

DIY STRESS BALL

Children who have autism or ADD/ADHD use Stress Balls as a way to keep calm and stay focused, as squeezing the stress ball sends sensory signals that occupy one part of the child's brain, the anxious one, making them attentive.

The toys and stress balls are effective self-regulatory tools that help children to focus more, be attentive, listen, and be calm.

Strengthened grip

Squeezing and squishing the stress ball contracts hand and arm muscles. When the pressure is let off the ball, tension leaves the arms and hands. This relieves stress, making writing easier.

Besides the stress relief, dexterity and hand strength improves, tremendously enhancing your child's grip on a pen. Just like when you work out, there is increased blood flow to your extremities and other parts of the body. The same applies to use of stress balls. There is more blood flow to the hands, and this also enhances the growth of muscles resulting in a firmer grip.

Concentration in class

Children who use stress balls have been shown to have heightened concentration in the classroom. They can listen and stay attentive for longer durations.

Ingredients:

An empty plastic bottle
A bowl of flour (you can also use rice)
A funnel
Balloons

INSTRUCTIONS:

STEP 1:

Put the funnel into the water bottle, and pour the flour through it.

STEP 2:

Stretch the balloon around the opening of the water bottle.

STEP 3:

Turn the water bottle upside down and gently squeeze the flour into the balloon.

Make sure to use some pressure because the air helps the balloon open up so the flour can all go in.

STEP 4:

After the flour is all in, pinch the balloon and release it from the bottle. The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air in the balloon.

Tie the balloon and wipe away any excess flour from the outside

