

This idea was first shared in **The Creative Counsellors Club** by Karen Burke (amended).

How to Make Your Own Stress Balls

When we feel stressed, our bodies can tense up and we physically clench. Stress balls encourage you to squeeze and release, which can help alleviate that tense feeling.

By squeezing the ball in your hand, it helps to relieve stress as it manipulates the fingers and acts as a form of exercise.

These stress balls can be made in various shapes and sizes to suit the individual's needs.

Things you will need:

- Flour
- Wide neck funnel
- Empty, dry water bottle
- 3 or 4 balloons (same colour)
- Black Sharpie Pen

Instructions:

1. Pour the flour into the water bottle using a funnel.
2. Blow up one of the balloons and twist it a bit to ensure the air doesn't escape (do not tie).
3. Carefully fit the end of the balloon over the mouth of the water bottle.



4. Now turn the bottle upside down and empty the flour into the balloon.



For the next part, you may want to be outside or standing over the sink.

5. Slowly let the air out of the balloon.



Towards the end we found that the flour likes to start erupting out of the end of the balloon.

You may even need to shake some of the extra flour out of the balloon if it seems as if there's too much in there for the next step.



6. Take a pair of scissors and cut off the top end of the balloon.

You may want to trim the top a bit more. The flatter it sits against the flour the better. You'll see why in the next steps, but here's what the balloon should look like at this point.





7. Get the second balloon (the same colour as the first) and cut the end off of that one, too.



8. Discard the skinny end and fit the more circular top of the balloon over the flour-filled balloon.

9. Repeat steps 7 & 8 with the third balloon of the same colour.



10. With the final balloon, stretch it as much as possible, especially the 'neck' part (blowing the balloon up and letting the air out a couple of times will help with this) Stretch the balloon over the 'ball' and knot it once or twice then draw on a face with the black sharpie pen.

