

<b>Materials</b>	Plastic sandwich bag, flour or play dough, two balloons, scissors, markers or pen
<b>Learning Outcome</b>	Create a stress ball to support self-regulation when strong emotions are experienced.

## Description

Explain to the child that stress balls can support with releasing strong emotions like anger, sadness, or nervousness. Share that when we experience strong emotions, our bodies often become tense, and so squeezing a stress ball can release this tension and allow us to relax. Invite the child to create their own stress ball to use when they are feeling tense.

Start by filling a plastic sandwich bag  $\frac{3}{4}$  full with flour or play dough, squeeze out any air, and seal the bag. Cut the neck off of a balloon and stuff the sandwich bag into the balloon. Take a second balloon and cut the neck off of it as well. Fit the second balloon over the first balloon, ensuring that the open part of the first balloon is covered. Use markers or pens to design a face or pattern on the stress ball.

Encourage the child to use their stress ball throughout the day when they are experiencing strong emotions.

## Emotional Well-Being Competencies



### THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



## Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *What different emotions do you think your stress ball can help with?*
- *What other tools or strategies can you use when you are feeling strong emotions?*