

BLOW YOUR WORRIES AWAY

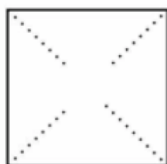


MATERIALS

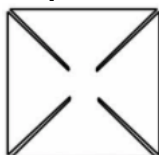
- 8 in by 8 in square paper
- Glue
- Scissors
- Straw or stick
- Thumbtack
- Ruler
- Pencil

DIRECTIONS

Step 1: Draw diagonal lines from each corner towards the center of the paper but not all the way



Step 2: Cut the diagonal lines. Stop about 1-2 inches from the center



Step 3: Pick up the left corner and glue to the center. Continue with each section.



Step 4: After all four sections are glued in the center. Use the thumbtack to attach the “wheel” to the stick or straw.

GUIDING QUESTIONS

- What happens when you blow really hard on the pinwheel? What happens if you blow slowly?
- Ask children to think about or state their worries, fears, or feelings before blowing the pinwheel.
- How does taking deep breaths and blowing help to calm the body?

ADAPTED FROM: <http://www.leslietryon.com/3dcolorcutout/makepinw/makepinwheel.html>



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