**DIY**

**DIY Stress Ball:**

Materials:

* 1 round balloon
* Funnel
* 1 cup of cornstarch
* Scissors
* Permanent marker (optional)

Directions:

* Slightly blow up the balloon and pinch the end to avoid letting the air out.
* Insert the funnel and pour the cornstarch in the balloon.
* Tie a knot in the balloon and cut off the excess end.
* Use the marker to decorate your stress ball. Squeeze your stress away!

**DIY Glitter Calming Bottle**

Materials:

* 1 jar or bottle
* Glitter Glue
* Glitter (any color)
* Food Coloring (optional)
* Water

Directions:

* Add warm water to your jar or bottle about ⅓ of the way up
* Add the glitter glue and stir until it combines with the water
* Add around 3 drops of food coloring and stir
* Pour in the glitter
* Fill the rest of your bottle or jar with warm water, until it is almost full
* Shake and watch the glitter settle for a calming effect