

## Nest buns

This cooking and craft activity has a strong focus on stress and anxiety relief. Ingredients are non-perishable and it is easy to package and send, but preparation for the craft activity can be time-consuming so you may wish to adapt that.

What you will send:



- |  |                                  |
|--|----------------------------------|
| 1) Bag of flour                                  | 5) Balloon                       |
| 2) 2 wheat biscuits wrapped in paper             | 6) 2 chocolate bars              |
| 3) Bag of mini marshmallows, bag of silver balls | 7) Cake cases                    |
| 4) Top of bottle                                 | 8) Laminated 'grounding' chart   |
|  | 9) 2 pens (dry wipe & permanent) |

- The decorative items at number 3 can be substituted for others. Marshmallows are generally not suitable for vegetarians or those following halal diet.
- Helium balloons are more suitable for this activity, otherwise you will need to double up to prevent flour explosions!
- The bottle top at number 4 is the bit requiring most prep. Cut the mouth from old, clean plastic bottle, making it as small as possible. Tape over potentially sharp edges.

Participants will need: bowl, spoon, microwave

Print off the "5 Senses Grounding" mat. You will need to laminate it for this activity.

### Session narrative

Icebreaker: Take the sealed packet of wheat biscuits and the pen. Write on the packet everything in your life right now that's stressing you out. Model this, to show that they can be big things or little things and remind everyone that they don't need to share their list. If anyone does want to share however, they can do so. Ask them to say if they just want people to listen or if they want to hear suggestions or advice. When everyone has shared who wants to, smash the packet for the catharsis!

### Cooking activity:

- Break up the chocolate bars into your bowl. Microwave in 20 second bursts until it has melted, being careful not to let it burn. (Make sure the slight risk of scalding this carries is included in any risk assessment)
- Add in the smashed up shredded wheat and stir to combine
- Pile into cake cases and decorate.



Craft activity – stress balls:

Attach the balloon to the bottle neck and pour in flour gradually. Leave a little space to tie off the balloon.

Decorate the stress ball with the permanent marker and anything else to hand.

