

# Make-N-Take

## Project: Calming Cream

### Materials:

- Printed cream icons
- Velcro dots
- Small pump-style lotion bottle
- Aromatherapy lotion\*



\*When choosing the lotion scent, consider what some common aromas can do. Gardenia is uplifting and balancing, jasmine lessens stress and depression, rose is purifying, violet softens charged emotions, lavender soothes and calms, and mint reduces anxiety.

### Usage:

When you notice a child in distress, offer the lotion bottle and ask the child which cream would be helpful. Assist them as needed, using the icons as guides. Once the calming need is identified, conduct the corresponding calming ritual. At first you will want to conduct these calming rituals with the child(ren), but eventually they will be able to calm themselves with this helpful aid.

Use these words to address the child: You seem to be having a difficult time. What would be helpful: Cranky Cream, Concentration Cream, Boo Boo Cream, or Wish Well Cream?

For each ritual, a soothing hand massage should be given while singing or chanting the cream songs as listed:

#### **Cranky Cream**

Sing part of "Bye Bye Crankies" from the *Songs for I Love You Rituals Volume 2* music CD, or chant the following softly:

"Bye bye crankies.  
Bye bye crankies.  
It's time for you to go."

#### **Wish Well Cream**

Sing the "I Wish You Well" song from the *Songs for I Love You Rituals Volume 2* music CD.

" I wish you well.  
I wish you well.  
All through the day today,  
I wish you well."

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### Concentration Cream

"It's time to concentrate,  
concentrate, concentrate.  
It's time to concentrate.  
Concentrate right now.  
Just focus and focus  
and focus and focus.  
It's time to concentrate.  
Concentrate right now."

### Boo Boo Cream

"Bye bye boo boo.  
Bye bye boo boo.  
Bye bye boo boo.  
It's time for you to heal."

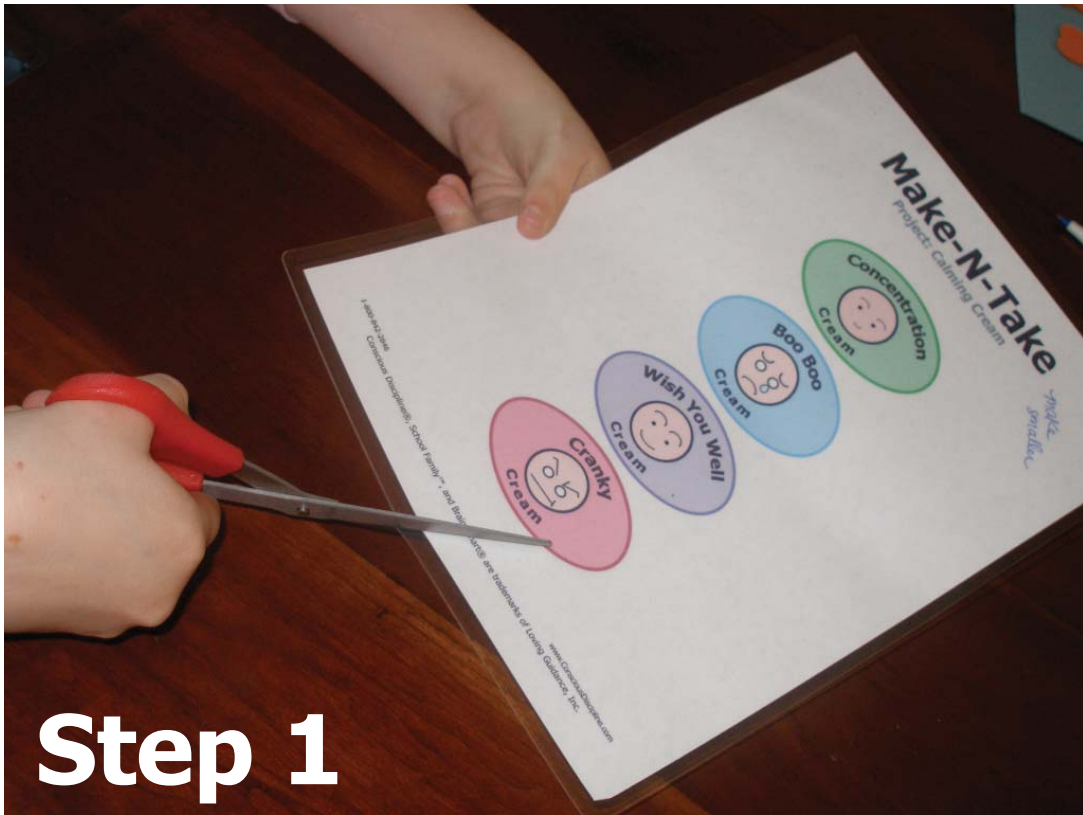
### Directions:

1. Laminate and cut out the individual cream icons.
2. Attach four hook-side Velcro dots to the lotion bottle in four different places.
3. Attach a soft-side Velcro dot to the back of each of the cream icons and then Velcro the icons to the lotion bottle.
4. You did it! You made Calming Cream!

Variation: Use four bottles and glue an icon permanently onto each bottle.

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