



SLOW IT DOWN

Stress Relief Ball

Are you feeling a little stressed?

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



What you'll need:

- *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,



AND SQUEEZE!