

# How to Make a Stress Ball

## Materials:

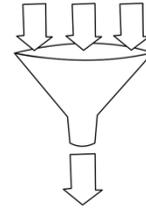
3 Balloons



Uncooked rice or flour



Funnel



Scissors



## Directions:

1. Stretch out your balloon.
2. Choose your filling: rice or flour.
3. Stick a funnel into the neck of the balloon.
4. Slowly fill the balloon. Pour slowly to avoid clogging the neck of the balloon. If it does clog, use a pen or pencil to clear the opening.
5. Remove the funnel from the balloon and let out as much air as you can.
6. Tie the neck of the balloon closed tightly.
7. Snip off the excess rubber.
8. Grab your second balloon, and snip off the end. Stuff first balloon into second balloon.
9. Grab your third balloon and stuff it with the stress ball.
10. Tie balloon and snip off the end.