

TEEN  
**TAKE & MAKE**  
CRAFT KIT

# Foam Squishies



You may have seen these foam squishies on Tik Tok. Now it's your turn to create this stress relieving toy.

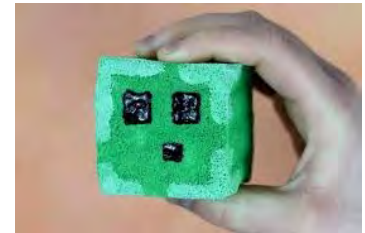
### Supplies

Foam Mattress Piece  
Fabric Paint  
Scissors



### Directions:

Think of what you'd like your squishie to be.  
You can sketch it out on your foam ahead of time.  
Or just get right to the next step.



Cut out the shape that you want your squishie to be.  
If you sketched it out, this step might be a bit easier.

Use the fabric paint to decorate your squishie.

Leave your squishie to dry. We recommend over night just to be safe.

You're all done. Use your squishie to relax and destress.

