WHAT IS CLAIMED IS:

1. A strain tolerant particle comprising:

a plurality of walls surrounding a plurality of voids, the walls being between 10-90% of a total volume of the particle; and

Si, Si monoxide, Sn, or Sn oxide;

wherein the particle is configured to stay within 50 volume % during lithiation and delithiation,

wherein the particle has a sphericity greater than 0.5, and

wherein the plurality of walls comprise a thickness between about 50 nm to about 150 nm.

2. The particle of Claim 1, wherein the plurality of voids are closed cells.

3. The particle of Claim 1, wherein the plurality of voids are open cells.

4. The particle of Claim 1, wherein the plurality of voids are a mixture of closed cells and open cells.

5. The particle of any one of Claims 1-4, wherein the plurality of walls are between 20 and 50% of the total volume of the particle.

6. The particle of any one of Claims 1-5, wherein the particle is coated with carbon.

7. The particle of any one of Claims 1-6, wherein the particle is configured to stay within 10 volume % during lithiation and delithiation.

8. The particle of any one of Claims 1-7, wherein the particle further comprises a transition metal.

9. The particle of Claim 1, wherein the particle has a sphericity of greater than 0.75.

10. The particle of Claim 1, wherein the particle has a sphericity of greater than 0.99.

11. A strain tolerant powder formed from a plurality of the particle of any one of Claims 1-10.

12. The powder of Claim 11, wherein a D50 of the powder lies between 0.2 and 100 um.

13. An anode formed from the particle of any one of Claims 1-10.

14. A battery formed from the anode of Claim 13.

15. A method of manufacturing the strain tolerant powder of Claim 11 or 12, the method comprising:

preparing a precursor material including an Si, Si monoxide, Sn, or Sn oxide material and a component that produces gas;

forming droplets from the precursor material; and

interacting the droplets in a plasma or plasma exhaust of a microwave plasma torch to produce gases from the component and form a powder of a plurality of particles;

wherein the precursor material is configured to prevent gas bubbles formed during synthesis from coalescing and/or escaping; and

wherein the particles in the powder are configured to stay within 50 volume % during lithiation and delithiation.

16. The method of Claim 15, wherein a viscosity of the precursor material is between 3 and 500 cS.

17. The method of Claim 15 or 15, wherein the plurality of particles includes a carbon coating.

18. The method of any one of Claims 15-17, wherein the plurality of particles includes an $Al_2O_3$ coating.

19. A strain tolerant particle comprising:

a composition comprising:

silicon, tin, or a combination of silicon and tin;

a transition metal; and

silica; and

a plurality of walls surrounding a plurality of voids, the walls being between 10-90% of a total volume of the particle;

wherein the particle is configured to stay within 50 volume % during lithiation and delithiation, and

wherein the particle has a sphericity of greater than 0.5, and

wherein the plurality of walls comprise a thickness between about 50 nm to about 150 nm.

20. The strain tolerant particle of Claim 19, wherein, the particle has a sphericity of greater than 0.75.

21. The strain tolerant particle of Claim 19, wherein, the particle has a sphericity of greater than 0.99.