

How to Make Stress Balls From Balloons and Rice!!

Materials: (for three stress balls)

1-1.5 cups of rice
nine 9 inch balloons
funnel
bottle
clothespin

1. Measure about $\frac{1}{3}$ to $\frac{1}{2}$ cup of rice. Use short grain rice or millet (a nice round grain). For a heavier ball, try sand or even bb's.
2. Using a funnel, pour rice into a bottle (12 oz, 2 liter, any bottle will do).
3. Blow up a 9" balloon about halfway, and twist the neck to keep air from escaping.
4. Place clothespin on twisted neck of balloon.
5. Stretch the mouth of the balloon over the mouth of the bottle and remove clothespin.
6. Turn the bottle over and pour rice into the balloon.
7. Let the air out and cut off balloon just above the rice.
8. Cut second balloon where it starts to spread out into the round part of the balloon.
9. Stretch second balloon over the first, putting open end of the first balloon at the bottom of the second balloon.
10. Repeat steps 8 and 9 with a third balloon, but turn third balloon so that it covers the opening of the second balloon.

Source: Jeff Ramsey, Whitman School, Portland, Oregon (2004)