



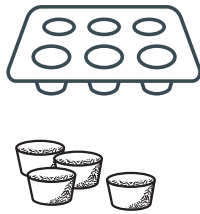
Do-It-Yourself Wellness Kits

Advent and Christmas can be a stressful time for many. Consider making some DIY Wellness Kits on your own or as a family as special homemade gifts and a way to share some love this Christmas season!

Here are some ideas for things to put in the kit from The United Church of Canada's GO Project. Personalize the kit with your own special de-stressors—maybe a healthy snack, some tea, a favourite book, or a notepad. Package the kit in a nice box or basket.

BATH BOMBS

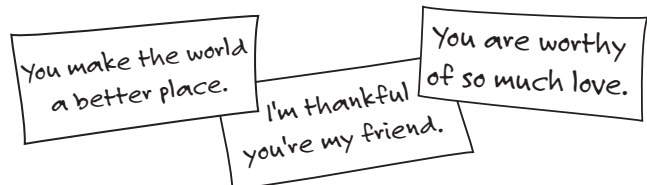
- muffin tin or moulds
- ½ cup/65 g baking soda
- ½ cup/65 g citric acid
- ½ cup/65 g Epsom salt
- ½ cup/65 g cornstarch
- ¾ tsp/4 mL water
- 15 drops of essential oil (e.g., lavender, tea tree, eucalyptus)
- 2 tsp/10 mL coconut oil
- few drops of food colouring



1. Mix all dry ingredients except the citric acid.
2. Pour all the liquid ingredients into a jar and shake to blend.
3. Pour the liquid ingredients into the dry ingredients, then add the citric acid.
4. Pour and fill tightly into the muffin tin or moulds. Immediately remove from moulds and wrap in wax paper for a few days.

DIY AFFIRMATION CARDS

Use markers and card stock to make an affirmation card for each person. Google “affirmations” if you’re not sure what to write.



DIY STRESS BALLS

- empty water bottle
- flour
- fancy balloons



1. Pour about 1 cup/125 g flour into the empty water bottle.
2. Tighten the balloon around the water bottle lid and empty the flour into the balloon. Keep adding flour until you're happy with the size.
3. Tie the balloon tightly with a knot.



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DIY SLIME

Supplies:

- 8 oz/240 mL bottle of Elmer's white school glue
 - 1½–2 tbsp/22–30 mL contact lens saline solution.
 - 1 tbsp/15 mL baking soda
 - food colouring
1. Mix glue and food colouring. Then mix in baking soda
 2. Add half of the saline solution, then more to thicken if desired.



DIY HEATING BAG

Supplies:

- old, clean (long) sock
 - twine
 - uncooked rice or oatmeal
 - optional: dried lavender, rose petals, rosemary, cloves
1. Pour rice and optional scents into sock.
 2. Sew or tie sock closed.



With thanks to The GO Project for this resource!
thegoproject.ca