



## Activity 5.6

# Making Eye Pillows

### Objective:

- Create ways to calm the senses before sleep.

### Materials:

- Inexpensive knee socks
- Rice and flax seed
- Essential oil(s)
- Funnel
- Scissors

### Steps:

- Purchase or locate inexpensive knee socks. Wash to create softness and tie a knot in the bottom.
- Mix the rice and flax seed (any ratio/consistency will work). Flax seed is not necessary but does create more softness for the pillow. Toss the ingredients into a bowl, and let the participants mix it up with their hands talking about the senses, how it feels, how it smells, and what it looks like.
- Add the essential oil, remembering a few drops goes a long way (three or four drops are plenty). If you have different oils, have the participants smell the bottles and choose which they like best. Mix again after adding the oils.
- Insert funnel in the sock and gently pour the rice mixture into the sock.
- Tie a knot at the end of the sock.
- Have participants try out the mask and discuss how it makes them feel more relaxed.

### NOTE:

*With simple ingredients like socks, rice, funnels and essential oils (optional), these eye pillows can be created quickly and easily. For detailed instructions, check out the website <http://www.lazylizardsyoga.com/kids-yoga/creative-crafty-and-calming/>.*