

Slime-Me

Liana Lowenstein, MSW, RSW, CPT-S (web) www.lianalowenstein.com

Goals

- Begin to develop a positive rapport
- Utilize a self-calming strategy to cope with stress and anxiety

Materials

- Ingredients to make slime
- Ziplock bag

Activity

Let's begin by making slime! We will follow the recipe and work together to make it.

Next, let's squish and stretch our slime and feel how soothing it is. As we're playing with our slime, let's get to know each other by answering some questions:

1. Making slime is fun! What else do you like to do for fun?
2. Playing with slime feels good. What else makes you feel good?
3. Squishing slime is a good way to let out your stress. What makes you stressed?
What can you do to help yourself feel better when you feel stressed?
4. We had to follow the rules to make the slime turn out properly. What are some important rules we should follow in here to make this a safe place?