

DIY STRESS BALL

What you need:

- Balloon
- Cornflour
- Water
- Funnel
- Spoon

What to do:

- Pre-stretch your balloon by stretching it out. I blew mine up and let the air out a couple of times. You don't want it too stretchy, but a little bit helps.
- Thread your funnel into the top of the balloon.
- Add a tablespoon of water to your balloon.
- Add a tablespoon of cornflour to the balloon. Gently squeeze your balloon to help the cornflour dissolve in the water.
- Repeat the water and cornflour steps until your balloon is the consistency you like. You want your balloon to feel hard when you squeeze it quickly, but you can squish it when you slowly apply pressure.
- Remove your funnel, carefully, water can come back up the funnel as you remove the balloon, then tie a knot in your balloon.



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