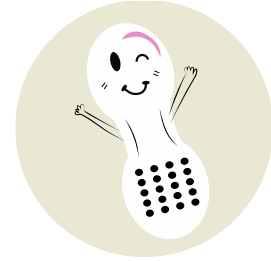


DIY Heating Pads



Workshop Duration: 25 minutes
Age Group: Levels 1-2

Workshop Overview

What will my students learn?

This mini workshop is perfect for menstruators who like arts and crafts and using their creations! They will receive a brief lesson on the purpose of heating pads before making their own sock heating pad.

Hands-on Learning Component

DIY Heating Pads

Supplies Needed

-  Provided handout
-  Socks
-  Rice
-  Rubber bands
-  Essential oils (optional)

Learning Objectives

-  Understand why menstruators use heating pads during their period
-  Learn how to make your own heating pad with socks, rice, and rubber bands

Agenda

Introduction & Presentation on Heating Pads (5 minutes)

Activity (20 minutes)

Activity: Ovulation: The Play

Preparation and Supplies

-  Distribute socks to learners
-  Pour rice into individual cups and distribute to learners
-  Hand out rubber bands

 Essential oils are optional

- Can dispense a few drops on the sock heating pad before heating in microwave to give it a pleasant smell

Demonstration Instructions:

 Distribute handouts to students to reference during the introduction, presentation, and activity

 Review the handout by highlighting the following information:

- Cramps happen because our uteruses have muscle and muscles squeeze then release to move
- Sometimes, muscles work too hard and cause cramps that can be painful
- Muscle makes chemicals when it moves, and your blood vessels carry those chemicals away
- Your blood vessels bring your muscles oxygen and carry away the chemical stuff
- Heat can help move these chemicals faster, thereby relieving some of the pain associated with cramping
- Heat can be a comforting sensation, but you must be careful to not make your heating pads too hot or it will burn you
- Ask your parents or guardians for help when heating the pad, so that you do not hurt yourself
- Only use the heating pad for 10-30 minutes
- Place the pad on the lower part of your tummy where the cramps originate

 Make sure every learner has the supplies they need

 Ask students to put their hand into the sock to open it up

 Learners should pour the pre-measured rice into the sock until it is full

 Tie off the top of the sock with a rubber band then knot it tightly

 When warming the sock, you should not heat it for more than 2 minutes

- Emphasize that a parent or guardian should assist them when heating it
- They can squeeze a few drops of essential oils on the sock prior to heating it to make it smell nice