1201 Australian Avenue, Riviera Beach, FL 33404
www.arcpbc.org | 561-842-3213

The Arc
Palm Beach County

Sensory Fun!

Activity:
Create your own Stress Ball

**Optional Materials*

Benefits:
Sensory activities can be great for all youth, but they're particularly beneficial for children with a disability. While every child has their own likes and dislikes, most find it both fun and therapeutic – and in the process, can help their development in a whole range of ways.
www.aruma.com

Materials:

- Balloon (not a water balloon)
- Cornstarch
- Water
- Empty water bottle (cut to use the top as a funnel)
- *Sharpie
- *Yarn (any color)

Directions:

1. Place the balloon over the top of a cut water bottle
2. Pour a small amount of water into the balloon
3. Add about a tablespoon cornstarch
4. Massage ingredients together
5. Continue to alternate ingredients till the balloon is full
6. Tie the top of the balloon
7. *Draw a funny face and add yarn for hair

The Arc of Palm Beach County
Community Inclusion Program

prime time PALM BEACH COUNTY
Dedicated to Quality Out-of-School Time

Children's Services Council PALM BEACH COUNTY
Healthy. Safe. Strong.

The Community Inclusion Program is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding from the Children's Services Council of Palm Beach County, Inc.

Visuals for Stress Ball

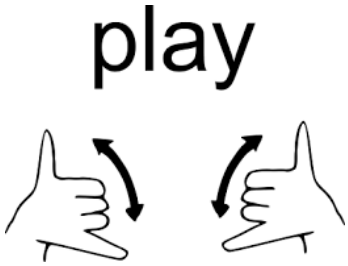
Place the balloon over the top of a cut water bottle

Pour a small amount of water into the balloon

Add about a tablespoon cornstarch

Massage ingredient together

Continue to alternate ingredients till the balloon is full

Tie the top of the balloon

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