



MAKER ED PRESENTS LEARNING IN THE MAKING

HOW TO MAKE A SELF-CARE BOX



Created by Sergi Delgado
from Noun Project

INTRODUCTION

Audre Lorde, a Black feminist, writer and activist said, “Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

When we take care of ourselves, we are able to be the best version of ourselves. When we take care of ourselves, we are able to offer care to the people we love. When we take care of ourselves and each other, we change the world for the better.



Can you believe it? Changing the world starts with giving care to our lovely self!

What happens around us, in our environment, has an affect on how we feel. We may feel sadness, anger, fear, and even hopelessness. At times, the emotions feel so strong. Sometimes we are taught that it is not okay to have emotions or that some emotions are good and others are bad. However, emotions are natural. Everyone has them! Emotions don't depend on your gender or your age. If we have the right tools, we can be prepared to respond to strong feelings in a way that is healing and helpful to ourselves.

How do you take care of yourself when you feel overcome by powerful emotions like sadness, anger, and fear?



IN THIS ACTIVITY YOU WILL:

- Explore the way different objects make you feel
- Make a self-care box by filling a box with sensory objects that make you feel calm and joyful

WHAT IS EMOTIONAL REGULATION?

At all times, emotions and sensations are communicating to us what our bodies and minds need. They are designed to keep us safe. **Nerves** are the messengers of the body. Our emotions and sensations are a special language our bodies use to communicate with us. Our bodies can let us know when we feel hungry, cold, and tired. Our body can even let us know when it thinks we are in danger! We have an alarm system right inside of our brains and it is called the **amygdala**. **Emotional regulation** allows us to be more aware and better control how we respond to these messages.



Subject

Social Emotional Learning
Art



Standards

CAS 10. Synthesize and relate knowledge and personal experiences to make art.



Grades

K-2nd
3-5th
6-8th
9-12th



Key Terms

Emotional Regulation
Nerves
Amygdala
Sensory
Texture



Watch the video here:
<https://bit.ly/self-carebox>

ACTIVITY INSTRUCTIONS

Tools & Materials of Making

Get creative and use whatever materials you have available.

Here are some suggestions to start with:

- **Small or Medium sized box or bag:** ex: old shoe box, cereal box, any cardboard or plastic box
- **Sensory materials:** velcro, putty, feathers, pipe cleaner, candles, paper, containers etc.
- **Connection materials:** tape, glue, clips, etc.
- **Tools:** Scissors, Pens, Pencils, Markers, Paper
- **Optional Embellishing materials:** glitter, stickers, drawings

EXPLORATION

Different colors, scents, sounds, and textures affect us all differently. **Sensory** objects can calm us when we feel stress and anxiety. Sensory objects bring our attention from our internal stress to focus on the external, or outside world.

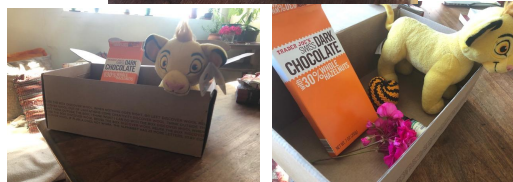
- Explore around where you are and collect materials that seem interesting
- Find materials that look like they will have a calming effect.
- How does each object make you feel?
- What materials do you like the best?



SELECT YOUR OBJECTS

Humans can have up to 5 senses. For your self-care box, **choose one sensory object for each of your senses:**

- Taste Touch Smell Sight Sound



FILL & DECORATE YOUR BOX

When you are stressed in the moment, your thinking brain will be disconnected from your feeling brain. You will want to have your self-care box ready when you need it!

- Place your chosen objects in your box.
- Decorate your box! Make it yours!
- Go to your self-care box when you need care and emotional regulation.

REFLECT



- Can you reflect on a time where a strong emotion caused you to fight, run, or freeze?
- How did you get yourself and your body back into a calm state?



Hint: Try to find a variety of textures: fluffy, scratchy, smooth, silky, rough, etc.



Extra Credit! Design & build your own **sensory board**.



[View More on Instagram](#)



Extra Credit! Invent your own fidget toy or tool.



Remember:

There are many, many ways to cope when we feel stress or other strong emotions. We have to find the things that work for us as individuals. What works for me, may not work for you.



Created in collaboration with: **Aáron Heard & Linda Le**

For more resources, visit us: makered.org



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