



WATER BEAD STRESS BALL

by Tai K.

SUPPLIES

- Clear Balloons 10 in. - 12 in.
- Water Beads - any color
- Empty plastic water bottle
(plastic should be soft enough to squeeze)



INSTRUCTIONS

1. Follow manufacturer's directions and soak beads in water for 8 - 10 hours.
2. Fill beads into the empty water bottle.
3. Cover top of bottle with the balloon, turn it upside down, squeeze bottle filling the balloon. Fill balloon with water beads until it is about the size of an orange.
4. Remove balloon from bottle and tie.