

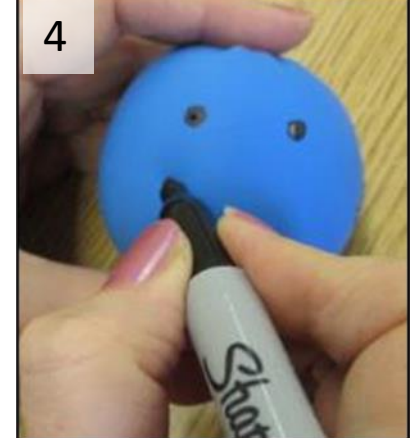
SQUEEZY STRESS BALL

(Anxiety and Stress Reducers)

Steps:

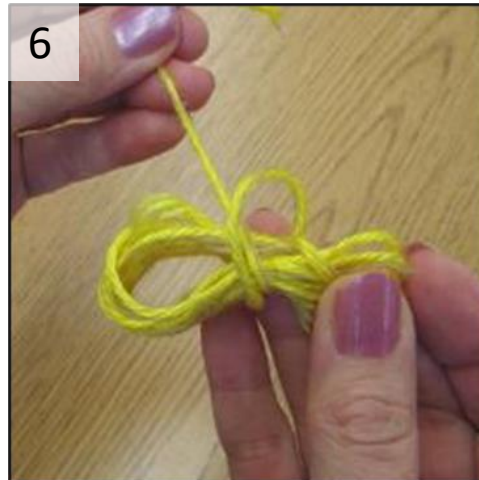
What you need:

- Balloons
- Markers
- Spoon
- String
- Funnel
- Corn Starch
- Scissors



1, 2. Place a funnel in the mouth of the balloon, and use it to fill the balloon with corn starch.

3, 4. Once it's been filled with corn starch, tie the end of the balloon tightly. With the tied side up, draw a fun face on the balloon with a marker.



5, 6, 7. Tie together some string to make “hair” for the balloon ball. Cut the string when you are happy with the hair you and your child have made, and attach it to the balloon.

8. The balloon ball is now all done! Squish and play with it as you like, and talk about how it feels. You can also use it with your child as a form of stress relief, by squeezing it and letting go. Feel the satisfying texture in your fingers and palms.

