Make a Squishy Stress Ball

When kids are stressed out, squeezing something soft can help them to calm down and think. Create a stress ball out of a balloon and water beads, flour, hair gel or something else you’d like to try.

What this is teaching:

a) Your child is learning to think in the moment, a practice called mindfulness.
b) Your child is becoming aware of their stressful feelings by noticing how they feel before and after squeezing.
c) Tightening and releasing muscles helps the body calm down.
d) Your child is learning a way to cope with stress.