How To...

Stress Balls

Materials

- Balloons
- Flour
- Funnel
- Scissors

Procedure

1. Blow air into the balloon so that it inflates and stretches.
2. Let the air out of the balloon
3. Place funnel into opening of balloon
4. Fill balloon with flour tightly holding balloon onto funnel
5. Stop pouring when flour reaches the neck
6. Tie top of balloon into knot
7. Take another balloon and cut off neck
8. Place around first balloon covering tied end to keep flour from leaking out

Adapted From: http://www.instructables.com/id/Easy-flour-stress-ball/?ALLSTEPS