



## CREATE YOUR OWN COPING STRESS BALL

2020 has been a year of unprecedented changes and challenges that have impacted seeming every facet of our lives. For many grieverers, having your whole world change in an instant is not an unfamiliar experience. Many grieverers are familiar with unexpected change, and the emotions that come with it. While this familiarity may feel as though it prepared some grieverers, it can also trigger memories and emotions of intense grief. Whatever your experience has been, it's likely you have had emotions that need to be expressed.

The coping stress ball is a great way to get hard feelings out. After creating your stress ball, consider drawing a feeling face of an emotion that's hard to get out. Whenever that emotion comes up for you, squish it or toss it to help get the feeling out.

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# Directions:

Materials: Balloon, rice, funnel, ribbon (optional), permanent marker (optional)



**Step One:** Stretch out balloon. You can do this by stretching it or blowing it up and releasing the air.

**Step Two:** Place funnel in the mouth of the balloon. If you don't have a funnel ask an adult to help you make one. For example, a cut open plastic water bottle works,



**Step Three:** Funnel rice into the balloon. You can use a pen or your finger to push as much rice as you can get into it.



**Step Four:** Pull it off the funnel and tie the balloon, if there is rice in the balloon stem blow it up so the rice goes through.

**Step Five:** Cut off the top of the tie. Tie a bow on the top with ribbon if you'd like.

**Step Six:** Using a permanent marker, draw the face of a feeling that's hard to get out on the balloon.

**Step Seven:** Your stress ball is complete! Squish it, toss it, play with it!

