

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.

