4-H CANADA

UNBOX YOUR MIND

There are times when you might feel fidgety; like you need to do something with your hands. It could be when trying to concentrate, or when feeling stressed. A stress ball is a great tool for these and other situations.

OUTCOME: create a tool that can be used to support positive mental health.

Note: This activity should be done with the guidance of an adult.

WHAT YOU NEED
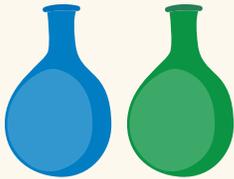
2 BALLOONS

A FUNNEL
(Don't have a funnel? You can make one by rolling a sheet of paper diagonally into a tube and securing with a piece of tape.)
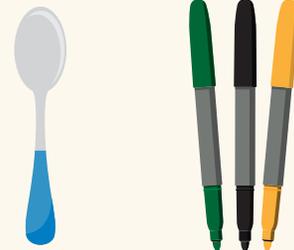
1-2 CUPS OF FILLING MATERIAL
(dry sand, flour, or rice)

SAND FLOUR RICE

A WOODEN SKEWER OR PENCIL

SCISSORS

OPTIONAL
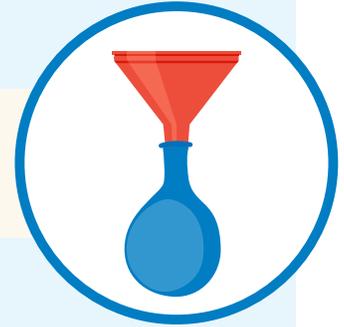
Large spoon

Permanent markers

WHAT TO DO

STEP 1
Stretch both balloons by blowing them
up and deflating them a few times.

STEP 2
Place the funnel into the neck of one balloon.

STEP 3
Slowly pour or spoon your filling material into the
funnel. Gently use the skewer or pencil to help
the material down the funnel and into the balloon.
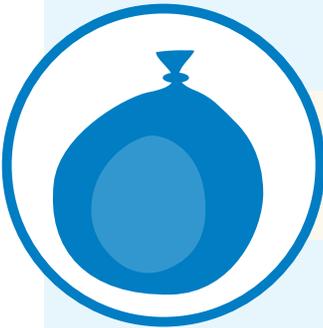Be careful not to poke a hole in the balloon.

STEP 4
Compress the filling material by pinching
the neck of the balloon at the base of the
funnel and gently pushing the filling material
into the main part of the balloon.

STEP 5
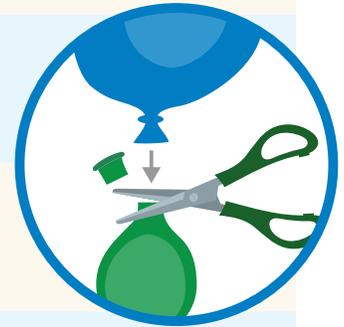Repeat steps 3 and 4 until the balloon
is filled to the size you want.

STEP 6
Carefully remove the funnel and
tie a knot in the balloon.

STEP 7
Cut the neck off the second balloon

STEP 8
Stretch the second balloon over the filled
balloon beginning with the knotted end.

STEP 9 (OPTIONAL)
Decorate your stress ball using permanent markers and give it a unique look.

WHAT'S NEXT

- When you feel stressed, anxious or like you need to keep your hands busy, give your stress ball a
try. Take note of when it works for you, and when it might be too much of a distraction.
- If it doesn't work or feel comfortable for you, that's okay too. Think about what you need from a
mental health or fidget tool. Look for other options that better meet your needs.