



Activity 5.5

Making Stress Balls

Objective:

- Students will understand the benefits of stress balls for keeping hands and minds busy.

Materials:

- Three balloons
- Rice or flour
- Funnel
- Scissors

Steps:

- Stretch out the balloon. (Tip: simply blow it up for some extra stretch.)
- Choose the filling of rice or flour.
- Stick a funnel into the neck of the balloon.
- Pour slowly to avoid clogging the neck of the balloon; if it does clog, use a pen or pencil to clear the opening.
- Remove the funnel from the balloon and let out as much air as you can. (Tip: to release the air, pinch near the neck and separate your finger and thumb slightly; too wide an opening can blow flour everywhere.)
- Tie the neck of the balloon closed tightly.
- Snip off the excess rubber.
- Grab the second balloon and snip off the end.
- Grab the last balloon, and snip the end, leaving enough to tie.
- Tie the end, and you've made yourself a squishy stress ball.

NOTE:

The website <https://patch.com/us/dealtown/buy-or-diy-how-make-squishy-stress-ball> provides several ideas to make personalized stress balls.