

# Making Stress Balls

**YOU WILL NEED:** 2 x balloons, a funnel, bag of flour, a thin pen/pencil/wooden rod, scissors

1. Put the second balloon to the side, you do not need this yet.

2. Blow up the first balloon then let the air back out. This is to stretch the balloon

3. Put the open end of the balloon over the spout of the funnel. Make sure it is secure.

4. Pour a small amount of flour into the top of the funnel, hold one end of the of your pen/pencil/ rod use the flat end to push the flour through gently into the balloon. Hint: twist the pen/pencil/rod as you push to avoid the flour getting stuck. If the flour does get stuck keep twisting and gently pushing to free it up. Top up the flour if you need to add more. Continue until the balloon is full and the balloon tie is empty.

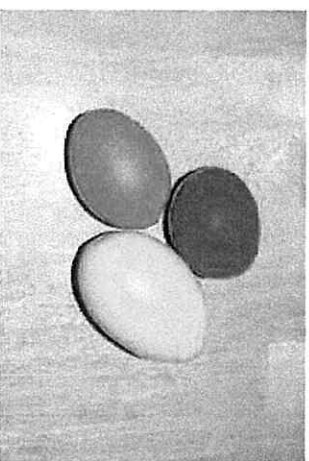
5. Remove the funnel and tie a knot in end of balloon.

6. Take the second balloon, blow air in to stretch balloon then release air.

7. Use the scissors to cut off tip of the second balloon on end that you tie (about 2cm)

8. Stretch open the second balloon, and put the filled first balloon with the knot end facing into the second balloon inside it.

You have made your own stress ball!



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