

DIY Stress Ball Instructions

Just Imagine! A fun journey to mind and body wellness.

Feeling wiggly or worried? A stress ball can help you calm down and focus. Let's make one together using things from around the house!

You'll Need:

- 1 balloon
- About 1 cup of rice or fine sand
- A funnel (or rolled paper)
- A spoon (optional)
- A marker (optional, for decorating!)
- An extra balloon (optional, for strength)

How to Make It:

1. Stretch the Balloon
2. Gently pull the balloon to loosen it up.
3. Fill It Up
4. Place the funnel in the balloon's neck. Slowly pour in rice or sand using a spoon.
Fill until round and squishy (not too full!).
5. Tie It Tight
6. Remove the funnel and tie the balloon closed.
7. Double It Up (Optional)
8. Cut the neck off a second balloon. Stretch it over the first one for extra strength.
9. Decorate!
10. Use a marker to draw a fun face or calming design.

Try This!

- Add a drop of lavender or orange essential oil to the filling for a relaxing scent.
- Make a collection of squishy friends with different fillings (flour, beans, or cornstarch).

💖 Why It Helps:

Squeezing your stress ball can:

- Calm your nerves
- Help you focus
- Keep your hands busy



Keep your stress ball in your backpack or near your desk. Use it anytime you need a little squish and a deep breath.