

## **MINDFUL ACTIVITY \* BONUS \*** **PACK** *with* **SLOOMOO**

### **Contains 12 Cards:**

- ♦ Introduction Cards (2)
- ♦ Slime Facts & History (6)
- ♦ Mental Health Facts (6)
- ♦ MindUP Moments with Sloomoo (6)

### **Print Instructions**

1. Download this PDF to a device connected to a printer.
2. Print out pages 2-14 on regular white paper, or heavy white cardstock if available. Make sure it is set to "Actual Size" and not "Fit."

*Note: If your printer has the option to print 2-sided, make sure it only prints on one side.*

3. (Optional) If you want to print the backs of the cards, go to page 15 of this PDF for instructions.
4. Cut the cards out with scissors
5. Enjoy!

**This Mindful Activity \*BONUS\* Pack contains slime history, mental health facts and MindUP moments with slime!**

MindUP, in partnership with Sloomoo, promotes thoughtful and interactive ways to help manage stress and support mental well-being, with slime in hand!



**MindUP's Mindful Activity \*BONUS\* Pack, supports the four pillars of our curriculum —neuroscience, mindful awareness, positive psychology, and social and emotional learning (SEL).**

Sloomoo Institute celebrates joy through sensory play. The mission: embrace the power of #satisfying through vivid color, the sense of scent, tactile compounds, and captivating visuals and sounds.

**Explore, connect and be present!**

## Slime Facts & History

Learn facts about slime,  
and it's history!

## Slime Facts & History

Slime is a sensory toy that can help with fine motor skills. It is a fun way to practice strength, motor control and dexterity.

### Slime Facts & History

In 1943, engineer James Wright was making an inexpensive substitute for a synthetic rubber at a General Electric lab in Connecticut. When he dropped boric acid into silicone oil, he got a stretchy, bouncy material that did something odd - it picked up a perfect copy of what it was printed on a newspaper when it was pressed!

### Slime Facts & History

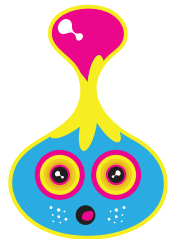
Slime is considered to be a non-Newtonian fluid, which means it is not a liquid or a solid. It doesn't follow Newton's law.

### Slime Facts & History

In January of 2018, Google reported that slime was the #1 trend on Youtube in 2017.

### Slime Facts & History

In October 2019, Sloomoo institute opened. It is the first museum-type of slime experience.





## Mental Health Facts

Understanding our own mental health is empowering for children and adults alike!  
Enjoy these interesting facts!

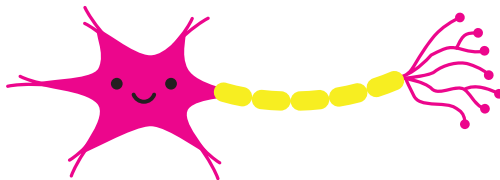
### Mental Health Facts

Watching slime videos and engaging in slime play is a mindfulness practice.



### Mental Health Facts

Touching and smelling slime can trigger calming signals in your brain.



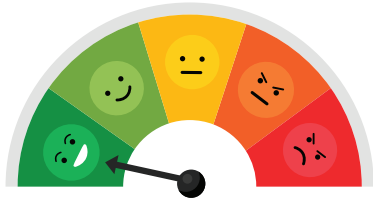
### Mental Health Facts

The soothing sounds and feeling various textures of slime help us focus on the present.



## Mental Health Facts

The practice of squeezing and releasing slime helps alleviate stress.



## Mental Health Facts

Slime play promotes independent healthy play, outside of the overstimulation of technology and screen time.



## MindUP Moments

Seize the moment.  
Participate in these practical strategies  
to develop mindful awareness.

## MindUP Moments

**Use letter magnets to imprint on your slime.** (1 person)

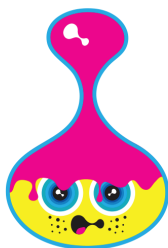
Spell your name or even practice spelling words!

## MindUP Moments

### Create a slime discovery bag! (1 or 2 people)

Put some slime in a plastic bag for friends with sensory sensitivities. Add in other objects as well, like buttons. Then, lay the bag of slime on a table top or on the floor.

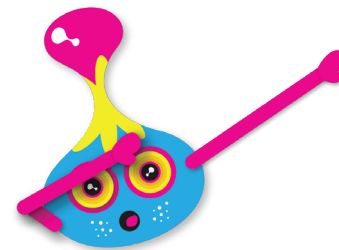
**Explore.**



## MindUP Moments

### Search for hiding objects in the slime! (1 or 2 people)

Some slime comes with objects already included. If your slime doesn't have anything in it, add some confetti, buttons or little figurines for the activity! As you play with your slime, sort what you find by color and/or type.



## MindUP Moments

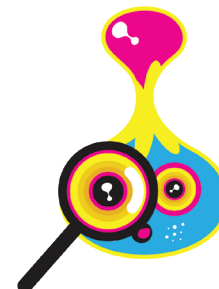
### Slime Bubbles! (1 person)

1. Take a ball of your slime, and put it in a bowl.
2. Place a straw in the slimeball, and make sure the slime is secure around the straw.
3. Blow into the straw and watch a bubble grow!

## MindUP Moments

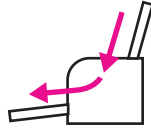
### Slime Charades! (2 people)

Take turns creating slime shapes to get others to guess what you are making!



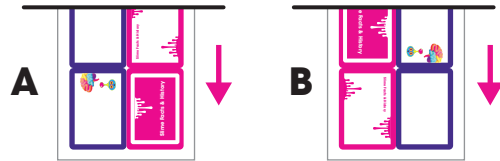
# How to Print the Back Cover

First, identify which type of printer you have. Then follow the instructions below.

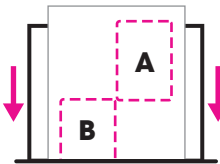
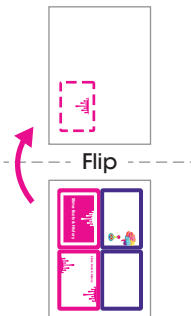


## Top Load Printer

1. Identify what orientation the 2nd page of this PDF prints out. Does it look like A or B?



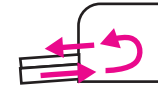
2. Flip the paper over and put it back into the paper tray, blank side facing up.



A - Conversation Starters Guide should be in the upper right on the underside of the paper

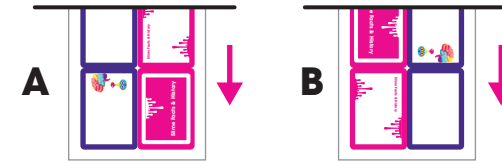
B - Conversation Starters Guide should be in the bottom left corner on underside of the paper

3. Print page 16 of this PDF. If it looks right, repeat steps 1-2 for the rest of the card pages. When they are all in the tray, print page 16 on the rest of the pages.

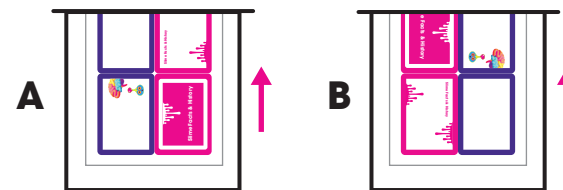


## Front Load Printer

1. Identify what orientation the 2nd page of this PDF prints out. Does it look like A or B?



2. Put the printed page face up, back into the paper tray without turning or flipping it.



3. Print page 16 of this PDF. If it looks right, repeat steps 1-2 for the rest of the card pages. When they are all in the tray, print page 16 on the rest of the pages.



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*For Life*

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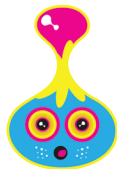
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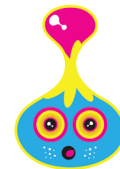
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