

Homemade Stress Balls

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The question was raised on the American Occupational Therapy Association's school listserv about what types of filler to use when making homemade stress balls. Following are the ideas that were submitted by the therapists. Thanks for these ideas.

- ⑩ Most of my kids like the ones filled with flour best, but I have also filled some with regular salt, kosher salt, cheap birdseed, and ground-dried cornhusks.
- ⑩ Using old play dough is good because the children can fill the balloons themselves and when they break, they don't make a super mess.
- ⑩ I just attended the Alert Program conference and they suggested other tactile materials, such as rice, sesame seeds, split peas, sugar, flour, cornstarch, and sand. Don't forget to double up the balloons and get helium quality.*

*These ideas came from the How Does Your Engine Run? The Alert Program for Self-Regulation workshop given by Mary Sue Williams and Sherry Shellenberger, and were included with permission from TherapyWorks, Inc. Information about this course, as well as the book "How Does Your Engine Run?" A Leader's Guide to the Alert Program for Self-Regulation (1996), and other materials, can be ordered through:

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