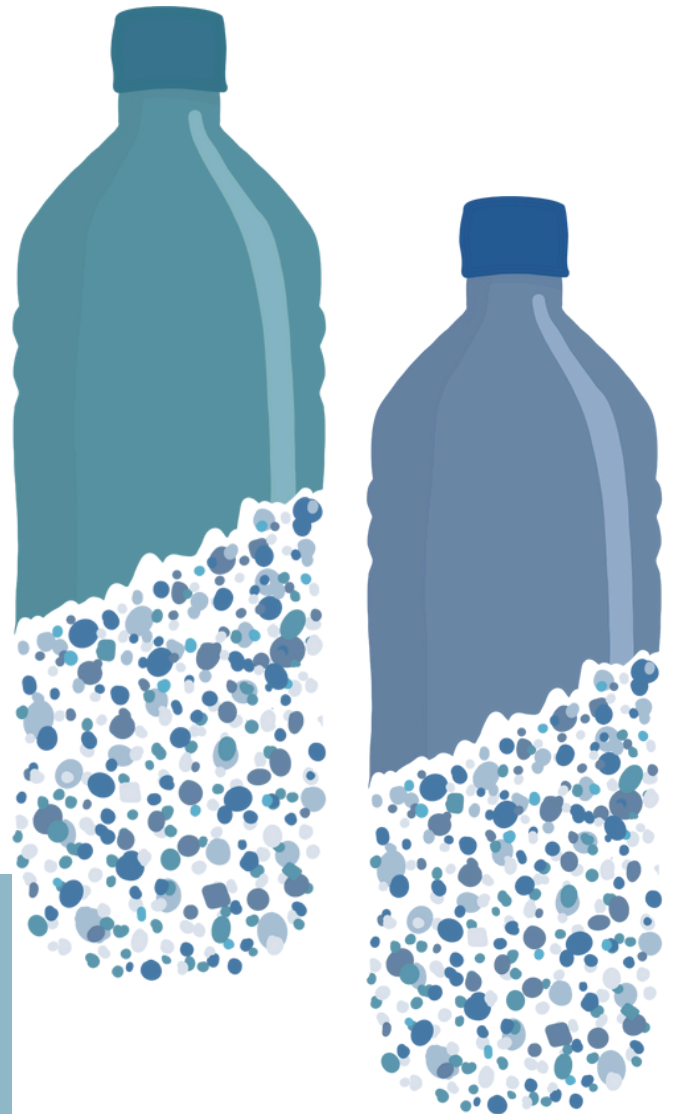


# ***Calm Down Jars:***

*Talk to youth about stress, mental health and things they can do to calm their nerves and help deal with different situations.*

*Need access to warm water and probably best done outdoors...a little messy but fun!*



Contact Megan Stone at [mmcneel1@purdue.edu](mailto:mmcneel1@purdue.edu) to schedule this program.