

Making your OWN



Stress Reliever

Making your own stress reliever

Identify Problem: Sometimes stress reduction can be as easy as squeezing a ball or playing with silly putty.

Materials: 2 Tablespoons Elmer's type glue
1 Tablespoon Sta-Flo liquid starch

Mix above together in a cup with a fork. Work the putty in your hands until it becomes more pliable. Add a few drops of food coloring if you like.

Exercise: Allow each student to make their own putty stress reducer. While making the putty, discuss different ways to reduce stress. The putty is especially good for stress relief while taking tests or working on homework (if that's okay with the teacher).

Questions and Discussion:

- What are some other great ways to reduce stress?
- Are there good and bad ways to reduce stress?
- Do you think there is a difference between your stress and your parents stress? Why?

Identify Skills: Learn ways to reduce stress positively.
Understand stress.

Source: Jon Butler

