

Teen



STRESS-LESS KIT: WATER BEAD STRESS BALLS

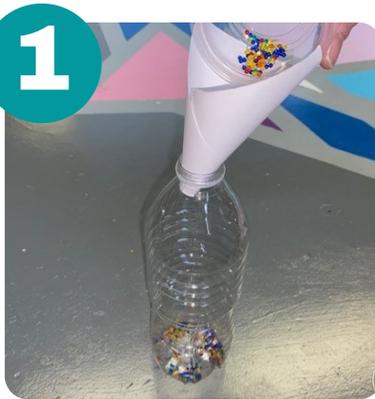


Supplies needed:

- empty (sanitized) plastic water bottle
- container of water beads
- clear balloon
- paper funnel
- water



Using the paper funnel, empty the water beads into the plastic water bottle.



Fill the bottle half way with water. Allow the water beads to soak in the water overnight.

Drain any remaining water from the bottle. Carefully tilt the bottle, place your finger over the opening, & let the water trickle out.



Blow up the balloon and stretch the balloon opening over the bottle opening.

Hold on to where the balloon meets the bottle. Flip the bottle upside down and gently shake the beads into the balloon.



While holding onto the balloon opening, remove the bottle.

Still holding the balloon opening, slowly release the excess air from the balloon.



Tie a knot at the balloon opening, and enjoy squishing your new stress relief ball.