

Follow these steps to make your stress balls:

1: Gather materials

- party balloons
- flour
- funnel
- scissors

2: Stretch the balloon

1. Using your mouth or a pump blow air into the balloon so that it inflates and stretches.
2. Let the air out of the balloon.

3: Fill the balloon with flour

1. Using your funnel fill the balloon with flour.
2. Make sure to be holding the end of the balloon tightly to avoid a mess.
3. Stop putting flour in the balloon when it reaches the neck.
4. Don't fill the neck.
5. Tie the top into a knot to stop the flour from getting out of the balloon.

4: Avoid a disaster

1. Take another balloon (it may be of a different color, the final result will not be affected) and cut most of the neck of using scissors.
2. Stretch the second balloon over the first one as a second layer.
3. The second layer will help prevent the dispersion of flour all over the place in the event a hole would appear.