

**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

**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).

**Assembly**

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

**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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