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**YOUR SCHOOL NAME Presents**

**Stress Balls**

Materials

* *Balloons*
* Flour/Rice/Water Beads or Miracle Grow crystals
* *Mixing Bowl*
* *Funnels*
* *Scissors*

Directions

* Stretch out your balloon. (Tip: Simply blow it up for some extra stretch.)
* Choose your filling: rice or flour or beads (If using beads pre make them in the mixing bowl).
* Stick a funnel into the neck of the balloon.
* Slowly fill the balloon. Pour slowly to avoid clogging the neck of the balloon! If it does clog, use a pen or pencil to clear the opening.
* Remove the funnel from the balloon and let out as much air as you can. (Tip: To release the air, pinch near the neck and separate your finger and thumb slightly. Too wide an opening can blow flour everywhere.)
* Tie the neck of the balloon closed tightly.
* Snip off the excess rubber.
* Grab your second balloon, and snip off the end.
* Grab your last balloon, and snip the end, leaving enough to tie.
* Tie the end, and voila! You've made yourself a squishy stress ball.