

SEL MAKE-AND-TAKE KIT: STRESS BALLOON

ACTIVITY INSTRUCTIONS

1. BLOW UP THE BALLOON TO ABOUT 4 INCHES IN DIAMETER
2. USE A CLIP TO PINCH IT CLOSED
3. INSERT A FUNNEL INTO THE BALLOON
4. ADD A LITTLE BIT OF CORNSTARCH AT A TIME, RELEASING A BIT OF AIR EACH TIME
5. TIE THE BALLOON CLOSED
6. FOR EXTRA SECURITY, CUT OFF THE TIP OF THE SECOND BALLOON AND WRAP IT AROUND THE FIRST BALLOON, TYING IT CLOSED.



DIY STRESS BALLS



TIPS FOR PARENTS

STRESS BALLOONS CAN BE USED TO HELP WITH A VARIETY OF EMOTIONS, PARTICULARLY WHEN CHILDREN ARE FEELING STRESSED OR ANGRY. THIS CAN BE PUT IN A CALMING BOX AS A COPING TOOL TO MANAGE EMOTIONS APPROPRIATELY. HELP YOUR CHILD UNDERSTAND HOW SQUEEZING THE STRESS BALLOON CAN RELEASE THE TENSION WE FEEL WHEN WE ARE ANGRY OR THE STRESS WE FEEL WHEN WE ARE OVERWHELMED. THIS WEEK'S BOOKS ARE ALL ABOUT ANGER.



WHICH STANDARDS DOES THIS ACTIVITY MEET?

A1. 3.A

IDENTIFY APPROPRIATE TIME AND PLACE TO SAFELY PROCESS EMOTIONS, INDEPENDENTLY OR WITH THE GUIDANCE OF A TRUSTED ADULT

B1. 3.A

IDENTIFY AND BEGIN TO USE STRATEGIES TO REGULATE AND MANAGE BEHAVIORS.

WHERE CAN I LEARN MORE?

- [HTTP://WWW.JONESTHERAPYSERVICES.COM/BLOG/5-THERAPEUTIC-SOLUTIONS-TO-HELP-YOUR-CHILD-DEAL-WITH-ANGER/](http://www.jonestherapyservices.com/blog/5-therapeutic-solutions-to-help-your-child-deal-with-anger/)
- [HTTPS://CHILDMIND.ORG/ARTICLE/ANGRY-KIDS-DEALING-WITH-EXPLOSIVE-BEHAVIOR/](https://childmind.org/article/angry-kids-dealing-with-explosive-behavior/)
- [HTTPS://WWW.SCHOLASTIC.COM/PARENTS/FAMILY-LIFE/SOCIAL-EMOTIONAL-LEARNING/PRAISE-AND-DISCIPLINE/ANGER-MANAGEMENT-CHILDREN.HTML](https://www.scholastic.com/parents/family-life/social-emotional-learning/praise-and-discipline/anger-management-children.html)



DISCUSSION TOPICS/QUESTIONS

- WHAT DOES BEING ANGRY LOOK, SOUND, AND FEEL LIKE?
- DOES BEING ANGRY EVER MAKE YOU FEEL LIKE DOING THINGS YOU SHOULDN'T?
- WHAT COULD YOU DO INSTEAD?
- HOW CAN THE STRESS BALLOON HELP YOU FEEL CALM?
- WHEN ELSE CAN YOU USE THE STRESS BALLOON?



HOW TO TAKE THE GRRRR OUT OF ANGER
MELANIE LISOVSKIS OVERDRIVE

WHEN I FEEL FRUSTRATED
MICHAEL GORDON
J 155.4 GOR

COOL DOWN AND WORK THROUGH ANGER
CHERI MEINERS OVERDRIVE

ANH'S ANGER
GAIL SILVER OVERDRIVE

ANGRY COOKIE
LAURA DOCKRILL
E DOC

MY NO, NO, NO DAY
REBECCA PATTERSON
E PAT

I CHOOSE TO CALM MY ANGER
ELIZABETH ESTRADA
J 152.4 EST

NO MORE TANTRUMS
MARIA VAN LIESHOUT
E VAN