Stress Balls



**Supplies:**

* 2 balloons
* Cornstarch
* Water
* Small Bowl
* Empty Water Bottle
* Scissors
* Utensil to stir

**Directions:**

1. In your bowl, place 6 tablespoons of corn starch and slowly work in 3 tablespoons of water.
2. Slowly stir mixture until smooth, working out all lumps.
3. Slightly bend edge of bowl to create a small spout to pour mixture into empty water bottle.
4. Blow up both balloons to stretch them out and then place one balloon over the top of the water bottle.
5. Turn water bottle upside down until all of the mixture has gone into balloon (you may need to squeeze the bottle to force all of the mixture in).
6. Take the balloon off of the bottle and tie a tight knot after making sure that no air is trapped
7. Cut off the end of the knot after making sure the knot is secure.
8. Cut off the neck of the second balloon.
9. Place filled balloon, knot inward, inside the second balloon.
10. Squeeze and de-stress!!!

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| STEP 1 | STEP 6 |
| STEP 2 | STEP 7 |
| STEP 3 | STEP 8 |
| STEP 4 | STEP 9 |
| STEP 5 | STEP 10 |