

## DISPOSABLE HEAT SOCKS

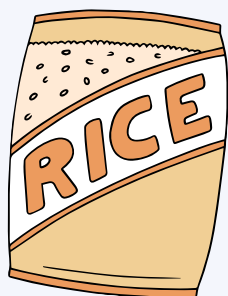
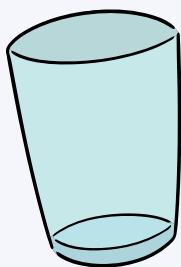
Kittens cannot regulate their own body temperature. Make a heat sock to help young kittens stay warm!

\*Age level: 3 and up (Younger children may require supervision) \*Estimated time: 5 mins - 15 mins

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### MATERIALS NEEDED

- ★ Two Clean, Dry Socks (without holes)
- ★ 2 Cups of Dry Rice
- ★ One Glass Cup with a Wide Lip



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### STEP BY STEP INSTRUCTIONS

1. Collect two socks from your laundry (check for holes or tears)
  - a. TIP: tightly woven socks are best for this activity
2. Adjust size of sock to size of animal (smaller socks for smaller animals)
3. Place sock over the glass cup and then take 2 cups of dry rice and fill sock slowly
4. Tie a knot at the end of the sock and far enough away from the rice to allow for movement and molding to the body of the animal
5. Place the second sock over the first and do not tie a knot
6. Your sock is ready to keep a kitten warm!
7. Donate sock to OC Animal Care or find your local animal shelter here



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### REFLECTION QUESTIONS

- How does it make you feel helping animals in your community?
- Do you know what to do if you find kittens outside? Check out this helpful flyer for information.

