

Supplies for activities needed:

- Balloons (use as many as the emotions that you will be making, in the video I used 5 for 5 different emotions)
- Corn Starch
- A Jar with a smaller opening to put the balloon on
- Permanent Marker

Activity Name: Emotion Stress Balls

- School Readiness Outcomes (SRO) goals met:
- Expressing Feelings in Acceptable Way
- Instructions
 1. First, you are going to put the top of the balloon around the edge of the small jar, the rest of the balloon should be on the inside of the jar. This is better explained in the video if you need a visual.
 2. Next is the messy part: you will be filling the balloon with corn starch. You can have your child do this with you. After it is filled, you can tie off the end of the balloon like normal.
 3. Once it is filled and tied, have your child draw an emotion that they want to use on the balloon (ex: happy, sad, mad, etc)
 4. The next step is to have your child use the balloons when they are feeling that emotion. You can explain to them that this is a good way to express their feelings when they are feeling overwhelmed with that said feeling, especially when they are sad or mad.



