

# Water Bead Stress Ball



This stress ball is a great way to help relieve stress and makes a great fidget toy. They're so simple that you could make a collection of them in different colours and sizes.

## You will need:

2 balloons

water beads

an empty plastic bottle (such as a water bottle)



## Instructions:

1. Pour a teaspoon of dry water beads into the empty plastic bottle and half-fill the bottle with water.
2. Soak the water beads overnight.
3. Carefully pour out any excess water.
4. Stretch a balloon around the opening of the bottle.
5. Turn the water bottle upside down and gently squeeze the water beads into the balloon. Use pressure when squeezing the bottle, as the air will help the balloon inflate.
6. Once the water beads are all inside the balloon, pinch the opening of the balloon closed and release the balloon from the bottle. Make sure there isn't any extra air in the balloon and tie the balloon off.
7. Snip the end off the second balloon and stretch it over the water bead filled balloon, this will help to make your stress ball stronger.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.