

Supplies Needed:

Polymer Clay

Anything from a toothpick, butter knife, pencil... really anything you have around your house that can help you create texture on your clay.

Instructions:

Roll your three colors of clay together to create a swirl. (Don't mix too much or your color will turn to mud.)

Roll the clay into a ball.

Pinch the ball with your thumb and index finger. Once it is squished and leaves a print of your thumb and finger, you can add texture to your finger print indent.

You can use any sort of design that you want to create texture. If you look at the photos on the right of this page, you'll see a few examples. You can even make different shapes if you'd like. The cube is one example of that.

Cook your clay on 265 degrees F for 15 minutes. Ask an adult for help with the oven as needed. The clay will be hot, so please let it cool before handling.



Rub your worry stone or hold it in your hand when feeling anxious, stressed or restless. It will help give you a place to put some of that energy.

