

3D Story Kids' Activities

Have you ever felt frustrated like Rohan?

What did you do to manage your feelings?

Some people cry, and some scream when they are frustrated. So, what do you do when you feel angry or frustrated?

Do you have any advice for Rohan? What should he have done before he had to sound so mean to Aidan?

Could it be a 4D Story? 5D? How? Explain your thinking.

Mrs. Smith Asked Rohan to go for a drink. How does that help sometimes? Have you tried any other strategy to calm yourself in such a situation?

Create a Calming Jar

Materials: You'll need the following ingredients for all of these bottles.

- Clean empty bottle with a lid.
You can use mason jars or a used candle jar.
- Hot water
- Food Coloring
- Glitter

Fill the jar three fourth way, add one teaspoon of glitter, food coloring of your choice. Close the lid tightly, and your calming jar is ready.

Shake it and enjoy the shaking sparkles and observe them settle slowly.

Whenever you're frustrated, could you give it a shake and feel the magic?

