

# Stop Stress & Gain Ownership!

**Objective:** Students will create their own stress balls. This activity is great to use in a stress management group or anxiety group. When a child makes their own stress management tools they are more likely to take ownership of the process and utilize the strategy introduced by the facilitator.

**Ages:** First grade through high school (obviously younger students will need more assistance) May be used with pre-k and kindergarten if done individually.

**Materials needed:** small or medium durable balloon (normal water balloons are not strong enough), a funnel, cornstarch, yarn, permanent marker, and stickers.

Students may pick their favorite color of balloon or choose a color that represents how they are feeling. If they are sad then they might choose blue or if they are mad they might choose red.

1. Blow up the balloon until it is about 4 to 5 inches around. (Do not tie the balloon yet!)
2. Pinch the top of the balloon shut an inch or two inches from the opening.
3. Insert the funnel into the open balloon mouth and let the top shut loosely around the open funnel leg.
4. Pour the cornstarch into the funnel.
5. Slowly move your hands to allow the cornstarch to fall through the mouth into the balloon.
6. Continue filling the balloon until about 3 inches are filled.
7. Pinch out the excess air from the top of the balloon.
8. Tie the balloon closed as near to the cornstarch as you can.

