

DIY Stress Balls – Virtual Youth Week

Supplies:

- 2-3 Balloons
- Funnel
- Pencil
- Fillings: Rice, Flour, Dirt, Beads

Note: Food items, such as rice and flour, may not be available or appropriate for everyone to use right now. There are tons of alternatives you can use like outdoor materials (e.g. dirt and sand) or art supplies (e.g. beads and cotton stuffing).

Step 1:

Choose your filling and first balloon. Stretch the balloon out a bit. Put the funnel into the neck of balloon and slowly begin adding your filling to the balloon. Make sure to hold the funnel and balloon tightly so it doesn't fall. Pour slowly to avoid clogging the neck of the balloon; if this happens, use the pencil to clear the opening.

Step 2:

Remove the funnel from the balloon and let out as much air as you can before tying the neck of the balloon closed tightly. Snip off the excess rubber (past the knot!)

PRO TIP

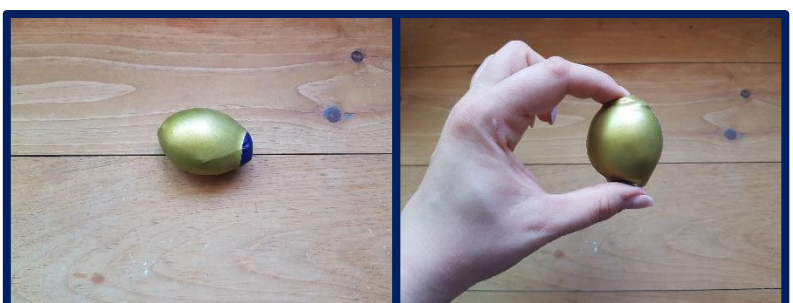
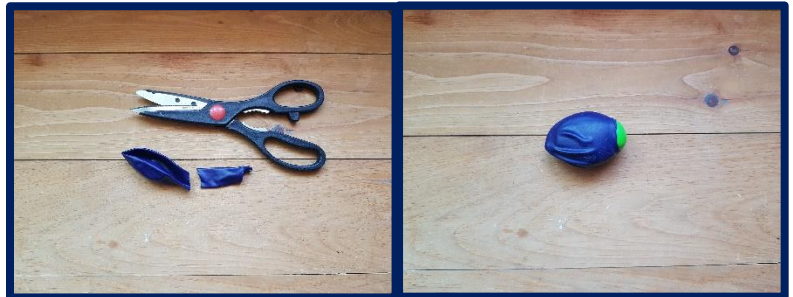
To release the air from the balloon, pinch near the neck and separate your finger and thumb slightly. Too wide an opening can blow your filling everywhere!

Step 3:

Grab your second balloon and snip off the neck. Put your first balloon inside the second balloon (you might need another household member for this!). Grab your last balloon and put your filled balloon (open end first) inside, leaving enough room to tie.

Step 4:

Tie the end of your third balloon and snip off past the knot. Now enjoy your brand new squishy stress ball!



Want to see this tutorial in action?

Check out a recording of our live tutorial on the Town of Aurora's Instagram for teens (@AuroraTeens).