



DIY STRESS BALL!

Materials needed: balloon, flour (3/4 cup), funnel, empty bottle (used wattle bottle or a glass bottle with an opening the balloon can fit over)

Optional materials: yarn, permanent marker, scissors

1. Using a funnel, put the flour in a bottle (if you don't have a funnel use a piece of paper and shape it like a funnel)
2. Blow up the balloon and place it over the bottle
3. Shaking the bottle upside down, fill the balloon with flour
4. Let out the air slowly, being careful not to let the flour escape

5. Tie balloon

6. Optional: Add a face using a permanent marker and hair using the yarn (let marker dry before handling)

