



## Stress Ball

Using a stress ball may be an effective tool for children and young people to cope with stress. Listed below are the materials and instructions required for making a stress ball.

### Materials:

- A balloon
- Rice/flour
- A funnel

### Optional:

- Scissors
- Marker pens to decorate stress ball

### Instructions:

- Stretch your balloon
- Fill your balloon with your chosen ingredient (rice or flour) using the funnel
- Tie the top of your balloon
- Snip the excess rubber (optional)
- Decorate with marker pens (optional)

### Examples of Stress Balls:



<https://www.somewhatsimple.com/wacky-sacks/>