

Homemade Stress Balls

Things You'll Need:

- balloons in varying colors
- Funnel
- Spoon
- 1/2 cup dry rice (flour, sand, beans, etc.)

Slide the mouth of one balloon over the base of the funnel.



While holding the mouth of the balloon around the funnel neck, spoon 3/4 cups of rice inside the balloon. To fill the balloon beyond its immediate volume, use the base of the funnel to press the rice gently down, which will expand the walls of the balloon to hold more filling



Tie the balloon opening in a knot, so the contents do not fall out.



Use the code below to access the video:

