

AN APPLE A DAY!

BUILD YOUR OWN APPLE STRESS RELIEF BALL!



Grade: K+

Month: August

Lesson Focus and Goals:

It's time to head back to school. A time of excitement, wonder, and...stress? Stress is mental or physical worry caused by pressures we face. It can be a very scary emotion. But, whether it's a completely new school or just a new class, big emotions can swell when we face new challenges and opportunities. It's okay to be stressed about trying something new. Sometimes it helps to have a place to channel those feelings into. So, take a deep breath, give your apple a squeeze, and get ready to face the day!

Materials Needed:

- Red or Green Balloon (8 inches plus in size)
- Flour (Play-Doh, Rice, Water Beads also work)
- Funnel and Spoon
- Brown Paint and Paint Brush
- Green Felt
- Scissors and Glue/Glue Gun

Learning Objectives:

- What is stress?
- It's okay to not feel okay about trying new things.
- How to find a way to channel your fears or stresses into something else.

Structure / Activity:

Step One: Insert the end of the funnel into your balloon. Balloon should be deflated when you begin.

Step Two: Using the spoon, slowly add your filler (flour, etc.) to the balloon. Fill to the stem of the balloon. Give it a little squeeze to make sure it is packed in to your liking.

Step Three: Slightly squeeze the balloon to let out any extra air, then tie the balloon end into a knot to secure it.

Step Four: Paint the stem of your apple by taking your brown paint and brushing it on to the tied end. Set it aside to dry.

Step Five: While your paint is drying, use the scissors to cut a small leaf out of the green felt. You can add a second leaf to your apple if you'd like.

Step Six: Use the glue (hot glue will hold better) to attach the leaf to your stem once it has fully dried.

Step Seven: A great add-on is to have younger students write the emotions they are feeling on the ball in a permanent marker, to remind them when it's a good time to squeeze their stress ball.

Step Eight: Make some more and share them with your friends!

Take Aways:

Everyone experiences emotions in different ways. Being afraid or nervous about something that other people are excited for doesn't make your feelings any less valid. When starting something new there are a lot of things that can impact us in a variety of different ways. You may even have several feelings towards the new thing all at once. How we approach our emotions is the most important thing. It's always good to find someone to discuss your feelings with, but sometimes that can be hard too. Having a totem, like a stress ball, to squeeze your feelings into can be helpful in tough situations. It can bring your comfort and help you find your inner peace that may feel frazzled or out of reach. So, hold on tight, and know that your future is bright.

