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).

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