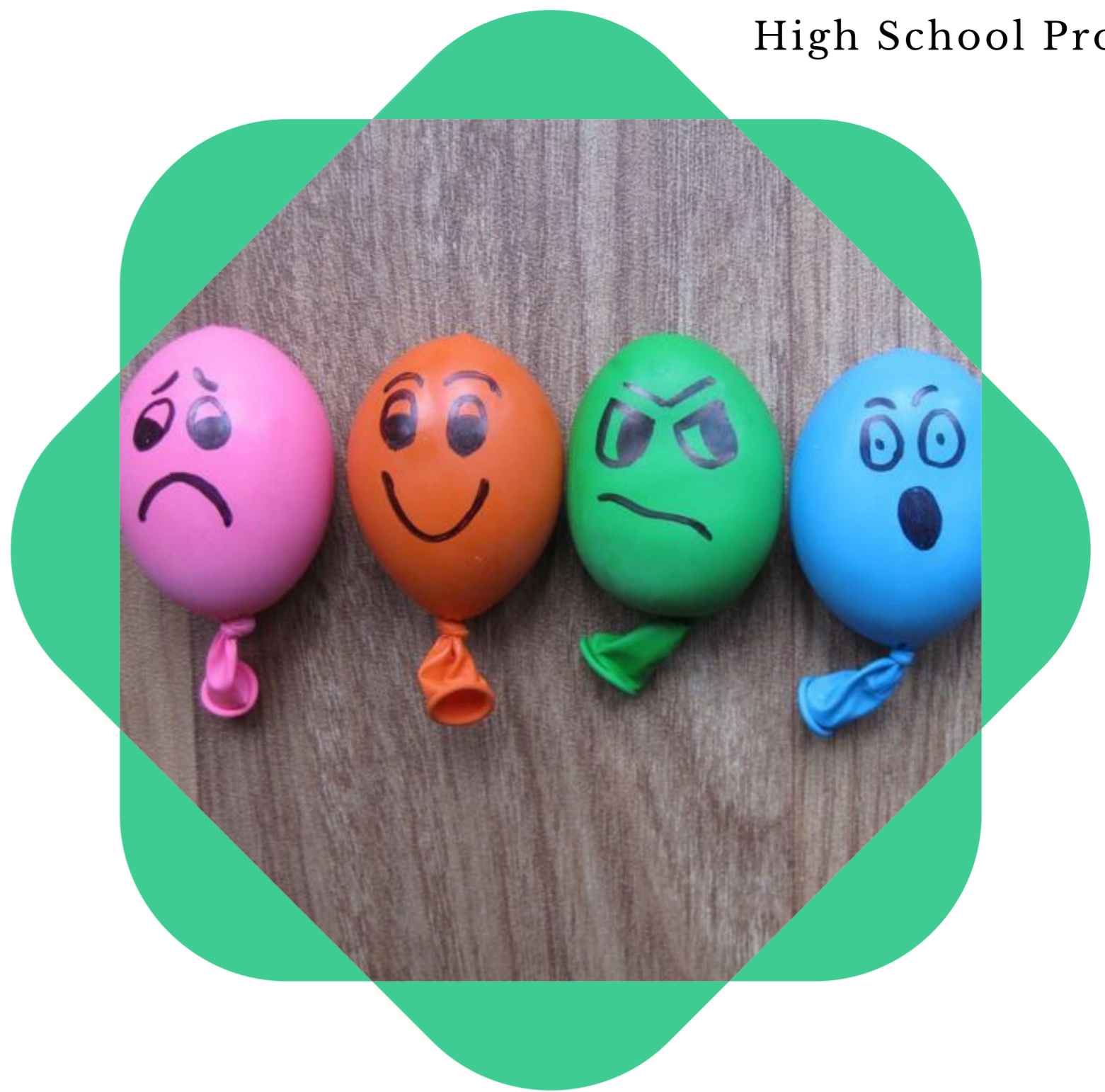


# Stress Ball Making



## Instructions

1. Give each student a balloon. Have them blow up the balloons to stretch them out.
2. Have students then put the funnel into the balloon and fill the balloon with flour.
3. Pull the balloon tight and tie the balloon together once enough flour is inside the balloon.
4. Have the students decorate the stress ball however they would like!

## Materials

2 packs of variety colored balloons, a couple of small, plastic funnels, two bags of flour, and sharpies.

## Budget

Balloons (\$20.00), multiple plastic funnels (\$20.00), and a couple of bags of flour (\$10.00).

## Number of Students Reached

This activity can reach 30 - 40 people. It just depends on how much supplies you purchase.

## Timeline

Preparation time for this activity is a few days. You will need to go to the grocery to find flour and a dollar store to find plastic funnels. This activity can take 20 minutes or longer.