



## How to make a stress ball

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### Supplies:

- Balloon
- Flour, Cornstarch or Sand
- Funnel

### Directions:

- Blow up the balloon to about 4-6 inches in diameter; do not tie the balloon off
- While pinching the opening of the balloon, place a funnel in the opening
- Pour the flour into the top of the funnel; slowly release the opening of the balloon
- Stop filling with flour when it reaches the neck of the balloon
- Squeeze out any extra air and then tie off the end of the balloon
- To make your stress ball stronger, you can take a second balloon, cut off the neck of the balloon and stretch the second balloon around the first balloon
- Optional: Decorate the balloon using a marker