

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 $\frac{3}{4}$ full
3. Use the rubber band/string to tie off the opening of the sock/balloon
4. Now you have a stress ball!