

DIY Stress-ball

Crafts



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WHAT MAKES IT MEANINGFUL

Crafts are a great way to connect your brain and your hands, and they are particularly fulfilling when you can create something with a practical use.

In this activity, we will make a stress ball. This is a good resource for everyone, and you can bring it anywhere you go as a sensory tool, since it's small and compact. Not only is it a sensory tool for calming individuals down, but it can also improve one's fine motor skills, working on hand strength and dexterity.

TIME

This activity would take 10–15 minutes.

MATERIALS

- Balloons (\$3)
- Flour (\$6)
- Water bottle (recycled)
- Dry-erase markers (\$4)
- Spoon (Have at home)
- Scissors (\$4)

INSTRUCTIONS

1. After gathering all your materials, cut the plastic water bottle to make a funnel
 - a. To create the funnel, cut 2 inches away from the opening at the top.
2. Next, attach the balloon around the spout of the water bottle.



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3. With a spoon, scoop the flour through the funnel and into the balloon until sufficiently full, then tie it off with either one or two knots. (Make sure all the air is out of the balloon before tying off)
4. Now that your stress ball is done, you can decorate it! And when you are feeling stressed or overstimulated, you can use it.
 - a. Feel free to use any craft materials you have at home: Draw a face with marker, glue on funky hair with yarn or make your favourite animal!

RESOURCES

https://www.chinohills.org/DocumentCenter/View/23582/Stress_Ball-Boredom-Busters-PDF#:~:text=Pour%201%20cup%20of%20flour,the%20bottle%20to%20your%20balloon.

SUPPORTS NEEDED

Support may be necessary throughout the craft

- Cutting the plastic water bottle to make the funnel may be too difficult for some
- Individuals may need assistance with spooning the flour into the funnel and tying it off.

OTHER THINGS TO NOTE

Make sure all the air is out of the stress ball to ensure that the stress ball won't pop.