

## Stress Balloon

<b>Skill Area(s):</b> Behavior/Stress
--

**Level:** beginner, intermediate, advanced

**Goal:** Students will make a fidget to take back to the room, squeezing a stress ball can be a calming activity

**Materials needed:** balloons, clay, play dough, flour, cornstarch, sand, and funnel

**Activity:** Stress balloons can be made with different materials depending upon what is available. Depending upon the school, you may need to use latex free balloons.

- When using clay or play dough, students roll pieces into little balls small enough to fit into opening of balloon. Other materials can be poured through a funnel into the balloon.
- Tie off when the balloon is full.
- Using different material in the balloon will give it different levels of resistance.
- Caution should be taken when choosing the material as the balloons break and it could be very messy.
- The benefit of using clay or play dough is the process of making the balloon, students get tactile and proprioceptive input through the activity.
- If you are sending the balloons back to class, be sure to let teachers know so that they can monitor this in the classroom and so that the student doesn't get in trouble.

**Follow up:** This activity should be preceded by the distracter/fidget activity to help the students use their balloon correctly in the classroom.