

Make your own

STRESS BALL

Materials

- 2 Balloons
- 1/2 cup of Powdered Sugar, Flour, Rice or Baking Soda for filling
- Plastic Sandwich Baggie (foldover, not ziplock)

Instructions

1. Put the filling in the plastic sandwich baggie and twist tightly to close. Get all the air out first! Do not use a twist tie or knot.
2. Cut the "neck" off your first balloon, and using the hole created, push the plastic bag of filling inside. Repeat with the second balloon.
3. Both balloons should now wrap around the flour (you will only see a small spot of color from the first balloon).
4. You're done! For best results, use a dry erase marker to decorate (optional).

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