



Stress Ball

Equipment:

2 Balloon's.

Flour.

Drinking Bottle.

Funnel.

Scissors.



Step 1.

Gather all the equipment.



Step 2.

Make sure your bottle is dry.





Stress Ball



Step 3.

Use the funnel to fill the bottle with flour.



Step 4.

Put the neck of balloon over top of bottle.



Step 5.

Fill balloon with flour.



Stress Ball



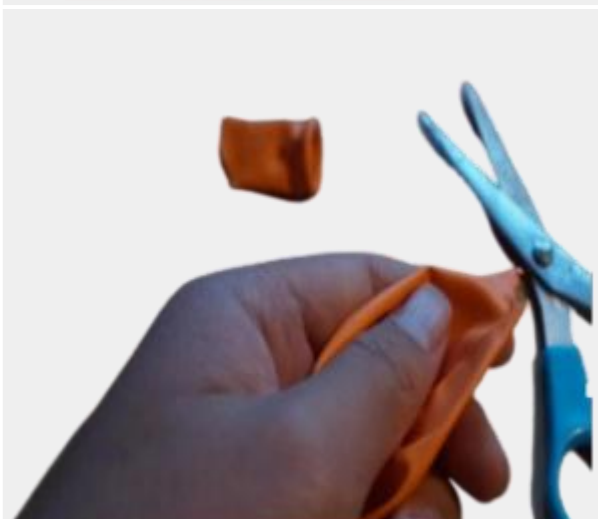
Step 6.

Remove the balloon from the bottle



Step 7.

Tie the balloon.



Step 8.

Cut the end off a second balloon with the scissors.



Stress Ball



Step 9.

Place over the first balloon.



Step 10.

Enjoy your stress ball, you can draw on it and give it a face!