

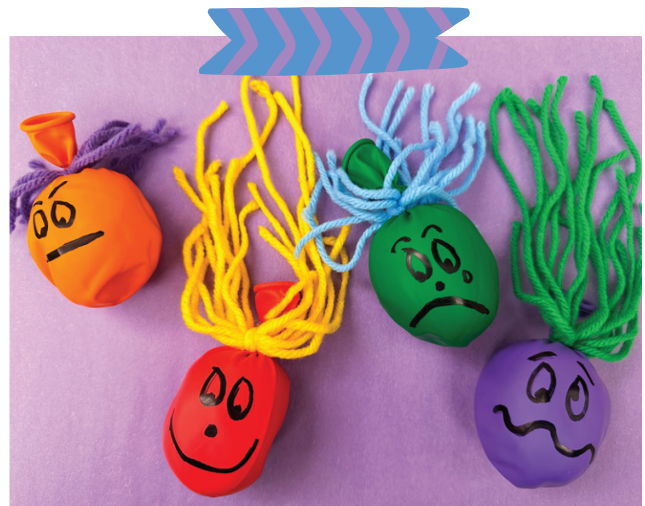
# EMOTION STRESS BALLS

**Education for Kids:** Things do not always go the way we want, and that can make us feel mad or sad. When we're upset our cheeks might feel hot or our tummies can feel wiggly. It might feel like a little storm is brewing inside us. To help calm this storm, we can try taking deep breaths, hugging a teddy bear, or squeezing a stress ball. Gather the supplies needed and follow the instructions to make your own Emotion Stress Balls.



## what you need:

- Balloons
- Flour
- Plastic water bottle (empty)
- Funnel
- Yarn
- Permanent black marker



## INSTRUCTIONS:

1. Use a funnel to pour baking flour into an empty waterbottle.
2. Blow up the balloon slightly to separate the sides.
3. Place the balloon opening over the bottle's mouth. Gently dump flour into the balloon until it's full.
4. Carefully pinch the balloon's neck and remove it from the bottle.
5. Tie a knot securely around the neck of the balloon.
6. Cut several long pieces of yarn. Tie them together in a bow around the balloon knot. Cut the yarn loops to create hair.
7. Use a permanent marker to draw a feeling face on the balloon.

