

Make a stress ball

What do I need?

Balloons
Plain flour
Funnel



Instructions!

1. Blow the balloon up and then deflate it to stretch it out
2. Pull the opening of the balloon over the end of the funnel
3. Carefully pour the flour into the funnel - gently shake it back and forth and tap the funnel to get the flour to fall into the balloon
4. If the flour is getting stuck, use a pencil to push it through
5. Keep filling until it's the size you want - gently push the flour around inside the balloon if you want to make more space
6. Remove the funnel and tie a not in the balloon



What's the benefit?

Relieve tension
Release energy
Help anxiety

Tips/Changes

Haven't got a funnel? Get an old plastic bottle and cut the bottom off.

Decorate your stress ball by adding pieces of string for hair and drawing a face on it!

Give your stress ball some extra strength by stretching a second balloon over it (you'll need to cut the neck off the second balloon first).

**Mind Lancashire**

