



DIY CRAFT: Stress ball

OBJECTIVE: Create your own stress ball using a balloon



Materials

- 1 new "12" inch balloon
- ¼ cup of flour
- waterproof paints
- funnel
- pencil

Instructions

1. Inflate the balloon and allow it to deflate.
2. Insert the funnel into the balloon.
3. Carefully pour flour into the balloon through the funnel into the balloon (if the flour starts to get stuck, you can push it through gently using a pencil).
4. Keep adding flour until all the flour is in the balloon.
5. Carefully remove the funnel and tie a knot at the top of the balloon (try to get the knot as close as possible to the flour, leaving no or little air in the balloon).
6. The stress ball is complete and can now be coloured in using markers (make sure these are waterproof markers and the ink dries completely before the stress ball is used).

Top tips

As an alternative to a funnel, the top half of plastic water bottle can be cut and used. Simply take the lid off and cut it.

Need some free balloons for your lessons? Contact us on info@partysafe.eu. Please keep the fun in balloons and dispose of them correctly. For more information and educational resources, please visit www.partysafe.eu.