



## DIY STRESS BALL

Objective: To identify my feelings and manage my emotions.

Supplies Needed:

- 1 Balloon
- 3/4 cup of filling (sand, rice, beans, corn starch, flour or sugar)
- Empty water bottle
- Funnel

### STEP BY STEP

1. Pour 3/4 cup of filling into your water bottle. Using a funnel makes the process go much faster.
2. Blow the balloon up a bit and twist it a few times, so that the balloon will stay inflated as you transfer the filling.
3. Put the balloon over the neck of the bottle.
4. Flip the bottle containing the filling upside down, so that the filling begins to transfer into the balloon. You will have to tap the bottle a few times to get the filling to settle into the balloon. Have patience!
5. When all the filling is in the balloon, carefully remove the balloon from the bottle. Slowly allow the air to escape. Be careful! If you let the air out too fast you will end up with filling everywhere!
6. When you are satisfied that the air is out of the balloon tie the balloon off.
7. Feel free to use this stress ball while considering the following writing prompts.
  - How do I feel right now?
  - Is there anything bothering me?
  - What can I do to make myself feel better?
  - What did I enjoy about today?

