

# FEEL SAFE FLOUR BALLOON

GRADES: K-2



# Why this Activity?

Kids might often feel like they are unsafe or cannot trust others. Paranoia is when you feel an unrealistic distrust of others, a feeling of being unsafe, or that someone is going to harm you. The flour balloon will be able to help you feel safe at times when you feel a sense of paranoia; squeezing the balloon and thinking of someone or a place that makes you happy can help with that fear and let you be a bit more open, as well as feel secure!



# Supplies:



a balloon  
of any  
color



sharpie



flour

funnel



# STEP 1:

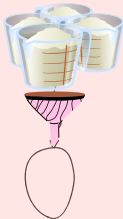
BEFORE YOU START THE  
ACTIVITY, REMEMBER TO HAVE  
FUN AND BE CREATIVE !

PICK OUT A BALLOON  
OF ANY COLOR.



# STEP 2:

AFTER YOU HAVE PICKED YOUR COLORED BALLOON, GET A FUNNEL, AND STICK IT IN THE BALLOON HOLE. AFTERWARDS, POUR YOUR FLOUR IN THE FUNNEL!



# STEP 3:

AFTER YOU HAVE COMPLETED THE FIRST 2 STEPS, GO AHEAD AND TIE UP YOUR BALLON! ASK AN ADULT IF YOU NEED HELP TYING THE BALLOON.

# STEP 4:

AFTER YOU HAVE TIED UP YOUR  
BALLOON, GRAB A SHARPIE TO  
DRAW A SMILEY FACE ON IT!



# HOW DOES THE FLOUR BALLOON WORK:

THIS ACTIVITY WILL HELP YOU WHENEVER YOU HAVE AN UNSAFE OR UNREALISTIC DISTRUSTFUL FEELING. SQUEEZE YOUR FLOUR BALLOON, CLOSE YOUR EYES, AND THINK OF PLACES OR PEOPLE WHO YOU TRUST OR MAKE YOU FEEL SAFE.



# EXAMPLES OF FLOUR BALLOONS:

