

Are you feeling a little stressed?

Make this squeezy ball to help relieve some of that pent up negative energy. (This is great for grown-ups ups, too!)



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What you'll need:

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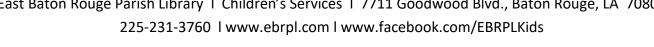
*Balloon

- *Sand or other filling (rice, cornstarch)
- *Permanent marker
- *Funnel (you can make your own)
- 1. Blow up the balloon. Hold it for a few seconds, then let the air out.
- 2. Put the balloon onto the funnel and hold it so that it stays in place. Pour the sand into the balloon, and leave enough room to tie it off.
- 3. Tie off the balloon.
- 4. Draw a funny or worried face on the balloon,













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