#NCSconnects Summer Camp Activity

**Activity:** How to Make a Stress Ball

**Category:** Health and Wellness

**Suggested Grade Level:** All

**Description:** A fun and easy way to keep stress away.

**Supplies:**
- Balloon
- Corn starch, baking soda, sand, flour, sugar, dirt, etc. (to fill stress ball)
- Empty plastic water bottle

**Instructions:**
1. Attach balloon to the top of a water bottle (cut top off of bottle to make a funnel).
2. Add water to give balloon some weight.
3. Add tablespoon of starch and massage into balloon. Add starch until balloon is full.
4. Once balloon is full, pinch top and tie into a knot.
5. Squeeze your stress away!

**Takeaways:** Stress is your body’s way of responding to any kind of demand or threat. The stress response is the body’s way of protecting you.