

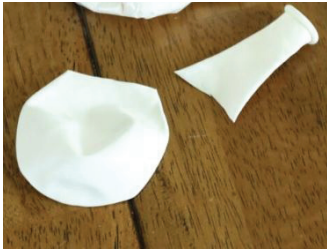
Take the Challenge

DIY Stress Ball

 20 Minutes

Instructions:

1. Cut the tips off the balloons.



2. Fill a baggie with $\frac{3}{4}$ cup of flour or play dough.



3. Fold over or twist the top of the baggie and squeeze out all the air.
4. Stuff the baggie filled with flour or play dough into one balloon.
5. Stretch the second balloon over the first one with the opening facing the opposite way (so that the flour baggie can't come out).
6. Add a face decoration with a ballpoint pen.



7. Your stress ball is ready to use!

OVERVIEW

Use balloons to create squishy stress balls.

SUPPLIES NEEDED

- Balloons (2)
- Scissors
- Sandwich bag
(if you use ziploc, you'll have to cut the zipper off)
- Flour or play dough ($\frac{3}{4}$ cup)
- Ballpoint pen



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Week 6
Wednesday

Take the Challenge