

How To Make a Stress Ball

Different balloons yield different results. Feel free to experiment.

I used a 12 inch helium quality balloon from a dollar store. Stretch out the neck of the balloon and fit it over the end of a funnel. Fill the funnel with whatever you are using: rice, flour, corn starch, split peas, sand, salt. Each substance results in a different feeling ball. Some people will not like the corn starch at all, for example, but will enjoy the flour ball.



Use a pen or similar utensil to press the material into the balloon. Pulling the balloon down lets more fall into it. The more you push the stuff into the balloon, the firmer it will be.

When you are ready, pull the balloon off the funnel and tie the end off. Snip off the material after the knot.



Take a second balloon and cut a curve at the neck. Fit that balloon over the filled one to cover the knot and you are done!!

The more you make the easier it will be. Find the type that's right for you.

