



# How to make an anti-stress ball:



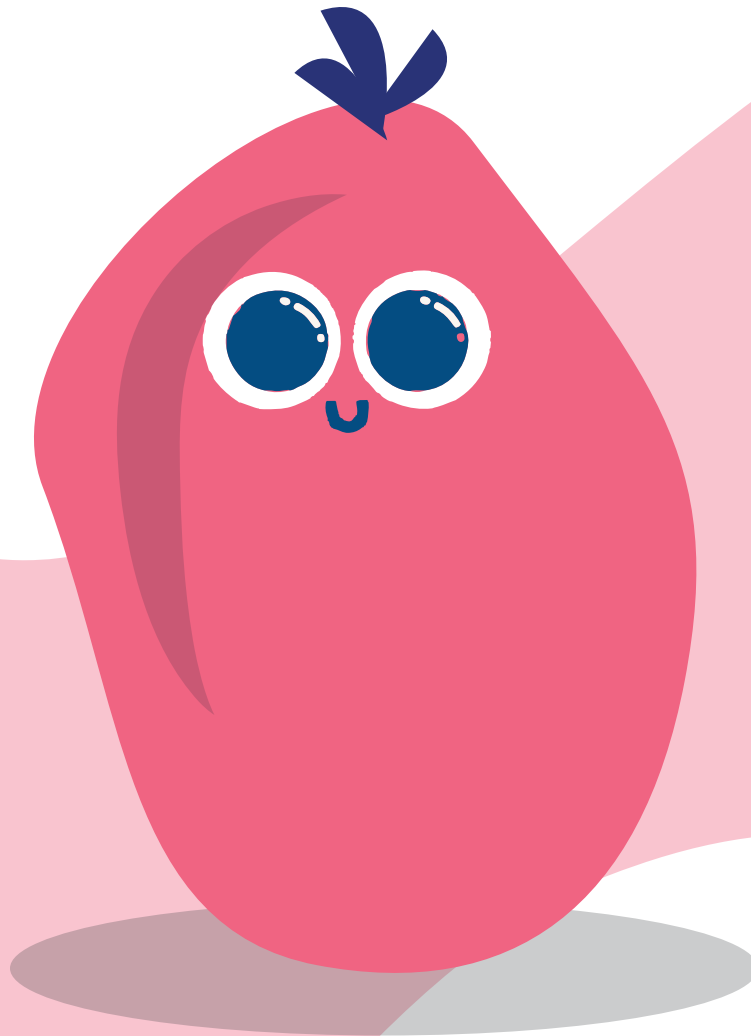


# How to make an anti-stress ball:

Playing with an anti-stress ball can be beneficial for preschoolers for a number of reasons. Through it, they can release and manage their emotions, develop sensory skills, and exercise their fine motor skills.

Preschoolers can enhance their concentration and focus by squeezing and manipulating the ball.

As well as sparking creativity and imagination, it also stimulates imaginative play and facial expressions.





## The anti-stress ball helps children:

- ♥ Inspire creativity and imagination
- ♥ Enhance the sense of touch
- ♥ Make any unpleasant emotion go away, whether it's tension, anger, or frustration
- ♥ Boost concentration
- ♥ Strengthen the hand, finger, and forearm muscles

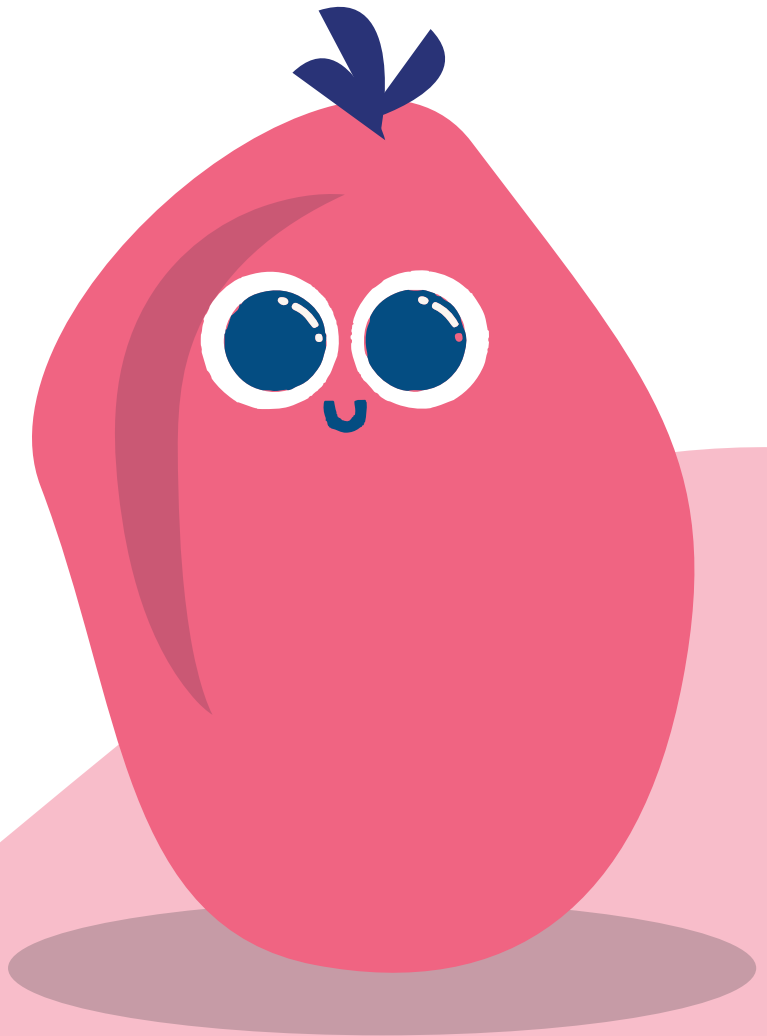


### Note:

Anti-stress balls should be made under adult supervision.

We are delighted to offer Alianza families fun and easy-to-make emotional support tools. Join us in sharing these tools with other parents, so they can benefit from them too!

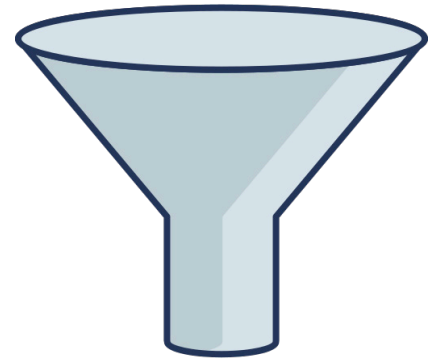
**Making the world a better place  
one squeeze at a time takes us  
all together...**



# Steps to follow:

## Gather the following materials:

- ♥ Balloon (1)
- ♥ Empty bottle (1)
- ♥ Funnel (1)
- ♥ Flour
- ♥ Yarn
- ♥ Sharpie marker (1)



Fill the bottle with flour using the funnel.

Attach the balloon to the bottle opening.

Turn the bottle upside down to allow the flour to enter the balloon. Make sure that no air remains inside the balloon, as it can affect the shape.

Secure the flour inside the balloon by tying it. Remove any extra air, if necessary.

Make sure the balloon is clean by rubbing it with alcohol.

Simulate hair, and attach yarn to the balloon's opening.

Make your balloon's facial expressions with a Sharpie (eyes, nose, and mouth).

