it?



When you feel anxious or stressed or restless or angry.

How to do it?



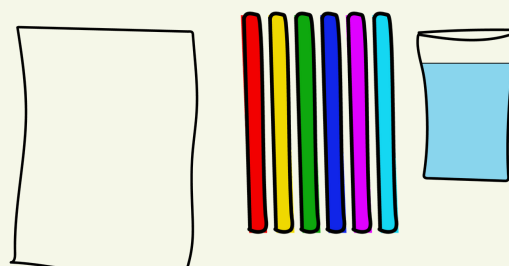
- Hold the clay in your hands. If you do not have clay, you can knead flour (aata) with water and use it like clay.
- Start by making basic shapes with the clay - like a ball or a coiled snake.
- Keep making different forms - let your imagination flow.
- After you are done, write down what you felt while making the shapes.

How will it help and expected outcomes?



- It will help in regulating your emotions.
- It will help in using the sensory input of touch; this can be meditative in nature and can help rest your mind.

Resources required?



- Clay or Flour (aata),
- Water,
- Paper,
- Pen/ Pencil