

# 18<sup>th</sup> December

## Homemade heated rice bags

Soothe away aches and pains with these great present ideas

### What you will need

- Piece of flannel material ( any size you choose)
- White rice (NOT instant rice!)
- Sewing pins, matching thread & sewing machine.
- Optional idea you add a drop of two of essential oils
- Scissors



Take your dried rice in a large bowl and if adding your essential oils make certain to add the oil evenly around the rice. Wait for ten minutes and then be sure to thoroughly mix the oil in. Allow to dry for an hour.

Draw your design onto your fabric (twice) and cut. A long rectangle is best for neck area

Place the two pieces of fabric together, with the outside sides facing each other. Sew the two pieces of fabric together on three sides. Stick your hand inside and pull the bag inside out, so that the sides you want on the outside are now outside.

Fill the bag with your rice. Do not fill the bag more than about two thirds full. Sew the remaining side together to close the bag.

Place the bag in the microwave and heat on high for two minutes. Check the bag for any leaks.

### Dyspraxia Foundation Youth Top Tips over Christmas period

Do something you enjoy; Try to make time for doing the fun things you enjoy. If you like going for a walk or a run, painting or a specific TV or film, try to set aside time to enjoy yourself. If you don't spend any time doing things you enjoy, we may become irritable and unhappy.

### Need support? [Support For Children & Young People - Anxiety UK](#)

You can call the Infoline number: 03444 775 774 between 9.30am and 5.30pm, Monday to Friday, and talk to someone in complete confidence.