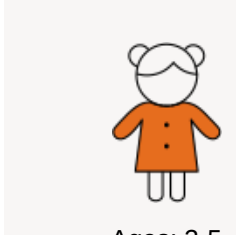


## Flour Stress Ball

Artistic Adventures



Ages: 3-5



Less than 30 minutes



Grownup needed



Make your own super-soothing stress ball! Using just flour, balloons, and a few simple tools, you can create a soft and stretchy stress ball that provides a wonderful sensory experience for children!

### Materials Needed

Flour  
Yarn  
Balloons  
Googly eyes  
Marker pen  
Spoon  
Plastic bottle  
Scissors  
Plate



### Step-by-step tutorial

#### Step 1

Use scissors to cut the plastic bottle and trim its edges.



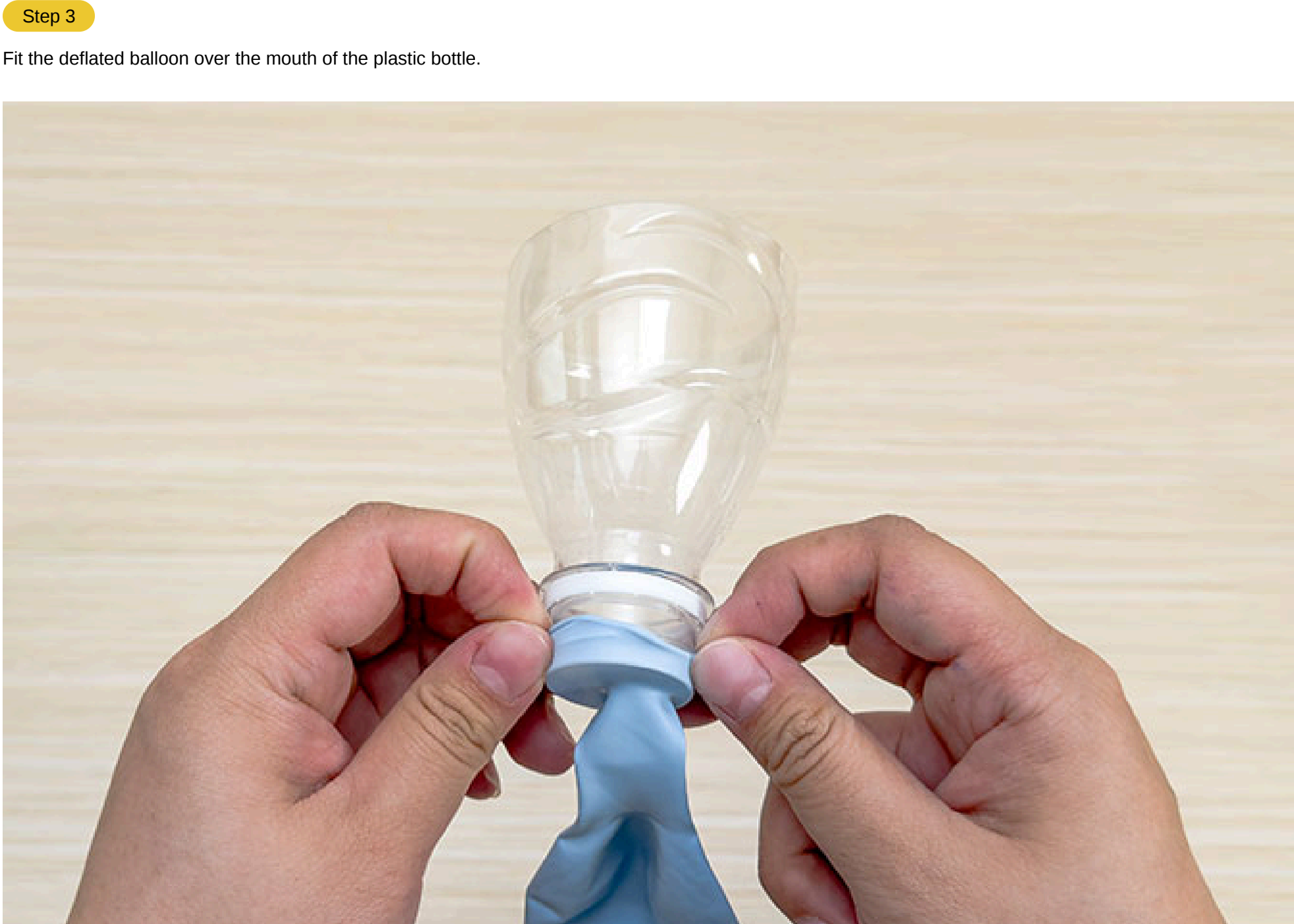
#### Step 2

Take a balloon and inflate it, then let the air out. This helps the balloon stretch so it can hold more flour.



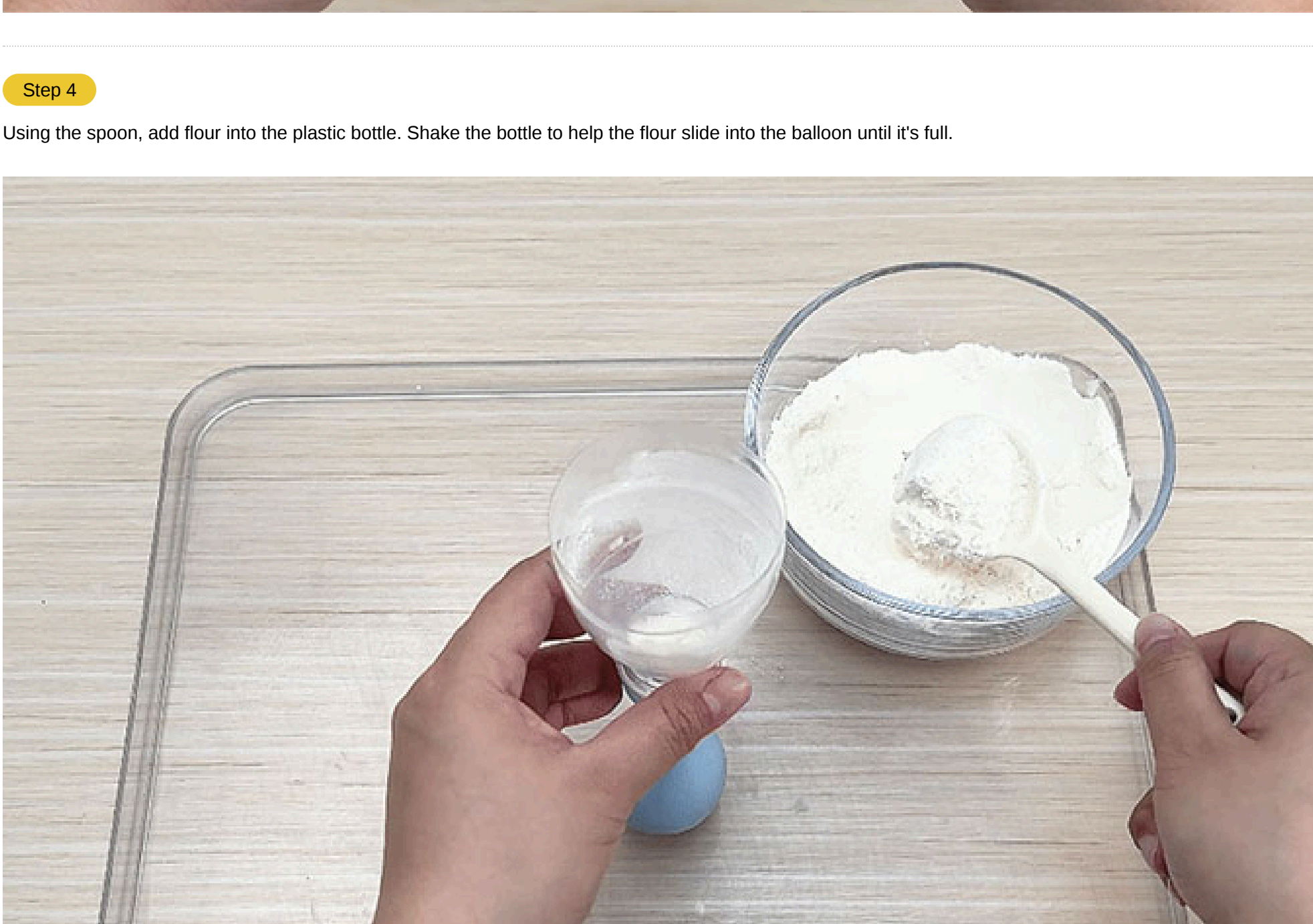
#### Step 3

Fit the deflated balloon over the mouth of the plastic bottle.



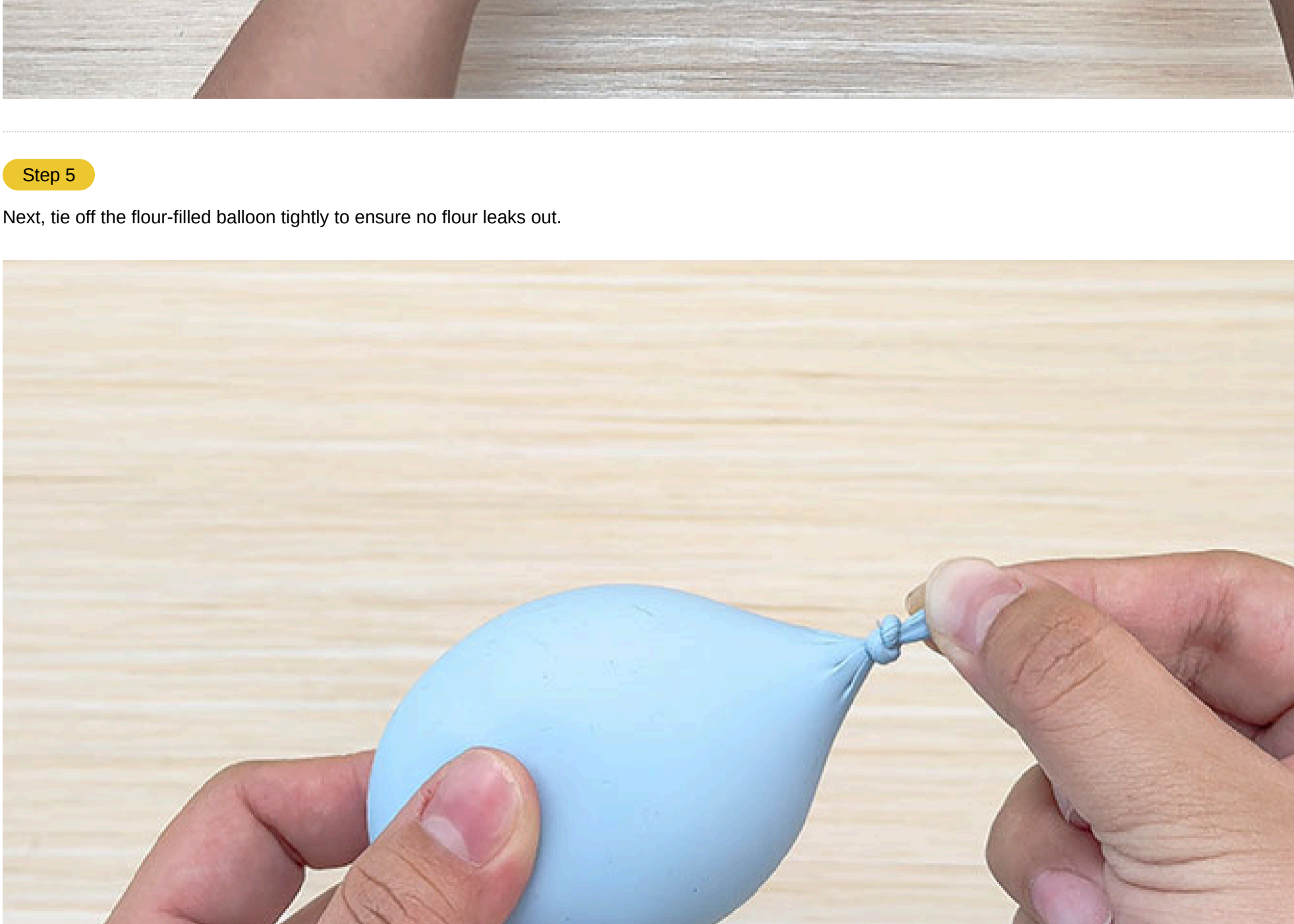
#### Step 4

Using the spoon, add flour into the plastic bottle. Shake the bottle to help the flour slide into the balloon until it's full.



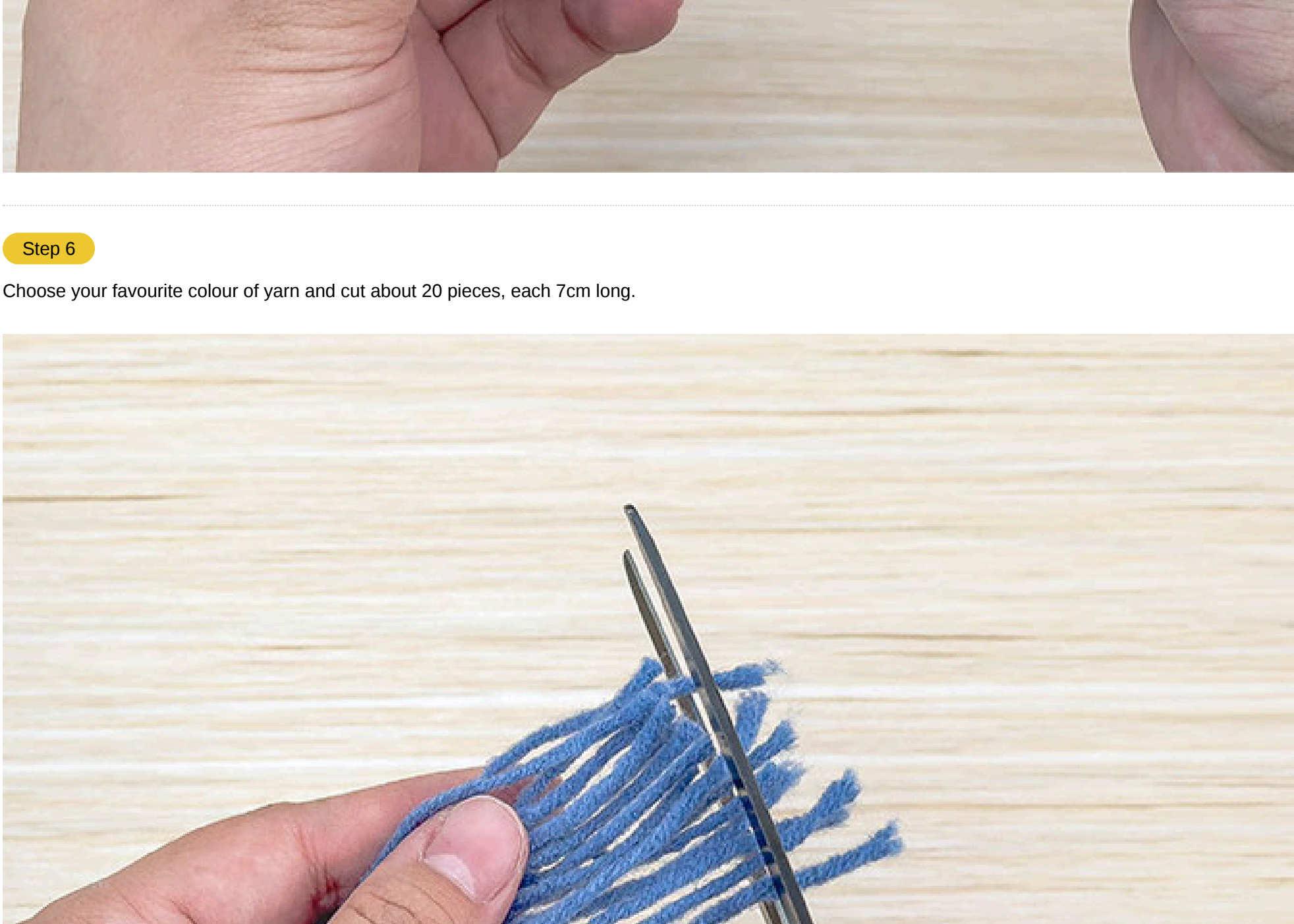
#### Step 5

Next, tie off the flour-filled balloon tightly to ensure no flour leaks out.



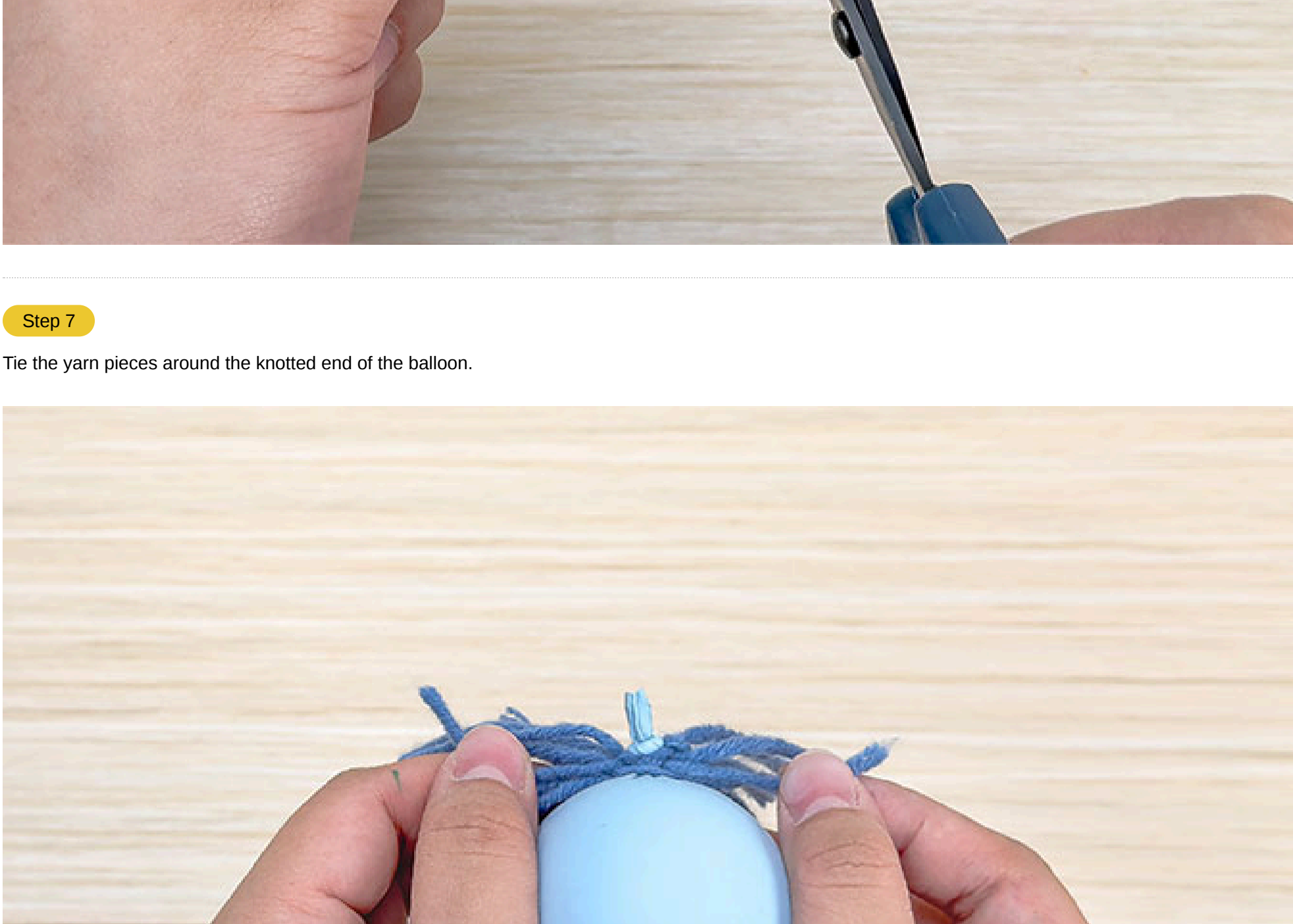
#### Step 6

Choose your favourite colour of yarn and cut about 20 pieces, each 7cm long.



#### Step 7

Tie the yarn pieces around the knotted end of the balloon.



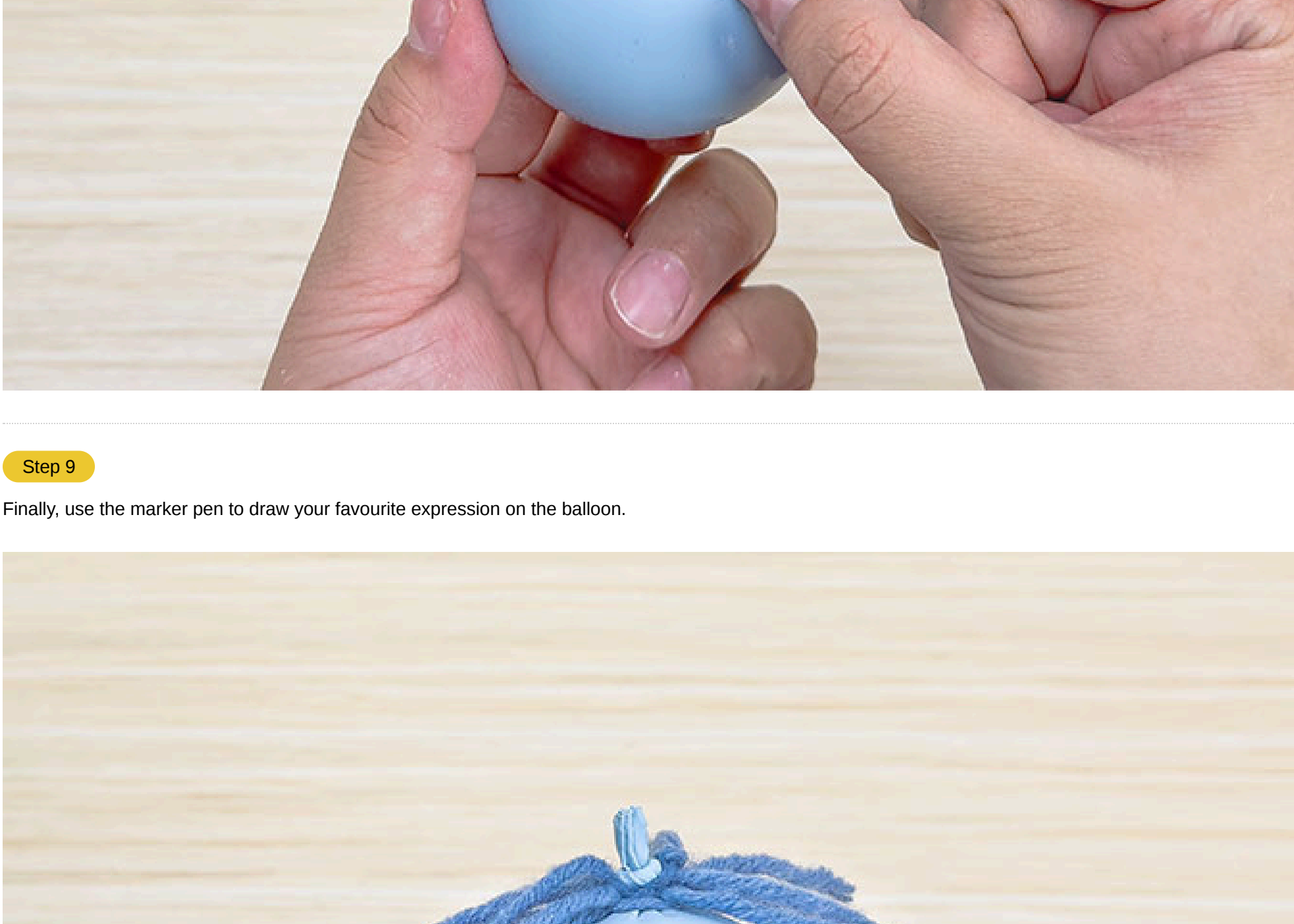
#### Step 8

Take the self-adhesive googly eyes and stick them on the balloon. Decorate your stress ball however you like.



#### Step 9

Finally, use the marker pen to draw your favourite expression on the balloon.



#### Step 10

Now try squeezing and stretching your flour stress ball!

