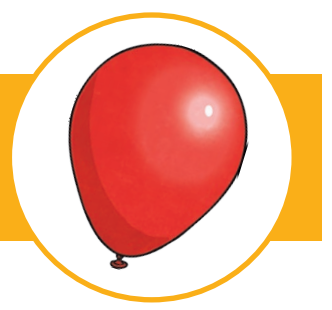


DIY Stress Ball



This fun, DIY stress ball is a great way to help relieve stress during the exam period and to use as a fidget toy while revising. These are really easy to make and you only need a few simple ingredients. They're so simple that you could make a collection of them in different colours and sizes!

You will need:

Balloons

Flour

An empty plastic bottle (such as a water bottle)

A funnel



Instructions:

1. Put the funnel into the plastic bottle and pour flour into it (you will need enough to fill the balloon to your desired size of stress ball).
2. Stretch a balloon around the opening of the bottle.
3. Turn the water bottle upside down and gently squeeze the flour into the balloon. Use pressure when squeezing the flour in, as the air will help the balloon inflate.
4. Once the flour is all in, release the balloon from the bottle (pinch the end first to stop the flour from coming out). Make sure there isn't any extra air in the balloon.
5. Tie the balloon and wipe away any excess flour.