

DIY Stress Balls

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How many stress balls should I make?

This is completely up to you and how much you want to give. We ask volunteers to make a minimum of 10 stress balls.

Materials:

- *Balloons: 14" standard latex balloons*
- *Funnels: cut a small plastic bottle (water or soda) in half*
- *Plastic knife or wooden coffee stirrers*
- *Sand and flour or cornstarch*

Directions for making stress balls:

- *Stretch out a balloon and place the mouth of the balloon around the neck of your funnel.*
- *Fill the funnel with two parts flour or cornstarch and one part sand.*
- *Stretch the balloon while holding it around the bottle neck to help guide the filling into the balloon.*
- *Stick the knife through the funnel and into the neck of the balloon to guide filling balloon.*
- *Fill the balloon as full as you possibly can.*
- *Gently remove the balloon from the funnel.*
- *Blow gently into the balloon, filling it with a tiny amount of air to help get all filling from the balloon neck into the balloon body.*
- *Tie the balloon. (You can double knot it so that the tie does not stick out.)*
- **DONATE!**

For more information, please contact:

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