

**PURPOSE** //////////////////////////////////////

- Release Stress

OBJECTIVE //////////////////////////////////////

- Squeezing a stress ball can help to release tension and stress by tightening and relaxing the muscles in your hand and wrist.
- When you squeeze a stress ball, your muscles contract, which releases tension. When you release the ball, your muscles relax, which helps to reduce stress levels.

INSTRUCTIONS //////////////////////////////////////**Materials**

- Balloons (2 per stress ball)
- Flour or rice (flour has a better stress ball consistency but rice is less messy)
- Sandwich ziploc bag (1 per stress ball)
- Scissors
- Scotch tape

Assembly

1. Set up a space where students can make their stress balls (ex. Table with a tray)

Application

- Fill a sandwich ziploc bag with about 1/4 cup of flour or rice.
- Move the rice or flour down to the left or right corner of the bag to create a ball.
- Stretch one of the balloons over the ball of rice/flour.
- Stretch the second balloon over in the opposite direction (to cover the first balloon's opening).

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



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