

# Make Your Own Stress Ball

## Materials:

- 2 Balloons
- Funnel
- Flour, corn starch, popcorn kernels or rice
- Scissors
- Permanent marker (optional)



## Directions:

**Step 1:** Stretch the balloon by blowing it up and then letting the air out.

**Step 2:** Use the funnel to fill the balloon. Leave enough room to tie a knot. Use scissors to cut off excess balloon.

**Step 3:** Use 2<sup>nd</sup> balloon, cut the neck off the balloon.

**Step 4:** Stretch the 2<sup>nd</sup> balloon over the first one as a double layer.

**Step 5:** Decorate your stress ball using the permanent marker to draw or write a message. Be creative!

**Step 6:** ENJOY!

