

STRESS BALL MAKING



PURPOSE:

Why?

Unleash your creativity and soothe your mind with our Stress Ball Making Activity! Engage in this hands-on experience to alleviate tension and promote mindfulness in your club.

HOW TO:

Materials & Budget

- 2 packs of multicolor balloons (\$20)
- 2 bags of flour (\$10)
- Multiple small, plastic funnels (\$20)
- Sharpies (\$10 or free if you can use school materials)

Instructions

- Give each student a balloon. Have them blow up the balloons to stretch them out.
- Have students then put the funnel into the balloon and fill the balloon with flour.
- Pull the balloon tight and tie the balloon together once enough flour is inside the balloon.
- Have the students decorate the stress ball however they would like!

Timeline

Preparation time for this activity is a few days. You will need to go to the grocery to find flour and a dollar store to find plastic funnels. This activity can take 20 minutes or longer.

Impact

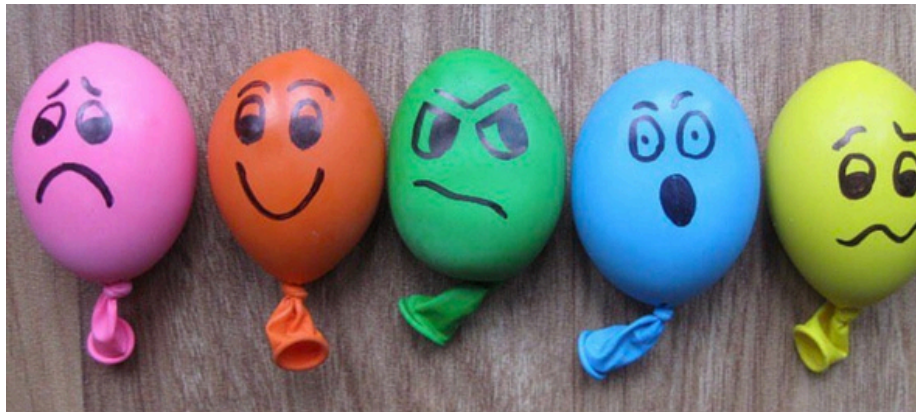
This activity is great for club meetings as it is a fun, hands-on activity that you can make in your meeting room and take home to use for relaxation!

Example(s)

Example from SHS High School BC2M!



Get creative and decorate your stress balls!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

