

# FriscPUBLICo Library

## Activities at Home

### Stress Ball

Feeling stressed or a bit overwhelmed? Keep this easy DIY stress ball nearby to squeeze those feelings away!

#### Materials

- 12-inch balloon
- flour
- funnel (or a water bottle with the bottom cut off)
- pen or pencil

#### Directions:

1. Inflate the balloon then let the air out. This stretches the balloon, so it is easier to fill with flour.
2. Pull the open end of the balloon over the end of the funnel or over the lip of the water bottle.
3. Pour flour into the funnel (bottom of the water bottle). Tap the sides of the funnel (water bottle) to help the flour go down into the balloon.
4. If the flour is not going into the balloon, use a pen or pencil to help push it through.
5. Keep adding flour until you are happy with the size of the balloon.
6. Once full, squeeze the opening of the balloon closed then carefully remove the funnel (water bottle).
7. Make a knot as close as you can to the base of the balloon.
8. Voila! You made a stress ball! Decorate it using a Sharpie or marker, if you'd like.



[www.onelittleproject.com/how-to-make-a-stress-ball/](http://www.onelittleproject.com/how-to-make-a-stress-ball/)

