



Special Olympics
Strong Minds

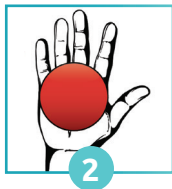


STRESS BALL ACTIVITY

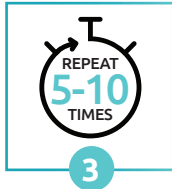
Using a stress ball can help you feel more relaxed and calm.



Squeeze the ball
for **3 seconds**.



Release the ball
slowly.



Repeat
5 to 10 times
for **1 minute**.

PARENT TIP Try bringing the stress ball with you so that they can practice using it in different locations or situations. Your children can also practice this same activity without a stress ball using any hand size soft toy available at home.

DEEP BREATHING ACTIVITY

Doing deep breathing can help you feel more relaxed and calm.



Pretend you are smelling a
flower, by **breathing in through**
your nose slowly



Pretend you are
blowing out a
candle slowly

PARENT TIP Deep breathing is a great way to help your child calm down and regulate their emotions in the moment. This exercise is great to practice when your child is happy and calm so that they can use it at times when they are distressed or upset.