



MIMBLEBALLS ACROSS AGES



Suggested ways each age group can use a Mimbleball

AGE GROUP	BEST USE	WHAT TO SAY	HOW THEY HELP
0-3 Years	Sensory comfort, lap buddy, gentle soothing	"Soft hands, hold and breathe"	Calm the body, offer comfort, support early attachment
3-5 Years	Feelings naming, turn-taking, breathing games	"Show me your feelings" "Let's do a 'bop' & breathe"	Help with self-regulation, sharing, and simple social play
Elementary	Focus support, talking piece, conflict calm-down	"Pass the ball and share" "Use it to calm your hands"	Support attention, classroom participation, and communication
Middle School	Stress relief, social confidence, private regulation tool	"Choose the one that helps you focus" "Make a fun hairstyle"	Reduce anxiety, support identity, and create low-pressure connection
High School	De-stressor, conversation starter, discreet regulation tool	"Keep it nearby during work time" "Use it to reset"	Support emotional regulation without feeling childish Create silly hairstyles
Adults	Comfort object, mindfulness aid, desk companion	"Run your fingers through the soft hair" Breathe, squeeze, reset"	Grounding, stress relief, and focus support

www.mimbleball.com