



STRESS BALL

TheMakeYourOwnZone.com

Flour Friend Stress Ball Tools

Flour or Corn Starch

Funnel

Colored Balloon

Sharpie Marker

Colored Yarn

Scissors

Empty and Dry Disposable Water Bottle



Step 1:

Glove Stress Ball: Stretch a latex glove over a small cup. Measure out $\frac{3}{4}$ cups of flour. Pour the flour slowly into the glove and mix it around with a spoon so it gets into the finger holes.

Balloon Stress Ball: Stretch and blow up your balloon slightly so it's easier to get around the lip of the funnel. Wrap the balloon around the bottom of a funnel and make sure it's fitted well. put the balloon in a cup so it has a place to balance.



Step 2:

Glove Stress Ball: Pick up the glove and shake it around a few times to make sure all of the fingers are full of flour. Keep adding flour in until the fingers and the palm of the glove are full.

Balloon Stress Ball: Measure out $\frac{3}{4}$ cups of flour. Pour the flour slowly into the funnel so it flows slowly into the balloon. Keep going, massaging the flour into the funnel so it all goes into the balloon and it fills up.



Step 3:

Once the balloon and/or glove are completely filled, shake it so that the flour gets leveled out.

Slowly let the air out. You don't want to go too fast or the air will blow out a lot of flour and you'll have to start all over again.

Tie a knot gently to close it. Some flour might poof out but that's okay!



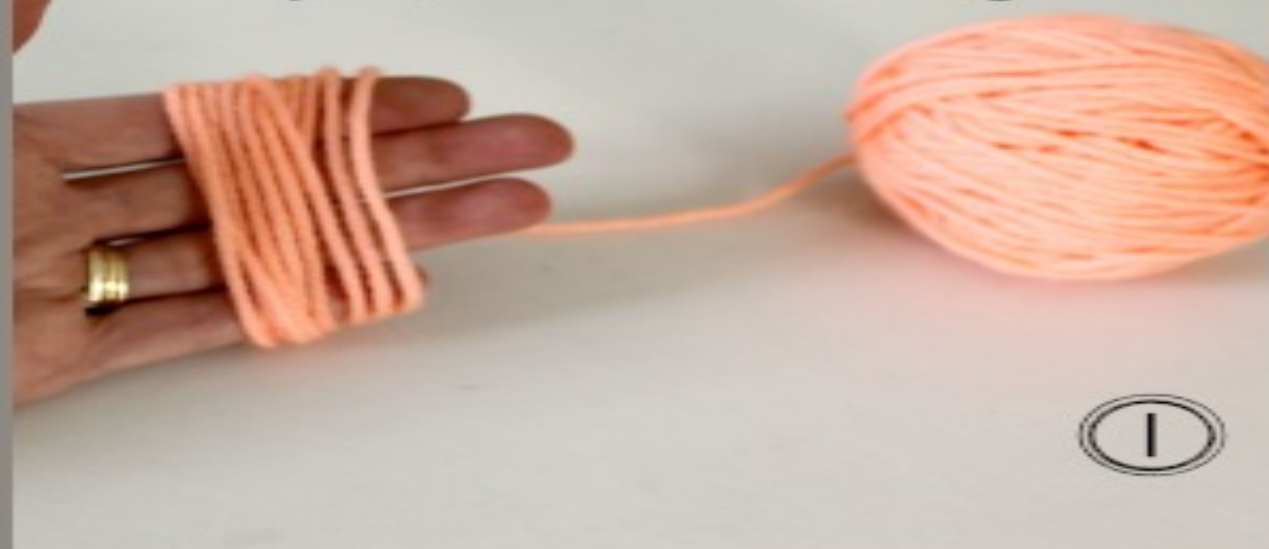
Step 4:

Draw a face the balloon and/or glove using a sharpie. You can make your face whatever color you want it to be! You can also decorate your balloon stress ball however you'd like.

To make yarn hair, follow the method in the picture on the next slide from themakeyourownzone.com. Tie the hair onto the knot so it sticks out like hair.



**Wrap yarn around fingers 12 times.
Cut yarn, remove from fingers.**



**Tie bundle together
using a longer piece
of yarn**



**Cut open loops at each
end of bundle**



Tie around balloon under the knot



Want To Use Your Water Beads?

Replace the flour for water beads and use a clear balloon so you can see the beads pop through!

Pour the water beads into the empty water bottle, stretch the balloon around the mouth of the water bottle and flip it so the beads start falling into the balloon.

Once the balloon is full of the water beads, gently pull off the balloon from the bottle, tie it and squeeze away!



**Let's see
your
masterpiece!**

