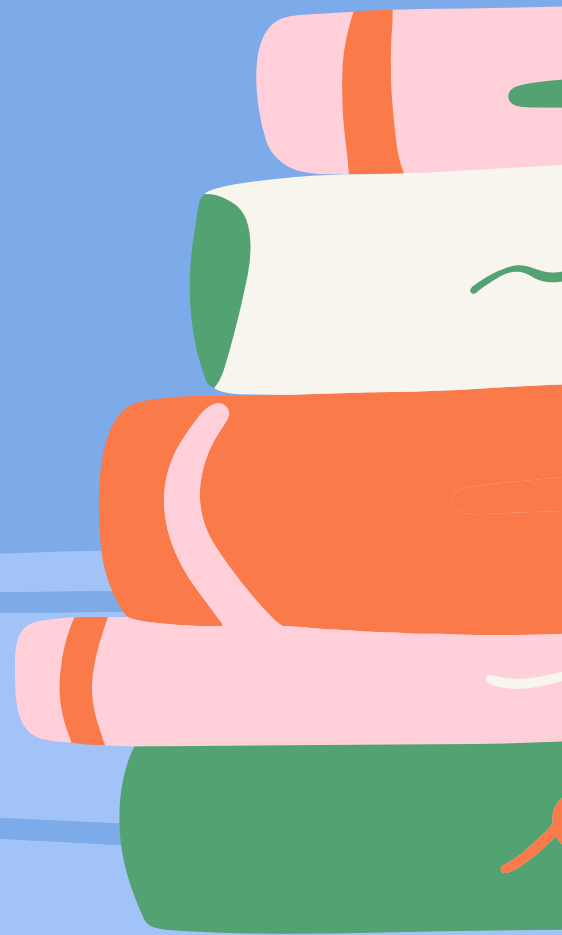


MENTAL HEALTH ACTIVITY

Bouncing Bags

Grades 3-5



SUPPLIES

- Balloons
- Flour
- Rice
- Orbeez or Play Dough
- Small Funnel
- Markers



STEP 1

Grab a balloon!





STEP 2

Fill your balloon with the flour, rice, orbeez, or play dough!

Tip:
Using a small funnel will help prevent a mess!

STEP 3

For extra protection, add an extra balloon around the original balloon!





STEP 4

Pick out some colors and draw on your new balloon friend!

What to tell the students!

CLASSROOM REMINDER!

Remind the students to
take this project slow, it
can get messy!

HOW TO USE:

Tell them that this is their
stress ball that they can
use when they are feeling
sad, anxious, or just need
to move around!