

STRESS BALL



Creating your own stress ball is a fun way to build a relaxing fidget toy. Share your creations with friends and family to spread the fun!

*Age level: 4 and up *Estimated time to complete project: 5-10 mins

01

MATERIALS NEEDED

- ★ 2 Balloons
- ★ Small Funnel
- ★ Rice, flour, sand, Play-Doh, or Orbeez



02

STEP BY STEP INSTRUCTIONS

1. Take one balloon and use a small funnel to fill it with rice, flour, sand, Play-Doh, or Orbeez.
2. Once the balloon is filled, tie the end to close it.
3. Double wrap the balloon into the second balloon to make sure it's super secured.
4. Create another one using a different material! Or, make extra to share the relaxation with friends and family!



03

REFLECTION QUESTIONS

- Why is it important to have ways to de-stress?
- What are other ways you like to relax?
- What is another item you could create for fun or to de-stress?

