

DIY Stress Balls



These are hugely satisfying to make and then play with, and we have discovered that for the adventurous/dextrous, they make perfect juggling balls. We used two balloons for each ball to make them more durable (younger children may need some help with the second balloon).

Equipment

Balloon pump

Balloons - 2 per ball

Flour - it's a good way to use any out of date flour you might have lurking at the back of the cupboard

Funnel

Spoon

Scissors

Method

1. Using the balloon pump, inflate each balloon to about football size, then remove the balloon from the pump and allow it to deflate.
2. Insert the funnel into the neck of your first balloon. Hold the balloon firmly in place and spoon the flour into the funnel.
3. Use the handle of the spoon (or a handy chopstick), to poke the flour down into the balloon.
4. Add flour gradually, so you don't expand the balloon and fill it with air - each balloon will need 1½ to 2 tbsps of flour.
5. Make sure that the balloon is filled (not saggy), but not stretched, then remove the funnel and pull the neck of the balloon tight, pushing any flour down into the balloon.
6. Knot the balloon as close to the flour filled ball as possible, then cut off the excess above the knot.
7. Now for the tricky bit: Take your flour filled balloon and feed it into the second balloon - you will need to stretch the second balloon quite a bit, pushing the first balloon in as you do so. (It's not as bad as it sounds, but if you find it too difficult, you could stop at one balloon.)
8. Once you've put the filled balloon inside the second balloon, squeeze out any air, knot the balloon tightly and cut off the excess above the knot.
9. Now, get squishing to work off that stress!