

# **Sensory Skills**

## **Making a Stress Ball**



# Making a Stress Ball

## Important

Always follow any manual handling and safety guidelines

Always provide supervision; as this activity involves the use of a scissors!

Balloons can be a choking hazard; supervise at all times!

## Equipment:

- Balloons (2 per stress ball)
- Flour (cooking flour)
- Drinking Bottle
- Funnel (can be made out of paper if needed)
- Scissors

**Steps to completing task** (use prompts required sheet, and write beside each step which level of prompts each service user requires; or use task analysis sheet)

1. Gather all equipment needed
2. Ensure the bottle is dry
3. Use the funnel to fill a drinking bottle with flour
4. Put neck of balloon over spout of bottle- stretch and blow balloon first
5. Turn upside down so that bottle end is facing upwards
6. Allow flour to funnel from bottle into balloon
7. Fill the balloon with flour
8. Remove balloon from bottle and tie balloon off
9. Cut tip off balloon
10. Take second balloon and cut off the narrow end
11. Slot filled balloon into empty balloon for a second layer
12. Enjoy your stress ball (which can also be used to play ball games and target games!)

## Visuals for making stress ball

### GATHER EQUIPMENT



### FUNNEL FLOUR INTO BOTTLE



### ATTACH BALLOON TO BOTTLE



### FILL BALLOON WITH FLOUR



### REMOVE BALLOON FROM BOTTLE



### TIE OFF



**CUT NECK OFF SECOND  
BALLOON**



**PLACE OVER FIRST  
BALLOON**



**WELL DONE**

