

# Coping With Stress Through Crafts: DIY Stress Balls

## Materials Needed:

- Balloons (minimum 2)
- Filling (flour, rice, seeds, etc.)
- Funnel
- Scissors
- Sharpies for decoration (optional)



## Instructions

**Step 1:** Take the first balloon and stretch it as much as possible.

**Step 2:** Fill the stretched balloon with your chosen filling using the funnel.

**Step 3:** Tie the end of the balloon tightly.

**Step 4:** Take your second balloon and cut the 'neck' of it off using scissors.

- **Tip:** Pick a balloon colour that you or your child like. It will be the colour of the stress ball.

**Step 5:** Stretch the second balloon over the filled balloon to secure it.

- **Tip:** Put the outside balloon on so the opening is at the other end from the tied end.

**Step 6:** Decorate with Sharpies if desired, and let your new stress ball work its magic!

**How It Helps:** Stress balls are a tool to relieve anxiety, stress and other mood disorders. Stress balls help relax us by taking tension out of our hands. If you or your child experience stress or anxiety, this is a great coping tool to create together.