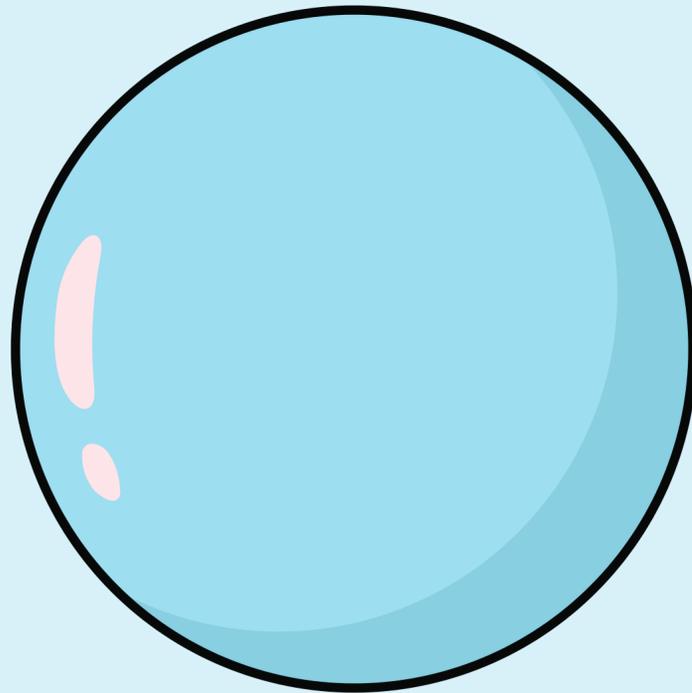


Make your own

Squishy Ball



**Squishy balls can be used to hold, fidget with,
smell and manipulate.**

They are great to use for

focus

calming

grounding

distraction



Materials and equipment

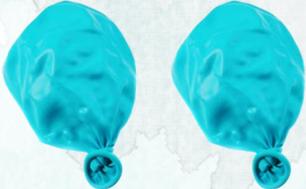
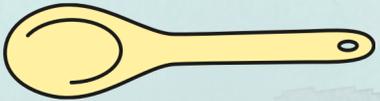
Materials you need:

- 2 x balloons
- $\frac{1}{8}$ cup x bicarbonate soda powder
- $\frac{1}{2}$ T x fragrance free conditioner
- optional: essential oils

Equipment needed:

- $\frac{1}{8}$ cup measurement
- $\frac{1}{2}$ tablespoon measurement
- mixing bowl
- mixing spoon
- funnel
- scissors

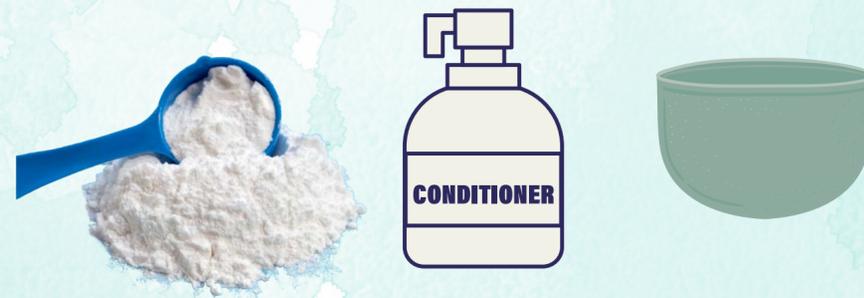
Materials and equipment

- 2 x balloons 
- $\frac{1}{8}$ cup x bicarbonate soda powder 
- $\frac{1}{2}$ T x fragrance free conditioner 
- optional: essential oils 
- $\frac{1}{8}$ cup measurement 
- $\frac{1}{2}$ tablespoon measurement 
- mixing bowl 
- mixing spoon 
- funnel 
- scissors 

Steps

1

1 Place the bicarbonate soda and conditioner into a mixing bowl.



2 If you would like to use a fragrance, add a couple of drops of essential oil to the mix.



3 Stir all ingredients together until they are well combined and smooth.



Steps

2

4

Secure the end of 1 balloon to the small end of the funnel.



5

Fill the balloon with the bicarb and conditioner mixture by pushing the mixture down the neck of the balloon and into the round part of the balloon. Use your fingers to poke the mixture through the top end of the balloon and pull it down the neck.

Steps

3

6

Remove the funnel and squeeze the round end of the balloon to remove all air. Tie a knot in the balloon as close to the round section as possible.



7

Cut the unfilled neck section of the balloon away as close to the knot as possible.



8

Take the second balloon and cut the long neck section close to the round end.



Steps

4

9

You may wish to cut small slits into the second balloon so that the under colour shows through to the top once it is secured over the first balloon.

10

To complete your squishy ball wrap the second balloon around the filled balloon, covering the end with the knot in it.

You may even wish to draw a face on your squishy ball to give it some character.

Notes

Additional notes/considerations:

- Lavender and orange essential oils are known to be calming fragrances for most people. Please check with each student before assuming it is fine before adding as they may have an aversion to it and it may cause distress.
- If you are unable to find a fragrance-free conditioner, look for a moisturiser like vitamin E cream and substitute.