



Make your own Pinwheel

LifeLabs®

Purpose:

To distract anxious children & encourage belly breathing.

You will need:

1. Scissors
2. Pencil or straw
3. Push pin / tack

Instructions:

1. Cut along dotted lines
2. Place each blue dot on top of red dot in centre
3. Push tack through centre and into side of pencil eraser or straw
4. Blow & watch it spin!