

# DIY STRESS BALL ACTIVITY

## Instructions

- Remove the playdough from one container and break it up into smaller pieces. Using a small amount of playdough fill the balloon.
- When the balloon is full you're ready to finish it up.
- Release most of the air out of the balloon and tie the balloon knot.
- Draw a smiley face on it :) (optional)

## Benefits

- Muscle tension
- Hand exercises
- Building hand muscles
- Carpal tunnel
- Stress relief
- Promote a sense of calm
- Increase focus and attention

Learn more about stress & find more activities at [www.tommytalksnpo.org](http://www.tommytalksnpo.org)