

Ninja Stress Balls



This will help calm children by giving them something to squeeze and use with their hands, when strong emotions start and can help them to find calm when feeling worried, upset or overwhelmed.

You will need:

- Balloons- white for the face, and other colours for the ninja mask
 - Scissors
 - Flour
 - Sandwich bags- fold over (if you use Ziploc, you will have to cut the zipper off)
 - Ballpoint pen
1. Fill a sandwich bag with $\frac{3}{4}$ cup of flour. Twist the bag to close, and squeeze out as much air as possible.
 2. Cut the blowing end off of a white balloon so that you are left with a round balloon with a hole. Stuff the bag of flour into the balloon.
 3. Cut off the blowing end of another balloon with the opening facing the opposite way.
 4. Add a ninja face with a ballpoint pen.