**ACTIVITY 1: MAKE YOUR OWN STRESS BALL!**

MATERIALS NEEDED:

* 2 balloons for each student
* approximately 1.4 cups of flour for each stress ball
* funnel
* scissors
* permanent marker

**\*Do this activity with the students, letting them pick their favorite color of balloon to personalize it!**

1. Stretch one balloon to make it pliable
2. Insert funnel into neck of balloon
3. Fill balloon with 1.4 cups of flour (approximately)
4. Tie the neck of the balloon
5. Take second balloon and stretch like the first
6. Cut off neck of second balloon and fit over the filled stress ball to provide security
7. Let students draw faces on their stress balls and/or write their names on them
8. Teach students to squeeze and release ball when they’re feeling stressed

