

# HOW TO MAKE A Stress Ball



## Equipment



Two balloons



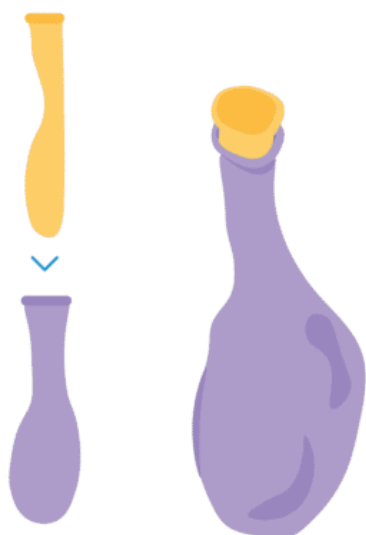
A Funnel



Some flour or rice

## Instructions

### Step 1



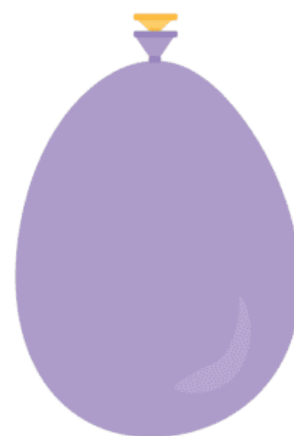
- Put one balloon inside the other (it will be much easier to do this first)

### Step 2



- Fill the inner balloon with flour or rice using the funnel to help

### Step 3



- Once the balloon is completely full, tie off the end. Tie the second balloon separately to make it really secure