

How to Stress Balls.



Equipment

Balloon

Rice or Flour

Wool

Markers

Funnel

Method

- 1) Blow up the balloon to stretch it.
- 2) Use a funnel to fill your balloon with chosen filling.
- 3) Fill it until nearly full.
- 4) Ask someone to help you to tie a knot in the end of the balloon.
- 5) Decorate your ball with anything you want, I like these faces.

