



3 Ways to Make Halloween Stress Balls

Eventually, stress finds its way into every classroom. What better way to squeeze away all the stress than the fun and relaxing Halloween Stress Balls activity!

What are Halloween Stress Balls?

Halloween stress balls are a fun and simple activity that involve creating a Halloween themed jack-o-lantern friend (or friends) who you can squeeze for comfort and stress relief! Sometimes all of the ghosts, ghouls, and monsters that come with Halloween can cause children to have big feelings of excitement, stress, or even anxiety and it brings children comfort to have little jack-o-lantern friends by their side to combat those big feelings. With three different ways to make these stress balls, your children will love discovering which one they like the best!

Required Materials:

Latex Free Orange Balloons

A Funnel

Uncooked Rice or Dry Beans or Cornstarch, Water, and a Measuring Spoon

Sharpie

(Be mindful of all small parts associated with this activity to ensure your children are safe)

Choose Your Stress Ball and Gather Your Materials

Make sure you have your latex free orange balloons, funnel, and sharpie handy. Then, decide which type of Halloween Stress Balls you want to make! Depending on which you decide to make, make sure you have your uncooked rice, dry beans, or your cornstarch and water ready to go.

Fill Your Latex Free Balloons

Time to “carve” these Halloween stress balls! If you are using uncooked rice, take the funnel and insert it into the latex free balloon. Then dump your uncooked rice into the funnel. Once you feel that it is sufficiently filled, securely tie the end of your latex free balloon to ensure the rice stays inside. If you are using dry beans, take the funnel and insert it into the latex free balloon. Then dump your dry beans into the funnel. Once you feel that it is sufficiently filled, securely tie the end of your latex free balloon to ensure the beans stays inside. If you are using cornstarch and water, take the funnel and insert it into the latex free balloon. You will want to ensure a 2:1 ratio of cornstarch and water. Take your measuring spoon and begin by putting your cornstarch into the funnel. Then, put half as much water into the funnel. Once you feel that it is sufficiently filled, securely tie the end of your latex free balloon to ensure the mixture stays inside.

Decorate Your Stress Balls!

Take your sharpie marker and drawn some fun jack-o-lantern faces on your balloons. Once your Halloween themed stress balls are complete, take a mindful moment to relax, reflect, and refocus. Don't worry, your new Halloween stress balls will help you and your children through it!

