



## **Stress Balloons**

Stress balloons can easily be made with small balloons. They can be filled with several different substances: Sand, Cornstarch or Play-Doh. You can experiment with other substances to get the right feel that you are looking for! 😊



### ***How can I use Stress Balloons with my Child?***

**ADHD**– Stress Balloon can help a child to stay focused when doing schoolwork.

**Anger**– Stress Balloons can be used to “squeeze the anger out” and then calm by taking deep breaths

**Stress/Anxiety**– Stress Balloons can be used to help a child change their focus to the sensations that they feel while using the stress balloon.

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