

Crafts

Balloon Stress Ball

You will need:

- Empty water bottle (Dry)
- Small funnel
- Wooden Dowel
- Flour (can be substituted with corn starch or rice)
- Balloon
- Optional: permanent markers, ribbon

To make:

- Place 1/3 - 1/2 cup of flour in your empty water bottle using the funnel. Use a wooden dowel to guide the flour through the funnel into the bottle.
- Blow up the balloon halfway, pinch approximately 1 cm from the opening of the balloon to keep the air in. Place the opening of the balloon over the mouth of the water bottle. Ensure it is securely on (this process may require help from a friend)
- While holding the balloon securely on the mouth of the water bottle, turn the water bottle upside down
- Gently shake and squeeze the flour from the water bottle into the balloon
- CAREFULLY remove the balloon from the water bottle (ensure that you have pinched all the air & flour inside the balloon)
- VERY SLOWLY let the air out of the balloon until you reach the flour
- Tie off the balloon
- Decorate with permanent markers (other markers will rub off on your hands) and ribbon. You can decorate it according to the season (ex. ghost using a white balloon, grinch using a green balloon), make your own character, or simply draw your own design!

To use:

- Whenever feelings of stress or anxiety arise squeeze the stress ball in a rhythmic fashion to relieve tension

