

DIY Superhero Stress Ball

What you will need:

- Flour
- Balloon
- Funnel
- Empty Water Bottle
- Permanent Markers*
- String



*Use permanent markers with caution since they can stain

Directions:

1. Put the flour into a water bottle. Start by inserting a funnel into the water bottle and scoop the flour in, $\frac{1}{2}$ to 1 cup is good for a regular balloon.
2. Blow the balloon up. Twist the top so the air can't get out.
3. Place the end of the balloon on top of the bottle that has flour in it.
4. Let the balloon untwist, turn the bottle upside down and start shaking the flour into the balloon. Make sure to hold onto the top of the balloon as you do this so it stays attached.
5. After the balloon has all the flour in it, turn the bottle right side up and remove the balloon from the bottle.
6. Slowly let any air in the balloon out.
7. Use the string to tie the balloon.
8. Use markers to draw the superhero mask on the balloon as you like.



Ways to increase difficulty:

- Instead of using the string, twist the end of the balloon to tie it.
- Use a bigger balloon for this activity.

Ways to decrease difficulty:

- Help your child to put the balloon on the top of the water bottle if they have difficulty with that.
- Instead of using a water bottle to fill the balloon, use an empty balloon to directly put the flour through a funnel.

Activity adapted from

<http://krysanthe.com/diy-stress-balls-superhero-style/>

<https://www.somewhatsimple.com/wacky-sacks/>