

## **Make your own comforting “Heat Sock”**

Take any tube sock or knee-high sock, pour in 1 – 2 cups of rice (depending on the length of the sock), and tie a knot in the end of the sock. Warm in microwave for 1 minute.

Apply to neck or any other tense area and relax! Reuse as needed.



### **Fun holiday idea's:**

- Target has a \$1 section with fun holiday pattern socks
- Dollar Tree or 99 Cent stores also carry seasonal and plain socks
- Give them as inexpensive gifts or just a nice gesture for a friend
  - Plain socks can be decorated with fabric paint or markers
- You can substitute tying a knot in the end with a tight rubber band and bow or decoration of your choice
  - Have fun and enjoy this simple, inexpensive treat!



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