

Balloon Stress Balls

- Balloons
- Flour
- Pipe cleaners or ribbon for the hair (If you want)
- A marker pen
- An empty plastic bottle
- A funnel or a paper funnel



1. Use your funnel or make your own paper funnel.
2. Fill your plastic bottle with flour using your funnel! It doesn't need to be full (We filled around $\frac{1}{4}$ of the bottle)
3. Blow the balloon up a little and with the air still inside put the balloon around the bottle top. And turn upside down.
4. Gently squeeze and tap the bottle and the flour will slowly go into the balloon!
5. Hold the balloon tight and slowly let the air out (If you let the air out too fast the flour may fly out too)
6. Once all the air is out, tie a knot and decorate with a marker and add your hair. Enjoy!

