

# HOW TO MAKE A STRESS BALL

## WHAT YOU'LL NEED

- Latex balloon
  - Baking flour (You can also use rice if you prefer that texture. Flour will make a smoother, squishier stress ball.)
  - Funnel
  - Pencil with eraser
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## INSTRUCTIONS

1. Blow your balloon up and release the air 2 or 3 times. Don't tie it shut. This is just to stretch it out.
2. Attach the balloon to your funnel. Make sure it's on there good - you don't want flour going everywhere!
3. Start adding flour to your funnel.
4. Tap, shake, and tap some more!
5. Use the ERASER END of your pencil to poke your flour down through the funnel and into your balloon. Be careful not to poke too far and only use the eraser, NOT the pointy end!
6. When it feels like you can't add anymore, squish and scoot the flour down further into the balloon.
7. Add more flour!
8. When your balloon seems good and full (and squishy), carefully remove it from the funnel. If there is still flour in your funnel, do this over a trash can.
9. Tie your balloon.
10. Squish your worries away!