



## 5.4 Self Care Stress Slime

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**Suggested Grade Level: 9-12**

**Time:** 30 minutes

**Subject Area:** Mental Health

### **Overview:**

Taking time to self care and relax is incredibly important when it comes to one's mental health. School can be stressful and when week such as finals weeks rolls around having students take some time to relax can help soothe the stress of school. This activity will focus how to de-stress by making unicorn fluffy slime.

### **Goals:**

- Allows space for participants to de-stress
- Participants will learn about the importance of self care

### **Materials:**

- Glitter Glue
- Borax
- Water
- Wisk
- Large Bowls

### **Procedure:**

The GSA can watch the video linked below or follow the instructions listed. Depending on the size of the GSA more materials may be needed.

<http://tinyurl.com/SelfCareSlime>

#### **Step One:**

In a bowl mix together half of cup water with half of cup of glitter glue together.

#### **Step Two:**

In another bowl, mix together a half cup of water with one teaspoon of water.

#### **Step Three:**

Add your Borax mixture to your glitter glue, be careful not to add too much Borax.

**Step Four:**

You should now have fun glitter slime, you can make different colors to create rainbow slime. This slime can also double as a stress ball.