


Stress Balls

 30 minutes

INGREDIENTS

Coloured balloons
All-purpose flour or
cornflour



DIRECTIONS

1. Put a funnel into the end of a balloon.
2. Slowly pour the flour into the funnel and in turn into the balloon.
3. When the balloon is at the fullness you require, carefully remove the funnel and tie the balloon in a knot.
4. Then your grandchildren can squish the balloon all day long!