

Mindfulness Sensory Balls

Materials required:

- Balloons
- Corn starch or flour
- Scissors
- Markers/Sharpie
- Funnel or plastic bottle

Instructions:

1. Fill your bottle half way with corn starch or flour.
2. Stretch your balloon and blow it up - practicing slow and deep breaths.
3. When your balloon is nearly blown up, pinch the neck of the balloon and place it over the top of the bottle or funnel.
4. Slowly flip the bottle upside-down to fill the balloon, or pour your corn starch/ flour into the funnel.
5. Pinch the neck of the balloon and remove it from the top of the bottle/funnel. Be careful here to slowly let the air out of the balloon.
6. With the help of an adult, tie the neck of the balloon and cut just above the knot.
7. Using some markers or a sharpie, create some funny/smiley faces on your ball... and start squishing.

