



LOVE

MAXIMIZE LOVE
MANAGE STRESS



KENT COUNTY
success
starts
early

SUCCESS BASICS

Make a Squishy Stress Ball

When kids are stressed out, squeezing something soft can help them to calm down and think. Create a stress ball out of a balloon and water beads, flour, hair gel or something else you'd like to try.

What this is teaching:

- Your child is learning to think in the moment, a practice called mindfulness.
- Your child is becoming aware of their stressful feelings by noticing how they feel before and after squeezing.
- Tightening and releasing muscles helps the body calm down.
- Your child is learning a way to cope with stress.