



**Virtual Activity:  
TAPS Good Grief Camp at Home**

Activity Created/Presented by:

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Activity Name:

DIY Stress Ball

Age Group:

Any age, but best for ages 7+. Not for children who put items into their mouth.

Description

Fill a balloon with any of the following materials: sand, flour, sugar, salt, or kinetic sand. It should be filled to the point where it can be easily squeezed and fit in the hand. Tie the balloon when finished. I would recommend putting another balloon around the first one in order to have an extra layer of protection for tears. Then you can squeeze it and fidget with it. This item is good for the anxious, angry, and active. This will give them something to move and play with while in a limited space.

Supplies Needed

Balloons

One of the following: sand, flour, sugar, salt, or kinetic sand

Funnel

Adaptations

You can make a sensory or texture balloon by adding rice, bean, beads, and other such items into the balloon as well. This will give a different feels and something else to fidget with and hold on to.