

# Mini Stress Toy

## Supplies

- Balloons
- Flour
- Funnel or bottle and scissors
- Spoon



- 1 First, you need to stretch your balloon! Blow some air into your balloon and then let the air out.



- 2 If you own a funnel, skip to the next step. If you don't own a funnel you can make one. Do this by using your scissors to cut the bottom half of the bottle off, leaving the mouth of the bottle and sides in one piece.



- 3 Next, put the funnel (or mouth of the bottle) into the neck of the balloon.



- 4 Then, pour some flour into the balloon, through the funnel. The balloon doesn't need to be very full – about 4 spoons full should be enough. It shouldn't fill the neck of the balloon. It might help if you use the end of a pencil or spoon handle to shape the flour.



- 5 Next, tie a knot in the balloon – you may need to ask an adult to help you with this. Your stress toy is now finished! You can have fun kneading and moulding your stress ball to help you relax!