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Make your own stress ball

YOU WILL NEED

- 2 or 3 balloons
- Flour or rice (about half a cup)
- a plastic bottle
- scissors
- funnel (optional)

TO MAKE YOUR STRESS BALL

- 1 Prepare by putting the rice or flour into a plastic bottle. Using a funnel for this will make it much easier.
- 2 Blow your balloon up to be about 15cms in diameter. Hold it at the base of the neck and twist it several times so that the air can't escape.
- 3 Pinch the balloon neck securely while you stretch the opening of the balloon over the bottle opening. Once it's securely attached, you can untwist the balloon. Carefully pour the flour from the bottle into the balloon.
- 4 Once all of the flour is in the balloon, you can remove the balloon from the bottle and slowly release the air. (**Pro tip:** To release the air, pinch near the neck and separate your finger and thumb slightly. Too wide an opening can blow flour everywhere.)
- 5 Snip off the excess rubber from the neck of the balloon.
- 6 Grab your second balloon, and snip off the neck. Stretch it open carefully and stretch it over your filled balloon, covering the hole from the first balloon. You can repeat this step with a third balloon to make your stress ball extra secure!

