

DIY Stress Balls



Materials

- Balloons (2 per stressball)
- Flour or rice (flour has a better stress ball consistency but rice is less messy)
- Sandwich ziploc bag (1 per stress ball)
- Scissors
- Scotch tape

Instructions

- Fill a sandwich ziploc bag with about 1/4 cup of flour or rice.
- Move the rice or flour down to the left or right corner of the bag to create a ball.
- Stretch one of the balloons over the ball of rice/flour.
- Stretch the second balloon over in the opposite direction (to cover the first balloon's opening).

Contact Ilana@ErikasLighthouse.org for more information.
We'd love to see what you create!



Erika's Lighthouse