



Self Care

Stress ball materials:

- Balloon
- Water bead flakes

Helpful if you have an empty plastic water bottle or funnel (you can roll paper to make funnel).

Sensory Stress Ball

- 1) Put water beads flakes in a bowl, pour water over, soak for about 3 hours. Drain
- 2) Put your expanded water beads in an empty plastic water bottle or use funnel for next step.
- 3) Put end over bottle top or funnel end. Fill balloon with water beads.
- 4) Pour more water in balloon if desired
- 5) Tie a knot on balloon end.

Caution: Balloon may burst after frequent use.



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