

DIY STRESS BALL

Instructions:

1. Blow up the balloon once and let the air out. This will help stretch the balloon to get it ready for filling.
2. Place the funnel into the balloon, then start dumping or scooping flour into the funnel.
3. Tap the funnel or squeeze the balloon to move the flour down, or push the flour through the funnel gently using a pen or pencil.
4. When you are happy with the fullness, carefully remove the funnel and tie a tight knot to secure.
5. If you want to hide the knot, trim off the tail as close to the knot as possible. Take another balloon and cut off the neck (where it starts to get narrow). Stretch the second balloon over your stress ball to cover up the knot.

Supplies Needed

- 12 Inch Balloon
- 1 cup Flour

Tools & Equipment

- Funnel

