

Snail charming is a masterful exercise in patience with splendid rewards. This simple activity is really about recognizing feelings;

- * noticing how you feel inside
- * understanding you can change your feelings
- * realizing your feels can affect those around you



A perfect activity to keep in your back pocket for just the right moment.

When you encounter a snail suggest that your child might be a Snail Charmer. If they would like to find out, set the stage something like this;

“Picking up a snail is worrisome for the snail. It will hide in its shell until it feels safe again. A snail cannot be talked into coming out as they can not hear. But they do feel. A Snail Charmer uses good feelings to charm a snail from its shell. Shall we try it?”

- ⦿ Charming a snail begins with holding still. So get comfortable.
- ⦿ Place a snail, open side down, on the palm of the hand. Take care that it doesn't roll off. (please keep hands free of sunscreen and insect repellent when outdoors).
- ⦿ Then, think happy thoughts. Feel peaceful inside. Send the snail those peaceful feelings and happy thoughts. Send kindness and gratitude for the chance to meet. The snail will soon feel safe.
- ⦿ Feeling frustrated and impatient will not help the snail to feel safe. Snails never rush.
- ⦿ Take care when the snail begins to emerge. Too much excitement can send a snail back into its shell. Thank the snail for trusting you.
- ⦿ Wait for the eye stalks to come out! What fun when the little snail begins looking all about for you. Say hello.

Tip: Children should always touch a living creature gently with just a finger tip. Then decide if it feels like something they wish to hold. Placing a living creature in a hesitant child's hand may overwhelm them. The result is often an unpleasant experience for the child and harm to the creature.



Good thing snails cannot bite because their teeth are the strongest natural material on earth. Snails use their strong teeth to grind rocks and bones, a source of calcium and minerals help to build a tough protective shell.