Stress Ball

Resources

Breathing Exercises to Help Calm Young Children | PBS Parents Article
pbs.org/parents/thrive/breathing-exercises-to-help-calm-young-children

Make a Mindfulness Glitter Jar
pbs.org/parents/crafts-and-experiments/make-a-mindfulness-jar-or-calming-timeout-timer

DIY Stress Ball

Supplies
- Sock or Balloon
- Rice or Flour
- Funnel
- Rubber Band or String

Directions
1. Gather your supplies
2. Use the funnel to fill your sock/balloon with rice or flour to about ¾ full
3. Use the rubber band/string to tie off the opening of the sock/balloon
4. Now you have a stress ball!