

Make Your Own Stress Ball

Crafts



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WHAT MAKES IT MEANINGFUL

Making your own stress ball allows participants to explore textures, colours, and shapes while creating a personalized sensory tool. This activity promotes fine motor skills, hand-eye coordination, and creativity, while also supporting emotional regulation and mindfulness. Using the stress ball afterwards helps participants manage anxiety, tension, or frustration, providing a practical tool for daily life. Sharing the finished products fosters social interaction and pride in a self-made item.

TIME

- 30–60 minutes

MATERIALS

- Balloons (various colours)
- Filling materials: flour, rice, sand, or small beads
- Funnel or small plastic bottle for filling
- Markers for decorating
- Small cups or scoops for measuring filling
- Optional: Rubber bands or tape for extra security
- Table covers or newspaper for easy cleanup



Activity Title

INSTRUCTIONS

1. Choose a volunteer project appropriate for participants' abilities (animal shelter, hospital, food bank, etc.).
Stretch the balloon by inflating it slightly and letting the air out.
2. Use a funnel or bottle to fill the balloon with the chosen material.
3. Tie the balloon securely after filling.
4. Encourage participants to:
 - Choose colours and filling materials
 - Decorate their stress ball with markers (faces, patterns, etc.)
 - Test and squeeze their stress ball to feel the texture and resistance
5. Optional: Discuss how and when to use stress balls for relaxation or focus.

RESOURCES

- <https://onelittleproject.com/how-to-make-a-stress-ball/>

SUPPORTS NEEDED

- Assistance filling balloons for participants with fine motor challenges
- Guidance on tying balloons securely
- Step-by-step visual instructions or demonstrations

Activity Title

- Encouragement and positive reinforcement for decoration and experimentation
- Supervision to prevent messes or choking hazards

OTHER THINGS TO NOTE

- Can be adapted with different fillings for varied textures.
- Works individually or as a small group activity.
- Finished stress balls can be used in the session or taken home.
- Flexibility is key: some participants may enjoy decorating more, others experimenting with filling and squeezing.
- Provides both a creative outlet and a functional tool for emotional well-being.