

MAKE YOUR OWN...

STRESS BALL!

Squish

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Supplies: 2 balloons, scissors and flour playdough, rice or sand (filling)

Instructions: Take one balloon and fill it with your filling until it's big enough to rest comfortably in one hand. Tie the filled balloon and use scissors to cut the narrow end off the other balloon. Put the tied balloon inside the empty balloon, covering the tied end.

**YOUR STRESS BALL IS FINISHED!
FEEL FREE TO DECORATE WITH A
PERMANENT MARKER!**

D-CAMPS