

# SENSORY STRESS BALL

## Make a squishy, sensory stress ball to relieve anxiety

### What you'll need:

- 2 balloons per ball (minimum)
- Funnel
- Flour, about ½ cup per ball
- Scissors

### Activity setup:

1. Place the tip of the funnel inside one of the balloons.
2. Pour the flour into the funnel so it goes inside the balloon. The body of the balloon should feel somewhat full.
3. Remove the funnel and trim the neck of the balloon down to the flour.
4. Cut off the neck of a second balloon.
5. Stretch the second balloon over the opening in the ball to seal in the flour. Repeat this step with extra balloons if you'd like a stress ball with more resistance.

Experiment with other textures! Try filling your balloon with corn starch, lentils, rice or sand—or a combination of different materials—to create your ideal sensory experience.



### How does it work?

When you squeeze a stress ball, the muscles in your hand and wrist are activated. Then, when you let go, those same muscles relax. By repeating this same action over and over again, you are able to release some of the tension in your body and feel calmer.

*A partnership between the Ontario Science Centre and Geneva Centre for Autism, **Sensory-friendly Saturdays** celebrates neurodiversity and provides an environment that is inclusive, accessible and respectful.*



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