

MAKE YOUR OWN STRESS BALLS



YOU WILL NEED:

Uninflated balloons

Filling (Flour, lentils, rice, split peas, play sand)

Funnel

Scissors

TO DECORATE:

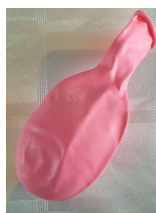
Pen

PVA glue

Wool/present ribbon

HOW TO MAKE:

1. Stretch out your uninflated balloon



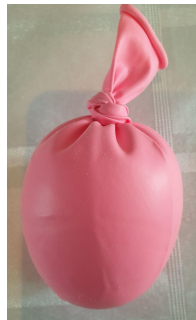
2. Choose your filling



3. Using your funnel pour your filling slowly into the neck of the uninflated balloon.



4. When full, remove the funnel and tie the neck of the balloon tightly.



5. Snip off any excess rubber



6. Decorate your stress ball. Using a felt pen, draw a face. Stick on some hair using wool or ribbon



WAIT FOR IT TO DRY. THEN SQUEEZE! HAVE FUN!