

TEEN TUESDAY

DIY STRESS BALL

Feeling a bit stressed? OK, maybe feeling more stressed than normal? Not to worry, try this little craft to help you de-stress.



WHAT YOU NEED:

3 Balloons

Filling: Flour or Rice

Scissors

Funnel

Step 1:

STRETCH THE FIRST BALLOON.



Step 2:

CHOOSE YOUR FILLING (FLOUR OR RICE) AND FILL THE BALLOON USING THE FUNNEL. YOU MAY NEED TO USE THE HANDLE OF A SPOON TO MOVE THE FILLING THROUGH THE FUNNEL. FILL THE BALLOON UNTIL FULL (BE SURE TO NOT FILL THE NECK OF THE BALLOON).



Step 3:

ONCE THE BALLOON IS FILLED, TIE OFF THE BALLOON & SNIP THE END.



Step 4:

SNIP THE END OF THE SECOND BALLOON & STUFF THE FIRST BALLOON INTO THE SECOND BALLOON.



Step 5:

REPEAT STEP 4 WITH THE LAST BALLOON & TIE OFF.