

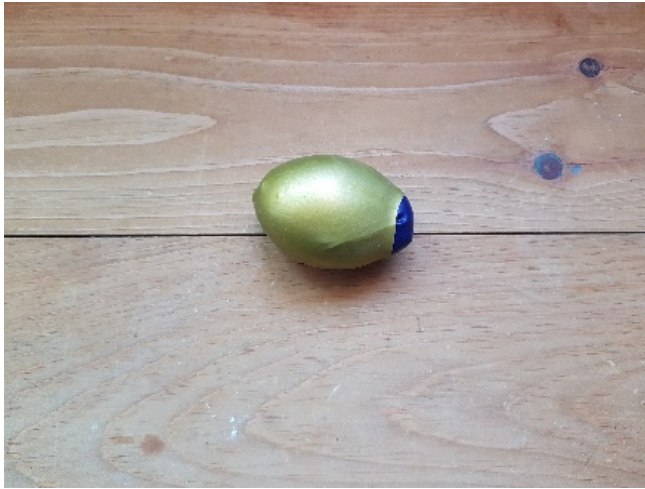


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Town of Aurora

DIY Stress Ball Tutorial

Community Services - Youth



Supplies

- 2-3 Balloons
- Funnel
- Pencil
- Filling of Choice (e.g. rice, flour, dirt, beads, etc.)

Activity Notes

Food items such as rice and flour may not be available or appropriate for everyone to use. 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). Pick the best material available to you!



Instructions

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



2. Remove the funnel and let out remaining air before tying the neck of the balloon closed tightly.



3. Snip off the excess rubber (past the knot!). To release the air from the balloon, pinch near the neck and separate your finger and thumb slightly.



4. Grab your second balloon and snip off the neck. Put your first balloon inside the second (you might need another household member for this!).



5. Grab your last balloon and put your filled balloon (open end first) inside, leaving enough room to tie. Tie the end of your third balloon and snip off past the knot. Enjoy!



Video Tutorials

Want to see this tutorial in action? Check out a recording of our live tutorial on the Town of Aurora's Instagram for teens. Our handle is @AuroraTeens.