



SuperYak's Adventures at Home

Stress Balls!

Materials Needed:

- 1 empty balloon
- Funnel / plastic bottle you can cut up + scissors
- Flour / uncooked rice / dry oats
- *Optional: sharpie / stickers to decorate and personalize your stress ball*

SuperYak's Reminders!

- Be kind, be safe, and try your best!

Instructions

1. Blow up a balloon and release the air to stretch it out
2. Use a small kitchen funnel to slowly add rice or flour into an empty balloon
3. Remove the funnel when the balloon is full
4. Tie the balloon so the rice or flour won't spill out
5. Using a sharpie, write a calming mantra on your stress ball!

Be sure to record your favorite part(s) of the activity in your SuperYak's Adventures at Home Journal! Parents/Guardians can submit photos to SuperYak's Adventures at Home Blog through CYY's website.



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SuperYak's Extra Challenges

- If you made your first stress ball using flour, make a second one using dried rice or vice versa. How do they feel different when you squeeze them?
 - What other things could you make a stress ball out of?
- Tell your family about how you can use your stress ball to get from the yellow or red zone back down to the green zone!

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