



Stress Ball

- flour
- balloons
- funnel
- scissors

Deep breathing

Practice counting by fives when you do your deep breathing. Can you count by twos? What about threes?

Notice how you feel after you spend five minutes breathing deeply with your stress ball. Deep breathing sends more oxygen to your brain. Your brain tells you when to feel worried and when to feel calm. Oxygen tells your brain to calm down. Taking deep breaths is a way to make yourself feel calm even when you're worried.

1. Stretch out your balloon.
2. Put the funnel into the neck of the balloon.
3. Pour flour into the funnel and let it fill up the balloon. Leave enough room to tie a knot on the end of the balloon.
4. Tie a knot to close up the balloon.
5. Grab your second balloon and cut off part of the end, leaving enough to tie a knot. This second balloon will strengthen your stress ball so the flour doesn't leak out.
6. Fit your second balloon around the first one with the flour in it.
7. Tie a knot to enclose the first balloon inside the second one. You've made your very own stress ball!
9. Try drawing a smiley face or another design on the balloon's surface.
10. Practice deep breathing. Squeeze your stress ball, and then breathe in for 6 seconds. As you let your breath out, let your hand relax around the stress ball.

“Cast all your anxiety on Jesus, because he cares for you.” 1 Peter 5:7

Stress balls can help us relax when we're worried or anxious—and we all get worried sometimes. Following Jesus is not about being stress-free or successful in life. In fact, sometimes God will call us into stressful situations! But God promises to walk into those places with us. Take a look at how the people in these passages trusted God in times of worry and fear.

Daniel: Daniel 6
Paul and Silas: Acts 16:16-40

Joseph: Genesis 37-45
Rahab: Joshua 2

