



# DIY Stress Balls

items you need:

dry plastic water bottle (or any small mouthed bottle)

funnel

balloon

flour

permanent marker (opt)

yarn (opt)

1. using the funnel, pour about 1 cup of flour into the dry water bottle
2. blow the balloon up a little and then attach to the water bottle (you may need to have someone help pinch the balloon closed a little ways down while you attach the tip of the balloon to the bottle)
3. tip the water bottle upside down and shake slightly to allow the flour to drop into the balloon
4. pinch the balloon closed and then pull it off of the bottle
5. slowly let the air out of the balloon and then tie it off after all the air is out
6. decorate your stress ball as you desire!